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| **Below programmes open to all Health and Care staff working in Tower Hamlets. Do promote to your teams and services** |
| **World Mental Health Day 2024: Staff Wellbeing Event – have you booked your place?**  **Thursday 10th October 2024, 0930-1200**  Bernie Cameron Community Centre, 32 Merchant St, E3 4LX    [**CLICK HERE TO RSVP**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fstaff-wellbeing-event-world-mental-health-day-2024-tickets-885431899647%3Faff%3Doddtdtcreator%26_gl%3D1%252A1bbfvcn%252A_up%252AMQ..%252A_ga%252AMTkwMjQzMzU2Mi4xNzI2MDYxMDQx%252A_ga_TQVES5V6SH%252AMTcyNjA2Nzk3OC4yLjEuMTcyNjA2ODAyMS4wLjAuMA..&data=05%7C02%7Cjill.lupupa%40nhs.net%7Cc6f30c80f03f4da3be6308dce2c71913%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638634591961483735%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=vqSaJRhUXAgMyJvJW2CREh60oh%2BWRo3z5Zf71h1lQc8%3D&reserved=0)    **If you have not yet the chance to book a place on this staff event, it is not too late! All local health and care staff are invited to this open event as part of the World Mental Health Day 2024. Join us for a morning of fun and relaxation. Activities will include aromatherapy, henna, VR Meditation and more! Snacks and refreshments will be available. Book now!** |
| **Become a qualified Mental Health First Aider (Adult)**  **Delivered over 4 half day sessions virtually**    Day 1: Tuesday 5th November 2024 (09:30-13:30) | Day 2: Thursday 7th November 2024 (09:30-13:30) | Day 3: Tuesday 12th November 2024 (09:30-13:30)  Day 4: Thursday 14th November 2024 (09:30-13:30)    MUST ATTEND ALL FOUR SESSIONS FULLY TO BE CERTIFIED    [**CLICK HERE TO REGISTER**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fmental-health-first-aid-4-days-online-course-tickets-910552857107%3Faff%3Doddtdtcreator%26_gl%3D1%252A1rhshnn%252A_up%252AMQ..%252A_ga%252AOTE5NDUyODMyLjE3Mjc3ODg3Nzc.%252A_ga_TQVES5V6SH%252AMTcyNzc4ODc3Ny4xLjAuMTcyNzc4ODc3Ny4wLjAuMA..&data=05%7C02%7Cjill.lupupa%40nhs.net%7Cc6f30c80f03f4da3be6308dce2c71913%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638634591961519931%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=VwSxqub7U%2BS92wmPg5M0Tl3ECZmDRlZ35hljJz%2BgDJA%3D&reserved=0)      This course qualifies you as a Mental Health First Aider, giving you:    • An in-depth understanding of mental health and the factors that can affect wellbeing  • Practical skills to spot the triggers and signs of mental health issues  • Confidence to step in, reassure and support a person in distress  • Enhanced interpersonal skills such as non-judgemental listening  • Knowledge to help someone recover their health by guiding them to further support - whether that’s self-help resources, through their employer, the NHS, or a mix    **Format**  • This is an online course delivered through the MHFA England Online Learning Hub  • Learning takes place through four live training sessions, spread across two weeks, with self-learning activities in between.  • Each session is built around a Mental Health First Aid action plan  • We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn    **Takeaways**  Everyone who completes the course gets:    • A certificate of attendance to say you are a Mental Health First Aider  • A manual to refer to whenever you need it  • A quick reference card for the Mental Health First Aid action plan  • A workbook including a helpful toolkit to support your own mental health  Certificates will not be issued by MHFA England for late entries and early leavers, please ensure your on time for all four days. |
| **Mental Health First Aid Youth**  *For those working and caring for children and young people*  **Thurs 21st Nov & Tues 26th November 2024**  (0900 – 1700 both days)  **Bernie Cameron Community Centre, 32 Merchant St London E3 4LX**  [**CLICK HERE**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fmental-health-first-aid-youth-2-day-face-to-face-tickets-907595190647%3Faff%3Doddtdtcreator&data=05%7C02%7Cjill.lupupa%40nhs.net%7Cc6f30c80f03f4da3be6308dce2c71913%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638634591961538998%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=H4Uo3WFajCwGEHZZxkjzdPGFZP2cJGrU4MU6xnQMVFs%3D&reserved=0)to register    This 2 days face to face training will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person’s recovery and stop a mental health issue from getting worse.    **This online course trains you as a Youth Mental Health First Aider, giving you:**           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 – whether that’s through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate         Ability to support a young person with a long term mental health issue or disability to thrive         Tools to look after your own mental wellbeing    The course is valued at £300 PP. Failure to turn up will incur a full charge to employer |
| **Becoming an Anti-Racist Health & Care System: Let’s Discuss Race**(virtual)     |  |  |  |  | | --- | --- | --- | --- | | **Tues 8 October 1400 - 1700** | **Thurs 7 November**  **1430 - 1730** | **Weds 20 November**  **0930 - 1230** | **Tues 3 December**  **0930 - 1230** |     [**CLICK HERE TO REGISTER**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fnel-lets-discuss-race-virtual-tickets-978228476707&data=05%7C02%7Cjill.lupupa%40nhs.net%7Cc6f30c80f03f4da3be6308dce2c71913%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638634591961556506%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JLUzUVCYTziKr%2BgnVFgr%2BPelrlYi6KwxK6PgMkNmZZs%3D&reserved=0)    North East London Health and Social Care staff are invited to a half-day introductory "Let's Discuss Race" workshop. The workshop is half day and delivered online. The workshops will explore the issues that inhibit discussions about race openly. It recognises that not being able to engage in a discussion about ‘race’ can severely hinder our efforts to do anything about racism. This programme intends to create a collaborative and discursive space, and participants are encouraged to bring (without) judgment and to process what has previously held them back.    **At the end of the short workshop, learners would have:**    •         Engaged in discussions that help them to understand some of the barriers that prevent engagement in discussions about race  •         engaged in discussions about race and racism – overcoming the hesitancy and ‘fear’ that can inhibit their understanding and participation  •         moving beyond discomfort, dealing with resistance, and being more able to continue their learning journey    Limited places. Apply now! |
| **Foundations in Motivational Interviewing Training: a focus on Vaccine Hesitancy**  **Do you have conversations with the residents in Tower Hamlets that may help their understanding and decision on uptake of Vaccinations for them and their family? If so, why not develop MI skills to support these conversations and more**    **Fridays 11th & 18th Oct 2024,**0930 -1630  Two full days face to face  Education Centre, Mile End Hospital    [**CLICK**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F917182677077%3Faff%3Doddtdtcreator&data=05%7C02%7Cjill.lupupa%40nhs.net%7Cc6f30c80f03f4da3be6308dce2c71913%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638634591961574530%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2BKISakrxkSOHMo%2F8WV9Nzx7xheKO7BipUsOR%2BCLtFjM%3D&reserved=0)[**HERE TO REGISTER**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F917182677077%3Faff%3Doddtdtcreator&data=05%7C02%7Cjill.lupupa%40nhs.net%7Cc6f30c80f03f4da3be6308dce2c71913%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638634591961594712%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=gM%2FKGloRVryF%2F5Jkxnd2cS%2F5oncjFMVHffknu1ZoCoY%3D&reserved=0)      **\*\*Open only to staff working in Tower Hamlets\*\***    **Motivational Interviewing (MI) is an evidence-based, person-centred communication style aimed at having helpful conversations with others about change.**    The Training Hub is pleased to introduce this new lively and interactive training funded by Public Health Tower Hamlets. You will learn how to have supportive and effective conversations with others about vaccines. You will also learn about Motivational Interviewing in general which can be used in a range of situations and contexts such as; lifestyle changes, substance misuse, long-term conditions and child and family welfare .    The 12 hour training will cover;     * What is Motivational Interviewing and how can it be helpful in situations such as vaccine hesitancy * How to engage with people in conversations around change and considering vaccines * Active listening skills * How to identify when someone may be ready to make changes or decide to take a vaccine * How to share information in a helpful way which supports partnership * Collaborative change and action planning * How to manage conversations when there are challenges in engagement or barriers to making a decision about vaccines     On full completion of this training you will get a certificate and the opportunity to complete more advanced training and development in Motivational Interviewing.    \*Please note that this training is for staff who have had no previous training in Motivational Interviewing or have not completed training in the past three years. For those who have already completed a 12 hour Foundation Level MI programme in the past 3 years, a 3 hour top up MI programme with a focus on vaccine hesitancy can be offered. Please contact the programme Facilitator below if you have trained in MI and are interested in completing a top up MI programme in Vaccine Hesitancy.    If you have any enquires about the programme please contact Sophie Dissanayake (Programme Facilitator)  [sdissanayake@nhs.net](mailto:sdissanayake@nhs.net) Learning and Development Practitioner and member of MINT (International Motivational Interviewing Network of Trainers) |
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