



Training Calendar

**FREE for anyone living or working in County Durham
January to March 2020**

Communication and Active Listening Skills		
23 rd January 2020	1.30 till 4.30	Bowburn Community Centre
An Insight into the Menopause		
12 th February 2020	9.30 till 12.30	Four Clocks Bishop Auckland
Presentation Skills		
18 th February 2020	9.30 till 4.30	Horden Community Centre
Train the Trainer Sit and Get Fit		
19 th February 2020	10.00 till 4.00	Bowburn Community Centre
Group Work Skills		
14 th February 2020	9.30 till 12.30	Willington Health Centre
Suicide Awareness		
20 th February 2020	9.30 till 4.30	St Pauls Centre Spennymoor
Basic Mental Health Awareness		
27 th February 2020	9.30 till 12.30	Willington Health Centre
25 th March 2020	9.30 till 12.30	Four Clocks Bishop Auckland
Understanding Stress and Resilience		
27 th February 2020	1.30 till 4.30	Willington Health Centre
25 th March 2020	1.30 till 4.30	Four Clocks Bishop Auckland
Diabetes Awareness		
11 th March 2020	9.30 till 12.30	Willington Health Centre
Brief Introduction Motivational Interviewing		
13 th March 2020	9.30 till 12.30	Healthworks Easington
Mental Health First Aid 2 Day Course		
Waiting list only		
Please contact us to be placed onto the waiting via our email - cdda-tr.CBS@nhs.net		

Please Note: Course Information below

Course Information

Communication and Active Listening Skills (3 hours)

This session will explore the principles of communication and mass media as well as identifying appropriate communication methods and how these can be utilised for specific target groups. Listening is one of the most important skills you can have. How well you listen has a major impact on the effectiveness of your communication, and on the quality of your relationships with others. 'Active listening' is fully concentrating on what is being said rather than just passively 'hearing' the message of the speaker. Active listening involves listening with all senses. Listening is the most fundamental component of interpersonal communication skills.

An Insight into the Menopause (3 hours)

Menopause is a normal condition that all women experience as they age. This short course gives an overview of the menopause, signs, symptoms, treatment and survival !

Presentation Skills (1 day)

This course aims to provide delegates with the necessary skills to give effective presentations to any audience. Whether delivering presentations to board members, interview panels, volunteers or stakeholders, this workshop will provide the skills that are necessary to plan and build presentations, and then to deliver them in the most effective way.

The session will explore the importance of preparation, identify how to clarify objectives - what do you want your audience to feel, think and do? Explore presentation design, including building the structure, available resources and timing. Explore the importance of communication, body language and voice. Delegates will then have the opportunity to practice giving a short presentation.

Train the trainer—Sit and get fit (1 day)

The aim of this non-accredited seated exercise course is to provide the learner with the basic knowledge and skills to cascade a safe and effective seated exercise class in the home or community.

This course will give all you guys the heads up on looking after your own health.

Group Work Skills (3 hours)

Working in groups is not always easy. This session will offer an introduction to group work skills with the aim to equip you with the skills required to set up and facilitate an effective group. Participants will learn facilitation skills and techniques to encourage and support a group of people to achieve their goal or objectives. It will look at the value of planning and preparation in group work, the importance of group dynamics when delivering a session, the use of activities, as well as the importance of evaluation and reflection to develop and build good practice.

Suicide Awareness (1 day)

This workshop explores the subject of suicide awareness. The course will help participants recognise the risk factors and signs of suicide and ways to help someone who is feeling suicidal.

Responding effectively to people experiencing thoughts of suicide comes with experience and practice; often we let the fear of saying the wrong thing stop us from saying anything. This workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. The workshop will provide a safe environment to benefit from small group discussions, learning from each other, and practicing skills.

This workshop is suitable for anyone who might come into contact with someone experiencing thoughts of suicide, for example volunteers, frontline staff and community groups working with the public.

Basic Mental Health Awareness (3 hours)

The aim of this course is to improve staff awareness about mental health and know what the signs of poor mental health are and how to support people to improve their mental health. During the session we will explore the difference between mental health and mental illness, identify the signs and symptoms of mental health conditions. Explore our

perception of situations - as everything is not always as it seems. Explore the key facts and myths about mental health conditions and understand the impact of stigma.

Understanding Stress & Resilience (3 hours)

The aims of the session are to understand how stress can impact on our lives and how we can build resilience to change or transition. The session will explore the causes, signs and symptoms of stress and how to recognise the long term effects of stress and develop strategies to prevent and reduce stress. The seven characteristics of resilient individuals will be explored to enable participants to reflect on areas where they could develop their own resilience or support others to do so.

Diabetes Awareness (3 hours)

This course will provide participants with an understanding of pre-diabetes, type 1 and type 2 diabetes. It will explore prevention, detection and complications associated with diabetes and how making healthier lifestyle choices could help improve outcomes.

Brief Introduction to Motivational Interviewing (3 hours)

This training session will develop skills in motivational interviewing as a form of collaborative conversation for strengthening a person's own motivation and commitment to change. Learners will practice conversations and develop their own confidence.

Venues:

Bowburn Community Centre,
Four Clocks
Horden Youth & Community Centre
Willington Health Centre,
St Pauls Centre
Healthworks,

Durham Rd, Bowburn, Durham DH6 5AT
154A Newgate St, Bishop Auckland DL14 7EH
Eden St, Horden, Peterlee SR8 4LH
Chapel St, Willington, Crook DL15 0EQ
St Paul's Gardens, Spennymoor DL16 7LS
Paradise Lane, Easington Colliery SR8 3EX

**If you would like to book yourself onto a course(s) then please
Register onto our HITS user site.**

www.hits.cdd.nhs.uk

**Alternatively if you are having problems please email us on
cdda-tr.CBS@nhs.net**

Or

For further information Telephone: 01388 455 244

We reserve the right to reschedule or cancel courses. Reasons for this may be, but not restricted to, low enrolment numbers, weather warnings and tutor availability.

We may be required to cancel an individual class at short notice. Wherever possible we will endeavour to offer the class at a later date.

Delivered in partnership with:

