

Milly Southworth

From: HIRONS, Jessica (QUAY LANE SURGERY) <jessica.hirons4@nhs.net>
Sent: 08 November 2022 11:14
To: ally.green@cornwall.gov.uk; Milly Southworth
Subject: Fwd: courses in Torpoint area
Attachments: Healthy Cornwall Training Request Form.docx; Training Book June 2021.pdf

Hi Ally

Thanks for coming back to me. I have included Milly Southworth our Town Clerk, I wonder if the Town Council can request an ASIST course at the Chambers. I would happily go about recruiting participants but would suggest most of the library team, CHAT team and all community volunteers would benefit so I don't think numbers would be difficult to find.

I did mine in Saltash before Covid and we had a 2 hr meeting and intro to the courses a few weeks before to gain interest. I then did ASIST with the same group and I have to say it is the best course I have ever done in all of my career as a carer, enabler and social prescriber.

Ally please can you break down costs for booking our own course, also course numbers and any other requirements. The council Chambers have 2 rooms. Would a course booked this way also be covered by funding with just course materials to pay?

Milly can pass info to councillors for further discussion.

Ally if it came down to just one course which would you recommend? ASIST or MHFA?

Best Wishes

Jessica Hirons
NHS Social Prescriber
Age UK Cornwall

My pronouns are she / her / hers.

Please excuse typos , sending from my phone or on the move

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QUAYLANE SURGERY. St Germans and
surrounding area.
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RAME GROUP PRACTICE, PENTORR
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Tel. 01752 813277

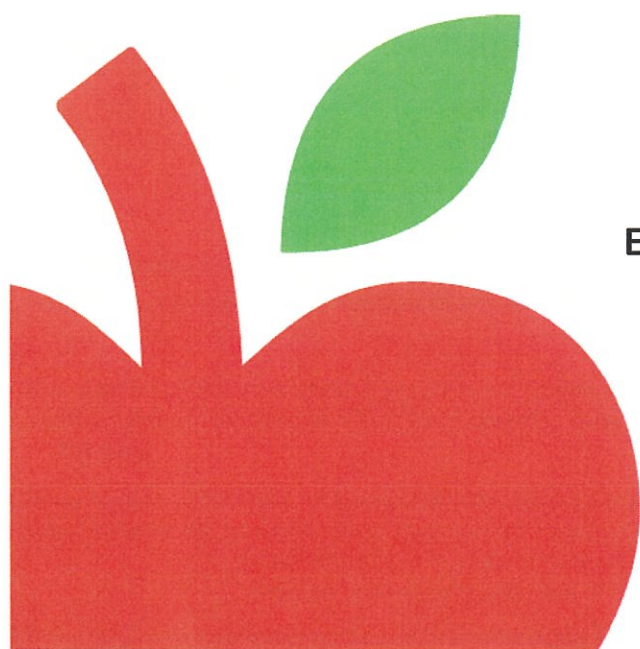
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Healthy
Cornwall

Training & Skills Development 2020/2021

Courses available to all who live or work in Cornwall and The Isles of Scilly only.
See website for further details.



Healthy Cornwall

Wellbeing & Public Health Service

Cornwall Council

Email: healthy.cornwall@cornwall.gov.uk

www.healthycornwall.org.uk



MHFA England

Mental Health First Aid England are approved by the Department of Health to provide training around **mental health and wellbeing**. No specialist knowledge required for any course.



Adult half day

An introductory course designed to increase mental health and First Aid Awareness

Cost: £15 per delegate to cover cost of workbook



Adult one day

A one day course to recognise and support common workplace mental ill health issues and become a mental health First Aid Champion

Cost: £20 per delegate to cover cost of workbook



Adult / or / Youth two day

(The digital classroom is delivered over 4 sessions of no more than 2.5 hours at a time)

A two day course providing certification from MHFA England as a mental health First Aider

Cost: £35 per delegate to cover cost of workbook



Adult Refresher

A half day refresher for those who have previously done MHFA two or one day courses, completion of this is recommended every three years.

Cost: £20 per delegate to cover cost of workbook

All available via digital classroom - 'zoom' hosted by Cornwall Council

Please note that MHFA England value their courses as follows:

Two day courses: £300 per person, One day courses: £200 per person and Half day courses: £125 per person

This training is fully funded by Public Health England & Cornwall Council for anyone who lives or works in Cornwall and The Isles of Scilly.

The only cost to the delegate is to cover the cost of the workbook.

Please note we cannot accept bookings from anyone who lives or works outside of Cornwall & The Isles of Scilly.

Digital Suicide First Aid

Suicide First Aid through Understanding Suicide Intervention (SFAUSI)



National Centre for

Suicide Prevention
Education & Training

SFA: Suicide First Aid training is underpinned by three core beliefs:

- Most people thinking about suicide do not want their lives to end, they want the pain to stop
- Most people thinking about suicide let others know, consciously or unconsciously. Therefore...
- Suicide has to be one of the most preventable deaths

Course overview:

Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, captured in a two-day event accredited by City & Guilds of London. Our trainers deliver this unique learning experience: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.

The course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive. Attendees will not be asked to share personal details or be given graphic details about suicide.

Cost: £15

This training, usually £150 per delegate has been fully funded by Public Health England & Cornwall Council for anyone who lives or works in Cornwall & Isles of Scilly. The only charge to the delegate for the course is £15 cost of the workbook unless delegates opt to pay an additional £85 to gain the Level 4 City & Guilds qualification on completion of this course and submission of a reflective journal.

Time: Day 1 - 09:30 - 12:45/ Day 2 - 09.30 - 12:45 (This course can be delivered in a physical classroom on request)

Please be aware that due to the sensitive nature of this course, people that have had recent and/or personal experience of suicide may find some aspects upsetting. Therefore we would not recommend that you attend at this time. Please contact us to discuss any queries.



We deliver interactive courses developed by the world leader in suicide prevention. With a variety of workshops to suit all needs, there is a program for everyone. No specialist knowledge required.

ASIST

A 2 day course to learn suicide alertness and a framework of practical skills to safely initiate, complete and follow up a suicide intervention.

Cost: £25 per delegate to cover cost of workbook

safeTALK

A half day suicide alertness and “keep safe” strategy , learn to provide an initial response and support to someone at risk of suicide.

Cost: £10 per delegate to cover cost of resource

suicideTALK

60 –90 minute presentation aiming to reduce stigma around suicide and promote awareness within your community.

Cost: Free

These courses are only available via a physical classroom, however we can signpost you to the following web pages:

LivingWorks Start—teaches trainees to recognise when someone is thinking about suicide and connect them to help and support <https://www.livingworks.net/start>

Zero Suicide Alliance—a free of charge, 20 minute suicide prevention training course available which is endorsed by Public Health England www.bit.ly/zsa-training



MECC is a behaviour change approach that utilises the millions of day to day interactions we have with each other to encourage positive behaviour change. No specialist knowledge required.

What will I learn?

- The rationale behind “Making Every Contact Count”
- Key health messages and the importance of healthy lifestyle choices.
- Behaviour change in relation to health and wellbeing.
- Communication and healthy conversation skills.

This 4 hour training session is **FREE** and can be delivered from Camborne or direct to your organisation via a digital or physical classroom.

Videos

A number of useful bite size videos have been developed for coping with stress and improving wellbeing:
<https://www.healthycornwall.org.uk/training/resources-and-videos/>



Connect 5 is a mental health promotion training programme that is designed to increase the confidence and skills of front line staff about mental health and wellbeing. It is suitable for people who work directly with service users.

Session 1 (half day) better understand mental health and local services to enable self help.

Session 2 (full day) gain a greater insight into stress/distress, how to start and end a conversation and support first steps .

Session 3 (full day) facilitate use of self management strategies including creation of an action plan, integration of self help resources and interventions .

This training can be delivered from Camborne or direct to your organisation via a digital or physical classroom. There is a £10 charge to cover the cost of the manuals and workbooks that accompany the course.

The Digital Classroom is delivered over 3 sessions of 3 hours at a time.



Healthy
Cornwall

Workshops

We offer a suite of short courses, delivered directly to your organisation, group or workplace, to support better health and wellbeing within your workforce:

The trio below are recommended as a package:

1st - Understanding Stress: 2 hrs

The first of our bite size courses, developed for inclusion within busy workplaces, exploring the concept of stress.

2nd - Developing Resilience: 2 hrs

A follow on course exploring how we can all build our personal resiliency skills. It is recommended that attendees have first attended the Stress Awareness course.

3rd - Mindfulness, Meditation & Sleep Hygiene: 2 hrs

The final bite size course in our trilogy, together we explore how mindfulness, meditation and good sleep hygiene can positively support our mental health and wellbeing.

Mental Health Awareness: 3 hrs

An introductory course designed to increase awareness of mental health and mental ill health.

Dementia Awareness: 3 hrs

An introductory course aimed at increasing awareness of conditions falling under the dementia umbrella.

Absenteeism, Presenteeism and Leavism: 2 hrs

An exploration of how and when they may occur and the impact on business.

Menopause Awareness: 2 hrs

An awareness course around working through the menopause.

These workshops can be delivered from Council offices or direct to your organisation via a digital or physical classroom.