

For further information and pricing please contact:

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Deputy Chief Executive

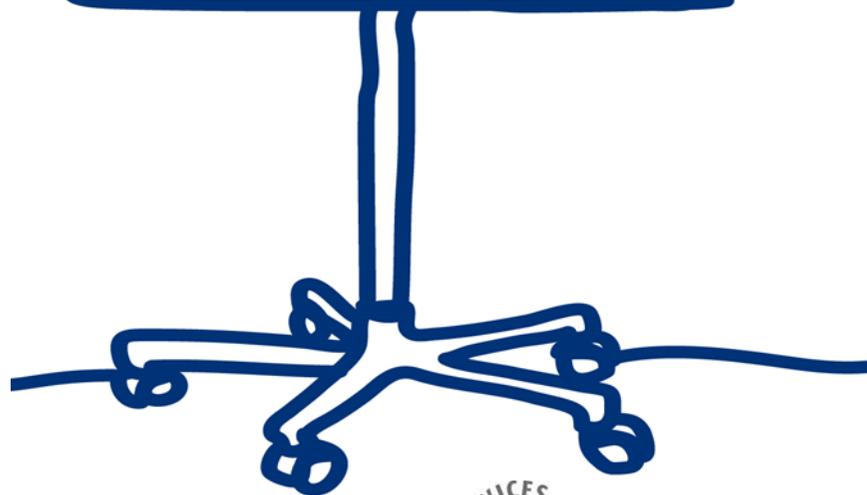
Springfield Mind

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Mental Health and wellbeing Training and Workshops



v. 08/02/18 r. 08/02/19



Registered Charity no. 1073391

Welcome to our training services

Who we are:

Springfield Mind is a local mental health charity with over 30 years of experience working with those living with low mental wellbeing and mental ill health. We have an excellent reputation for delivering high quality training / workshops and community services. Our aim is to promote the wellbeing of individuals and prevent mental health distress.

What we do:

‘Promoting Healthy Minds’ with Springfield Mind training. We are perfectly placed to support you and your organisation to develop and enhance your knowledge and understanding of mental health and wellbeing in the community.

Since our foundation in 1984, Springfield Mind has grown a reputation for providing high quality support and services in the mental health sector. Our years of experience have enabled us to develop outstanding generic and bespoke programs on many aspects of mental health and wellbeing.

We deliver in-house courses across all sectors, such as private, public and charitable organisations. We also provide open workshops for anyone who is interested in learning more about managing their own mental wellbeing and supporting others living with mental health problems – please see our website for further information.

Sarah

Sarah Parkinson is a Services Navigator with Springfield Mind. She delivers training on the Moodmaster courses, as well as designing and delivering training to make ideas in psychology more accessible to people experiencing emotional distress. Her background is in Management Training and People Development working with large organisations to help them get the best from their employees. Now she prefers to work with individuals to help them overcome their problems and lead fulfilling and rewarding lives.

Brendah

Brendah has experience and qualifications as a psychiatric Nurse in the UK and abroad. She set up training and support for Carers and bereavement support for children in South Africa. She directed the organisation and supervised, mentored and wrote materials for workers in the field of mental health and bereavement as well as teaching methods of support for children's groups. She has a BA (Hons) in Psychology; MA in Antidiscrimination Communication in Training, developing a Training Package on Bereavement based on equality principles that can be applied to all training.

Brendah trained for 5 years on an MSc in Transactional Analysis and had a Psychotherapy practice in North London and South Africa. She is also a teacher and has a PGCE.

Paul

Paul qualified in 2017 as a Mental Health First Aid Trainer following learning at the University of Nottingham. A passionate advocate of Mental health generally and in the work place, Paul brings insightful lived experience and acts for his local Mind as an Expert By Experience and as a champion for community relations. Paul has been successful in initiating a new approach to Peer Support within existing services, as well as taking a supportive role in quality assurance, where Springfield Mind ascertained the Charity Commissions highest quality accolade. Paul is on the National Mind Quality Assurance steering group along with the Mind service users group.



Our Trainers

Hannah

Hannah is a fully accredited Cognitive Behavioural Therapist. (BSc Hons PGDip CBT). She has over 14 years' experience of working within the NHS and private sector within mental health. She has also been a guest lecturer for the Improving access to psychological therapies (IAPT) and the Masters Cognitive Behavioural Therapy (CBT) course at Chester University.

Alongside her training role with Springfield Mind, Hannah works in an adolescent inpatient unit for people suffering with eating disorders and also successfully runs a private outpatients' clinic where she sees both adults and adolescents with a wide range of problems.

Lisa

Lisa has a background in Occupational Psychology and works within the field of Vocational Rehabilitation where she case managed hundreds of individuals with a variety of physical and mental health conditions. Through this experience she has developed a practical approach to her training, providing managers and employees with tools and techniques to directly apply in the workplace to manage their mental health.

Lisa is a Certified Disability Management Professional (CDMP) and has the Level 3 Award in Education & training as well as being a TAP certified training practitioner. She has developed and delivered mental wellbeing training for a wide range of public and private sector organisations including DHL Supply Chain, and the Cabinet Office.

How we do it:

We are able to deliver this training by focusing on three key areas:

- Drive – supporting individuals to improve their wellbeing and preventing mental health distress is in our DNA.
- Exceptional Content – With our combination of professional trainers and lived experience we offer our clients valuable skills and knowledge.
- Your needs – our breadth of experience in the real world means we are easily able to adapt to your specific needs. We are qualified by first-hand experience, not by textbook.

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Courses:

Wellbeing in the Workplace	page 5
Five Ways to wellbeing	page 7
My Journey to Recovery	page 9
Mindfulness	page 11
Pastoral Care	page 12
Mental Health First Aid (overview)	page 14
Mental Health First Aid Lite	page 15
Mental Health First Aid England	page 17
Mental Health First Aid Youth	page 19
Moodmasters	page 21
Food & Mood	page 23
Bespoke Training	page 25
Biographies of Trainers	page 26



Bespoke Training

Springfield Mind recognise that off-the-shelf training courses may not be the best solution for your organisation. Springfield Mind will work with you to tailor a training programme to address your specific requirements.

Our bespoke training programmes have included:

- **Wellbeing in the Workplace for Managers** - Warwick District Council
- **Mental Health Awareness for General Practice** - Shipston Medical Centre
- **Mental Health Awareness for young people with special needs** –Warwickshire County Council – SENCO Teaching Team
- **Understanding Anxiety and Stress** – Alcester dementia café – Carers

“ *The opportunity to discuss mental health helped to normalize it, thank you* ”

Who is the workshop for?

The sessions are for anyone who is interested in gaining a greater insight into how food can impact mental wellbeing, and build strategies and menus to support a healthier lifestyle.

Delivery:

The sessions are delivered over a 2 hour period over a 4 week programme. It is recommended that individuals attend all sessions to get the full benefit, however, this is not essential and they can choose to drop in and out as they wish. The sessions are delivered in small groups to enable and facilitate discussion.

Participants will receive worksheets and supporting documents to enable them to develop strategies and menus that will enable them to continue to manage their wellbeing and diet effectively following the end of the programme.

Minimum participants: 10

Maximum participants: 15

Key benefits:

From the sessions an individual will gain:

- An understanding of why an individual may feel the way they do
- Improved mental wellbeing
- Enhanced self in sight
- Reduced feelings of stress and anxiety
- Decrease in emotional reactivity
- Have a tool kit on managing their mental wellbeing
- Peer support
- Reduced social isolation



Mental health in the Workplace

Length: 3 hours

As an organisation signed up to the Mindful Employer Charter since 2015, our Wellbeing in the Workplace training is geared towards empowering and engaging employers.

Overview of training programme content:

- The relationship between work and mental ill health
- Active Listening skills
- Stress: causes, signs & symptoms, managing.
- Workplace bullying and the potential impacts on mental wellbeing
- What to do when an employee discloses they have mental health issues
- Managing mental wellbeing in the workplace
- Health and safety legislation
 - ◇ What are the rights of an employee?
 - ◇ What are the responsibilities of Managers/employers?
- Winding down from work - managing mental wellbeing at home

Who is the workshop for?

The workshop is for both employees and employers of public and private sector organisations of any size.

Delivery:

The workshop is delivered over a 3 hour session and offers an interactive learning environment. Including:

- Presentation
- Group discussions
- Role play
- Question and answer sessions

A tool kit tailored to your specific organisation is provided for all participants.

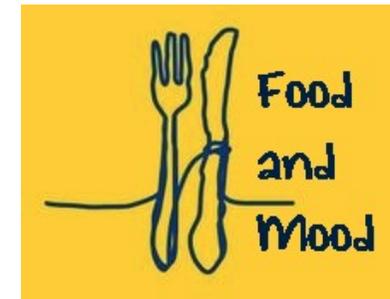
Minimum participants: 12

Maximum participants: 25

Key benefits:

From this workshop both employees and managers will:

- Have a greater understanding of mental wellbeing in the workplace
- Feel more confident in identifying if a member of the team may be experiencing mental ill health such as anxiety, stress or low mood
- Feel more confident and have the tools to communicate effectively and sensitively with an employee/ colleague experiencing mental ill health
- Have a clear understanding of rights and responsibilities
- Feel confident in knowing where to signpost or refer an individual for further support



Food and Mood

4 week programme (2 hour session)

Overview of workshop content:

Food and Mood is an innovative programme of lessons and support for individuals to understand the benefits of a healthy diet and how food impacts on their mental wellbeing. The sessions will look at the 'whole body experience' a holistic approach to eating well. The sessions cover:

- Living nutrition
 - ⇒ Understand how balanced nutrition can contribute to health and wellbeing
- Feeling hungry?
 - ⇒ Demonstrate how feelings of hunger and satiety are personally expressed and how they are individually responded to
- Highs and lows
 - ⇒ To identify how different foods have an impact on personal energy levels
- Body respect
 - ⇒ Demonstrate how acceptance and compassion help us treat ourselves with respect.

Delivery:

The sessions are delivered over a 12 week programme, with each session lasting for one hour. It is recommended that individuals attend all sessions to get the full benefit, however, this is not essential and they can choose to drop in and out as they wish. The sessions are delivered in small groups to enable and facilitate discussion.

Participants will receive worksheets and supporting documents to enable them to develop coping strategies and continue to manage their wellbeing once the course is finished.

Minimum participants: 2

Maximum participants: 12

Key benefits:

From the sessions an individual will gain:

- An understanding of why an individual may feel the way they do
- Improved mental wellbeing
- Enhanced self insight
- Reduced feelings of stress and anxiety
- Decrease in emotional reactivity
- Have a tool kit on managing their mental wellbeing
- Peer support
- Reduced social isolation

Five Ways to Wellbeing Workshop

Length 1.5hrs



The Five Ways to wellbeing are evidence based ways to help you improve and maintain your mental health and wellbeing. They are five easy steps that can be integrated into you daily activities.

Overview of training programme content:

- Understanding the five ways to wellbeing
 - What are they
 - Why are they important
- Changing mind-set
 - Looking at individual life styles, the good and bad
 - Reviewing relationships
 - Taking responsibility for my own wellbeing
 - Positive thinking
- Physical and mental wellbeing
 - Understanding the impact of physical health on mental health and vice versa
 - The benefits of exercise

Who is the course for ?

The Workshop is for anyone who would like to learn more about improving their wellbeing through easy, day to day techniques.

Delivery:

The workshop is delivered over an hour and half hour and offers an interactive learning environment. Including:

- Presentation
- Group discussions
- Work book
- Question and answer sessions

A work book is provided to take away with you

Minimum participants: 10 Maximum participants: 20

Key Benefits:

- Have a greater understanding of the Five Ways to Wellbeing and how to implement them in your day to day life
- Improved Mental wellbeing
- Enhanced self insight
- Techniques to decrease in emotional reactivity
- Workbook/ journal to refer to in the future
- Knowledge of where to gain further information or support if required.



MoodMasters

12 week programme (1 hour sessions)

Overview of workshop content:

Moodmasters is a programme of courses that gives important input and reflection-time to people who may be suffering with mental ill health or low mental wellbeing. Moodmasters is licensed training and can only be delivered by a qualified Moodmasters practitioner. The programmes can vary in length most being 12 weeks long. The sessions offered are managing:

- Depression
- Anxiety, stress and Worry
- Irritability and anger
- Emotional Control

Who is the workshop for?

The Workshops are for anyone who is living with low mental wellbeing or mental ill health and would like to get a greater insight and strategies into how to manage their mental health more effectively.

Delivery:

The course is taught over a two day period and offers an interactive learning environment. Including:

- Presentation
- Group discussions
- Group activities

A mental health first aid manual is provided for all participants

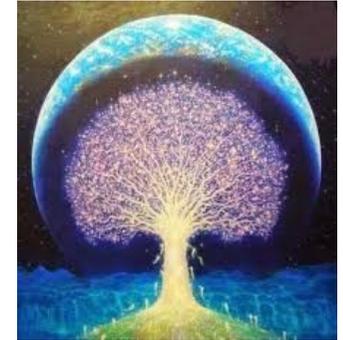
Key Benefits:

- Participants will be able to recognise the signs and symptoms of mental ill health
- Feel more confident in supporting a young person disclosing mental health issues
- Give an insight into the complex issues relating to young people and mental health
- Feel more confident in speaking about mental health problems

“As a teacher it was brilliant to have the opportunity to spend a day focusing on mental health..... an excellent day thank you”

My Journey to Recovery

Length 1.5hrs



My journey to recovery is an honest, insightful and inclusive discussion session around an individuals experiences of mental ill health and how he achieved recovery through support from various avenues.

Overview of workshop content:

- Background to becoming mentally ill
- Available treatments
- Recovery
- Support services available / Signposting

Who is the course for ?

This discussion session is for anyone who is or has suffered with mental ill health and want to improve their wellbeing. The session is also open to anyone who would like to learn more about the experiences of those living with mental ill health and how they can

Delivery:

The workshop is delivered over an hour and half hour and offers an interactive learning environment. Including:

- Presentation
- Group discussions
- Question and answer sessions

A work book is provided to take away with you

Minimum participants: N/A Maximum participants: N/A

Key Benefits:

- Have a greater understanding of mental health problems through a personal journey
- Peer support
- Learn how to support individuals living with mental ill health to recovery
- Learn techniques how you can support your own wellbeing
- Knowledge of where to gain further information or support if required.



Mental Health First Aid Youth

(Schools and Colleges)

Length: 2 days

Overview of training programme content:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after their own mental wellbeing
- Non -judgmental listening skills

Who is this course for?

This course is for teaching and pastoral staff within all educational establishments

Delivery:

The course is taught over a two-day period and offers an interactive learning environment. Including:

- Presentation
- Group discussions
- Role play
- Answer and questions sessions

A mental health first aid manual is provided for all participants.

This course is certificated.

Minimum participants: 12

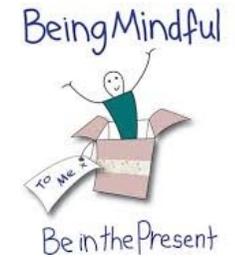
Maximum participants: 25

Key Benefits

- Participants will be able to recognise the signs and symptoms of mental ill health
- Increase confidence in feeling able to approach, assess and assist someone who might be experiencing mental health issues
- Feel more confident in speaking about mental health problems
- Be able to offer signposting support

Mindfulness

Length: Various



Mindfulness is a technique that can help with managing ones mental wellbeing or simply gain more enjoyment in life. It involves focussing on the present moment, what's happening in your body, your mind or your surroundings in a non-judgemental way.

Mindfulness describes a way of approaching thoughts and feelings so that you can become more aware of them and react differently.

Overview of sessions:

We provide various options for the mindful sessions, these can be delivered as one off taster sessions or as a programme of workshops.

Please speak to the training team for further information.

Key Benefits:

- Increase awareness of thoughts and feelings
- Manage unhelpful thoughts
- Develop more helpful responses to difficult feelings and events
- Feel calmer and able to manage stress better
- Manage some physical health problem, like chronic pain

Who is the course for ?

The Workshop is for anyone who would like to learn more about mindfulness, enabling them to gain techniques to practice independently.



General Mental Health Awareness

Length: 2 hours

This specific training programme will give individuals a basic understanding of mental health and wellbeing and how to recognize symptoms and developing strategies.

Overview of workshop content:

- Understanding mental health and wellbeing
- Understanding feelings of low mood, low mental wellbeing and the effects
- What are the causes of mental ill health?
- What can I do to improve my mental wellbeing and build resilience?
- What can I do to support my friends?
- Understanding anxiety, panic attacks, stress and depression
- Where can I get further support and information?
- Active Listening skills



Mental Health First Aid Adult

Length: 2 days

Overview of training programme content:

- Learn how to spot the early signs of mental health issues
- Learn how to help someone experiencing mental health issues
- Provide help on a first aid basis
- Learn techniques to prevent someone from hurting themselves or others
- Develop skills to support someone to recovery
- Guide someone towards the right support
- Reduce the stigma of mental ill health

Who is this course for?

This course can be for anyone (16+) who is likely to come into contact with those at risk of mental health issues as well as those with lived experience.

A Mental Health First Aid manual is provided for all participants.

This course is certificated.

Minimum participants: 8

Maximum participants: 16

Key Benefits:

- Participants will be able to define mental health and some common mental health issues
- Relate to people's experiences and support people in distress
- Have confidence in managing one's own mental wellbeing
- Have a good understanding of local community mental health services and know how to signpost

“ I found the workshop meaningful and definitely improved my awareness and gave ideas to change my practice ”

“ Professionally presented workshop, easy to understand and take part ”

This workshop is aimed at secondary school and college students. However, the content can be adapted for a more mature age group if required.

Delivery:

The workshop is provided as a 2-hour session and offers an interactive learning environment. Including:

- Presentation
- Group discussions
- Role play
- Question and answer sessions

A tool kit tailored to your specific School/ college is provided for all participants.

Minimum participants: 12

Maximum participants: 25

Key Benefits:

- Have a greater understanding of mental health and wellbeing
- Be able to identify common symptoms of mental health problems
- Feel more positive around managing one's own mental wellbeing and building resilience
- Feel more confident in speaking about mental health problems
- Insight and strategies into how to manage one's mental health more effectively.



Mental Health First Aid

Mental Health first aid is a licensed training programme that is internationally recognised. It was brought to the UK in 2007 as part of a national approach to improving public mental health under the guidance of the Department of health. The course has been devised by Mental Health First Aid England, a community interest group, and is delivered by Springfield Mind Ltd practitioners.

There are various licensed training programmes, as follows:



Mental health First Aid Lite

Length: 3 hours

Overview of training programme content:

- Learn about and understand some common mental Health issues
- Identify stigma and discrimination surrounding mental health issues
- Learn skills and techniques to support people in distress
- Develop strategies to manage ones' own mental wellbeing

Who is this course for?

This course can be for anyone (16+) who is likely to come into contact with those at risk of mental health issues as well as those with lived experience.

Delivery:

The course is taught over a 3hr session and offers an interactive learning environment. Including:

- Presentation
- Group discussions
- Role play
- Question and answer sessions