**Year of Mental Health**

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**Programme for 2018/19**

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| TBC, Chew Valley Children's Centre in either June or July | Virgin Care delivering Connect 5 Level 3 training | Paul Wilson, Virgin Care  Contact Paul Wilson, Virgin Care  [Paul.Wilson@virgincare.co.uk](mailto:Paul.Wilson@virgincare.co.uk)  07976 918787 |
| 6th June, Trowbridge | Healthy School Celebration (closed event) | Nick Bolton, Wiltshire Council  Contact Nick Bolton, Wiltshire Council  [Nick.Bolton@Wiltshire.gov.uk](mailto:Nick.Bolton@Wiltshire.gov.uk)  01225 718842 |
| 6th June, 10am – 1.30pm, Bath Artist Studio, Comfortable Place, Lower Bristol Road, Bath, BA1 3AJ | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 15th June, 9.30am – 1pm, Curo, The Maltings, River Place, Lower Bristol Road, Bath, BA2 1EP | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 21st June, 3pm – 5pm, Keynsham Community Space, Civic Centre, Keynsham | Launch of new CAMHS Thrive Model -  ‘An opportunity to hear how the new service model will improve the lives of young people with lived experiences being told by the young people themselves along with meeting the clinicians that work within the service’.  This event is by invitation only for professionals. Invitations will be distributed to leads for dissemination accordingly.  If any information is required regarding the new Service model, professionals can email: [SWBCAMHsNewModel@oxfordhealth.nhs.uk](mailto:SWBCAMHsNewModel@oxfordhealth.nhs.uk) and this will be signposted for response. | Emma Lewin, Oxford Health/Mary Kearney-Knowles, B&NES Council  Contact Emma Lewin, Oxford Health – [emma.lewin@oxfordhealth.nhs.uk](mailto:emma.lewin@oxfordhealth.nhs.uk)  07827 985812  Contact Mary Kearney-Knowles, B&NES Council  [Mary\_Kearney-Knowles@bathnes.gov.uk](mailto:Mary_Kearney-Knowles@bathnes.gov.uk)  01225 394412 |
| 21st June | Youth Mental Health First Aid training for schools (closed event)  Details, including venues, can be found here - <https://www.wiltshirehealthyschools.org/partnership-projects/youth-mental-health-first-aid/> | Judy Edwards, Wiltshire Council  Contact Judy Edwards, Wiltshire Council  [Judy.Edwards@Wiltshire.gov.uk](mailto:Judy.Edwards@Wiltshire.gov.uk) |
| 24th June | TWIGS Summer Open Day | Contact Alan Holland  [alan.holland.twigs@gmail.com](mailto:alan.holland.twigs@gmail.com) |
| 25th – 26th June | Mental Health First Aid – 2 day course | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| 26th June, Trowbridge | Promoting children’s health and wellbeing for school governors (closed event) | Nick Bolton, Wiltshire Council  Contact Nick Bolton, Wiltshire Council  [Nick.Bolton@Wiltshire.gov.uk](mailto:Nick.Bolton@Wiltshire.gov.uk)  01225 718842 |
| TBC | Maternal Mental Health | Karen Paul (via Frances Mayes, Swindon Council) |
| 18 July | Open Day Allotment Project | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| July 2018 | Event | Lead |
| 9th July, 9.30am – 1pm, Kaposvar Room, Guildhall, Bath, BA1 5AW | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 27th July | TWIGS (NGS) | Contact Alan Holland  [alan.holland.twigs@gmail.com](mailto:alan.holland.twigs@gmail.com) |
| TBC | Survivors Support Day | Swindon |
| August 2018 | Event | Lead |
| 2nd – 3rd August | Youth Mental Health First Aid training for school nurses and children’s services staff (closed event)  Details, including venues, can be found here - <https://www.wiltshirehealthyschools.org/partnership-projects/youth-mental-health-first-aid/> | Judy Edwards, Wiltshire Council  Contact Judy Edwards, Wiltshire Council  [Judy.Edwards@Wiltshire.gov.uk](mailto:Judy.Edwards@Wiltshire.gov.uk) |
| 1st August and 18th August | ‘Carry on Cropping’ events at Monksdale Allotment, Bath | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| 20th and 21st August, Community Space, Keynsham | Applied Suicide Intervention Skills Training  Please see the attached – | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| TBC | Open Day Event at Wellbeing House to mark its third anniversary and to recognise the importance of preventative, pre-crisis residential care. | Paul Wilson, Virgin Care & Curo  Contact Paul Wilson, Virgin Care  [Paul.Wilson@virgincare.co.uk](mailto:Paul.Wilson@virgincare.co.uk)  07976 918787 |
| TBC | Children in Care Video | Mary Kearney-Knowles, B&NES Council  Contact Mary Kearney-Knowles, B&NES Council  [Mary\_Kearney-Knowles@bathnes.gov.uk](mailto:Mary_Kearney-Knowles@bathnes.gov.uk)  01225 394412 |
| TBC | Wellbeing in the Workplace Event | Neil Cardwell/Sam Gillett St John’s  Kate Morton Bath Mind  Contact Neil Cardwell, St Johns Foundation  [Neil.Cardwell@stjohnsbath.org.uk](mailto:Neil.Cardwell@stjohnsbath.org.uk)  01225 486449  Contact Sam Gillett, St Johns Foundation  [Sam.Gillett@stjohnsbath.org.uk](mailto:Sam.Gillett@stjohnsbath.org.uk)  01225 486405  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| September 2018 | Event | Lead |
| 10th September | Event in recognition of World Suicide Prevention Day | Paul Wilson, Virgin Care  Contact Paul Wilson, Virgin Care  [Paul.Wilson@virgincare.co.uk](mailto:Paul.Wilson@virgincare.co.uk)  07976 918787 |
| 12th September, 10am – 1.30pm, Bath College Boardroom, Somer Valley Campus, Wells Road, Radstock, BA3 3RW | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 13th September | Federation of Small Businesses Stress event | Kate Morton, Bath Mind  Clare Laker, B&NES Council  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 12th and 19th September | Bath College Freshers Fairs | Theresa Hallett, Bath College  Contact Theresa Hallett, Bath College –  [Theresa.Hallett@bathcollege.ac.uk](mailto:Theresa.Hallett@bathcollege.ac.uk)01225 328569 |
| 14th September, 9.30am – 4.30pm, The Brunswick Room, Guildhall, High Street, Bath, BA1 5AW | Connect 5 Training Session 2 –  Connect 5 Session 2 is designed to build your skills and confidence to work with and improve the mental health and wellbeing of others. Including, how to support greater insight into experiences of stress and distress and how to help people take first steps to make themselves feel better. Connect 5 Session 2 is suitable for those with the opportunity through their working practice to engage in brief interventions.  For further information, please see the attached – | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 14th September | Food for Thought Lunch launch, St Andrew’s Church, Hawthorne Grove, tackling loneliness and increasing community engagement | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| 15th September | Music for The Mind - Wells | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| 18th September | Time to Change Employer’s Pledge lunch with Royds Withy King | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| 21st September | Youth Mental Health First Aid training for schools (closed event)  Details, including venues, can be found here - <https://www.wiltshirehealthyschools.org/partnership-projects/youth-mental-health-first-aid/> | Judy Edwards, Wiltshire Council  Contact Judy Edwards, Wiltshire Council  [Judy.Edwards@Wiltshire.gov.uk](mailto:Judy.Edwards@Wiltshire.gov.uk) |
| TBC | Children in Care Council Mental Health Arts project | Judy Edwards, Wiltshire Council  Contact Judy Edwards, Wiltshire Council  [Judy.Edwards@Wiltshire.gov.uk](mailto:Judy.Edwards@Wiltshire.gov.uk) |
| TBC | Activities in Universities and COFE for Freshers week | TBC |
| TBC | ELSA roll-out | Frances Mayes, Swindon  Contact Frances Mayes, Swindon Council  [FMayes@swindon.gov.uk](mailto:FMayes@swindon.gov.uk)  01793 444677 |
| October 2018 | Event | Lead |
| 8th and 9th October | Youth Mental Health First Aid Training (course full) | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 10th October | Gig for World Mental Health Day (Paul Wilson, Virgin Care) -  ‘I have been asked to support a gig at the Chapel Arts Centre in recognition of World MH Day on October 10. I will be promoting the gig and part-compering. Please see attached flyer’. | Paul Wilson, Virgin Care  Contact Paul Wilson, Virgin Care  [Paul.Wilson@virgincare.co.uk](mailto:Paul.Wilson@virgincare.co.uk)  07976 918787 |
| 10th October | World Mental Health Day (Float Your Hopes) | Theresa Hallett, Bath College  Contact Theresa Hallett, Bath College –  [Theresa.Hallett@bathcollege.ac.uk](mailto:Theresa.Hallett@bathcollege.ac.uk) 01225 328569 |
| 10th October | World Mental Health Day series of events across the week | Kate Morton, Bath Mind/St John’s  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| 10th October | Managing Mental Health in the Workplace with Royds Withy King | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| 10th October | Time to Change with local Champions event | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| 10th October | World Mental Health Day (supporting partners to celebrate, theme TBC) | Paul Wilson, Virgin Care  Contact Paul Wilson, Virgin Care  [Paul.Wilson@virgincare.co.uk](mailto:Paul.Wilson@virgincare.co.uk)  07976 918787 |
| Week of 10th October | World Mental Health Day (week of activity) | Karen Spence, Wiltshire  Contact Karen Spence, Wiltshire Council  [Karen.Spence@wiltshire.gov.uk](mailto:Karen.Spence@wiltshire.gov.uk)  01225 713094 |
| 11th October | Youth Mental Health First Aid training for schools (closed event)  Details, including venues, can be found here - <https://www.wiltshirehealthyschools.org/partnership-projects/youth-mental-health-first-aid/> | Judy Edwards, Wiltshire Council  Contact Judy Edwards, Wiltshire Council  [Judy.Edwards@Wiltshire.gov.uk](mailto:Judy.Edwards@Wiltshire.gov.uk) |
| 16th October, 9.30am – 1.00pm, Winter Garden Room, St Martins Hospital, Midford Road, Bath, BA2 5RP | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 23rd October, 9.30am – 4.30pm, Bath College Boardroom, Somer Valley Campus, Wells Road, Radstock, BA3 3RW | Connect 5 Training Session 2 –  Connect 5 Session 2 is designed to build your skills and confidence to work with and improve the mental health and wellbeing of others. Including, how to support greater insight into experiences of stress and distress and how to help people take first steps to make themselves feel better. Connect 5 Session 2 is suitable for those with the opportunity through their working practice to engage in brief interventions.  For further information, please see the attached – | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 30th October, 9.30am – 4.30pm, Curo, The Maltings, River Place, Lower Bristol Road, Bath, BA2 1EP | Connect 5 Training Session 2 –  Connect 5 Session 2 is designed to build your skills and confidence to work with and improve the mental health and wellbeing of others. Including, how to support greater insight into experiences of stress and distress and how to help people take first steps to make themselves feel better. Connect 5 Session 2 is suitable for those with the opportunity through their working practice to engage in brief interventions.  For further information, please see the attached – | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| TBC | MSK B&NES stress related event/awareness | Paul Scott, B&NES Council  Contact Paul Scott, B&NES Council  [Paul\_Scott@bathnes.gov.uk](mailto:Paul_Scott@bathnes.gov.uk)  01225 394060 |
| TBC | Mindful Employer Conference | Swindon |
| November/December 2018 | Event | Lead |
| 7th November | National PSHE CPD. New intake (closed event) | Nick Bolton, Wiltshire Council  Contact Nick Bolton, Wiltshire Council  [Nick.Bolton@Wiltshire.gov.uk](mailto:Nick.Bolton@Wiltshire.gov.uk)  01225 718842 |
| 12th – 13th November | Youth Mental Health First Aid training for school nurses and children’s services staff (closed event)  Details, including venues, can be found here - <https://www.wiltshirehealthyschools.org/partnership-projects/youth-mental-health-first-aid/> | Judy Edwards, Wiltshire Council  Contact Judy Edwards, Wiltshire Council  [Judy.Edwards@Wiltshire.gov.uk](mailto:Judy.Edwards@Wiltshire.gov.uk) |
| 14th November | Anti-Bullying Week – ‘big conversation’ (closed event) | Judy Edwards, Wiltshire Council  Contact Judy Edwards, Wiltshire Council  [Judy.Edwards@Wiltshire.gov.uk](mailto:Judy.Edwards@Wiltshire.gov.uk) |
| 15th November, 1.00pm – 4.30pm, The Brunswick Room, Guildhall, High Street, Bath, BA1 5AW | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 19th November, Trowbridge | Healthy School Conference (closed event) | Nick Bolton, Wiltshire Council  Contact Nick Bolton, Wiltshire Council  [Nick.Bolton@Wiltshire.gov.uk](mailto:Nick.Bolton@Wiltshire.gov.uk)  01225 718842 |
| 20th November, 9.30am – 4.30pm, Curo, The Maltings, River Place, Lower Bristol Road, Bath, BA2 1EP | Connect 5 Training Session 3  Connect 5 Session 3 is designed to advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last. Connect 5 Session 3 is suitable for those with the opportunity, through their working practice to engage in brief interventions over an extended period of time.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| TBC | Launch of Dual Diagnosis Event | Swindon |
| TBC | Winter Health | TBC |
| 5th December, 9.30am – 1.30pm, The Community Space, (above Keynsham Library) Market Walk, Keynsham, BS31 1FS | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 12th December, 9.30 – 4.30pm, Bath College Boardroom, Somer Valley Campus, Wells Road, Radstock, BA3 3RW | Connect 5 Training Session 3  Connect 5 Session 3 is designed to advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last. Connect 5 Session 3 is suitable for those with the opportunity, through their working practice to engage in brief interventions over an extended period of time.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| TBC December | Event to highlight social isolation and loneliness at Christmas | Paul Wilson, Virgin Care  Contact Paul Wilson, Virgin Care  [Paul.Wilson@virgincare.co.uk](mailto:Paul.Wilson@virgincare.co.uk)  07976 918787 |
| January 2019 | Event | Lead |
| 1st January | Annual Safeguarding and Prevent Employee Updates including Mental Health | Jayne Davis/Theresa Hallett, Bath College  Contact Theresa Hallett, Bath College –  [Theresa.Hallett@bathcollege.ac.uk](mailto:Theresa.Hallett@bathcollege.ac.uk) 01225 328569 |
| 9th January, 1.00pm – 2.30pm, The Community Space, (above Keynsham Library) Market Walk, Keynsham, BS31 1FS | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 14th January | Blue Monday | Neil Cardwell, St John’s  Contact Neil Cardwell, St Johns Foundation  [Neil.Cardwell@stjohnsbath.org.uk](mailto:Neil.Cardwell@stjohnsbath.org.uk)  01225 486449 |
| 17th January, 9.30am – 4.30pm, The Aix en Provence Room, Guildhall, Bath, BA1 5AW | Connect 5 Training Session 3  Connect 5 Session 3 is designed to advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last. Connect 5 Session 3 is suitable for those with the opportunity, through their working practice to engage in brief interventions over an extended period of time.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 18th January, 9.30am – 4.30pm, Curo, The Maltings, River Place, Lower Bristol Road, Bath, BA2 1EP | Connect 5 Training Session 2 –  Connect 5 Session 2 is designed to build your skills and confidence to work with and improve the mental health and wellbeing of others. Including, how to support greater insight into experiences of stress and distress and how to help people take first steps to make themselves feel better. Connect 5 Session 2 is suitable for those with the opportunity through their working practice to engage in brief interventions.  For further information, please see the attached – | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| February 2019 | Event | Lead |
| 1st February | Time to Talk Day | Kate Morton, Bath Mind/Neil Cardwell, St John’s  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356  Contact Neil Cardwell, St Johns Foundation  [Neil.Cardwell@stjohnsbath.org.uk](mailto:Neil.Cardwell@stjohnsbath.org.uk)  01225 486449 |
| 5th February | Internet Safety Day | Theresa Hallett/Steph Wynne-Davey, Bath College  Contact Theresa Hallett, Bath College –  [Theresa.Hallett@bathcollege.ac.uk](mailto:Theresa.Hallett@bathcollege.ac.uk) 01225 328569 |
| 5th – 6th February | Valentine’s Campaign, Healthy Lifestyles, Sexual Health/Drugs and Alcohol/Sexting/Consent/Exploitation | Theresa Hallett, Bath College in association with Virgin Care  Contact Theresa Hallett, Bath College –  [Theresa.Hallett@bathcollege.ac.uk](mailto:Theresa.Hallett@bathcollege.ac.uk) 01225 328569 |
| 6th February, 9.30am – 1.00pm, The Aix en Provence Room, Guildhall, High Street, Bath, BA1 5AW | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 8th February, 9.30am – 4.30pm, Kaposvar Room, Guildhall, High Street, Bath, BA1 5AW | Connect 5 Training Session 3  Connect 5 Session 3 is designed to advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last. Connect 5 Session 3 is suitable for those with the opportunity, through their working practice to engage in brief interventions over an extended period of time.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| 14th and 15th February, Community Space, Keynsham | Applied Suicide Intervention Skills Training  Please see the attached – | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| TBC | Pupil Parliament | Mary Kearney-Knowles, B&NES Council  Contact Mary Kearney-Knowles, B&NES Council  [Mary\_Kearney-Knowles@bathnes.gov.uk](mailto:Mary_Kearney-Knowles@bathnes.gov.uk)  01225 394412 |
| March 2019 | Event | Lead |
| 13th March, 9.30am – 1.00pm, The Aix en Provence Room, Guildhall, High Street, Bath, BA1 5AW | Connect 5 Training Session 1 -  ‘Connect 5 Session 1 is designed to help participants talk with others about emotional health and wellbeing. It takes the position that we don’t need to be mental health specialists to help those experiencing emotional and mental health problems. Connect 5 provides tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 Session 1 is suitable for anyone whose job involves working with others either in a public/service user facing way or within their work teams’.  For further information, please see the attached - | Clare Laker, B&NES Council  Contact Clare Laker, B&NES Council  [Clare\_Laker@bathnes.gov.uk](mailto:Clare_Laker@bathnes.gov.uk)  01225 394062 |
| TBC | What Works Conference | Kate Morton, Bath Mind  Contact Kate Morton, Bath Mind  [KateMorton@bathmind.org.uk](mailto:KateMorton@bathmind.org.uk)  01225 316356 |
| TBC | Summing up (what we have done over the course of the year) | TBC |
| TBC | Bath Half Marathon (awareness raising) | TBC |
| April 2019 |  |  |
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| May 2019 |  |  |
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Please submit updates/amendments to the programme to –

Claire Botley  
Senior Administrator/PA to Jane Shayler  
[Claire\_Botley@bathnes.gov.uk](mailto:Claire_Botley@bathnes.gov.uk)