



Free Mental Health & Wellbeing Training for anyone living or working in BANES

NEW FORMAT PROGRAMME FOR 2019

The Connect 5 training programme is an accessible, evidenced based course that is relevant to the whole of the public facing workforce including volunteers. It provides participants with skills and competencies that build confidence in having conversations about mental health and wellbeing. It presents tools to empower others to take proactive steps to build resilience and look after themselves. **Connect 5 takes the position that we don't need to be mental health specialists to support those who are experiencing emotional and mental health problems.**

The course is accredited by the Royal Society of Public Health and courses are delivered by local accredited trainers. Our new format programme now delivers the content of Connect 5 over 1.5 days (rather than 2.5 as previously). Participants are encouraged to do both sessions.

Connect 5 complements other training including Making Every Contact Count (MECC) and Mental Health First Aid and Applied Suicide Intervention Skills Training (ASIST)

This training has been funded by NHS Health Education England and B&NES Public Health Dept. and is free to applicants

<p>Session 1 (1/2 day) Introduction and overview See dates below</p>	<p>This session provides an overview of the Connect 5 approach to supporting people who are experiencing emotional problems:-</p> <p>Learning outcomes: By the end of this first ½ day session you will have:-</p> <ul style="list-style-type: none"> • Explored the Connect 5 model. This shows how situations impact upon our feelings, thoughts, behaviours and physical responses and how this in turn affects our mental health and wellbeing • Examined those factors which can help us or hinder us in having positive wellbeing conversations with others. • Used the Connect 5 model to practice conversation skills working in groups and with partners • Been sign posted to local sources of support • Been sign posted to other sources of learning including the second session of the Connect 5 programme
--	--

<p>Session 2 (Full day)</p> <p>Developing skills and building confidence</p> <p>See dates below</p>	<p>Session 2 builds skills and confidence to work with and improve the mental health and wellbeing of others using evidence based techniques. It includes what to do when someone expresses bleak and even suicidal thoughts and sources of further help and support.</p> <p>Learning outcomes: By the end of this first 1 day session you will have:-</p> <ul style="list-style-type: none"> • Refreshed your understanding of the Connect 5 model i.e. the link between those things that happen to us (situations) and how this impacts upon our feelings, thoughts, behaviours and physical responses • Reviewed those elements that enhance positive conversations • Explored and practiced a range of conversation tools that can help you have more in depth and supportive conversations with someone with poor mental wellbeing. These tools include <ul style="list-style-type: none"> - Scaling - Activity scheduling - Self- compassion - Problem solving - Thought awareness - Healthy lifestyles • Considered how to support someone experiencing very bleak thoughts including those of self-harm and suicide and learnt about other sources of support • Learnt about the importance of self-care and maintaining our own positive wellbeing
---	---

2019 dates

<p>Session 1 (1/2 day)</p> <p>Brief Advice</p>	<p style="text-align: center;">Thursday 2nd May 2019 9.30 (9.15 registration) – 13.30 Click here to apply</p>	<p style="text-align: center;">City of Bath FC, Twerton Park Bath, BA2 1DB</p>
	<p style="text-align: center;">Thursday 23rd May 2019 9.30 (9.15 registration) – 13.30 Click here to apply</p>	<p style="text-align: center;">Bath College. Wellow Boardroom – Somer Valley Campus, Wells Road, Radstock, BA3 3RW</p>
	<p style="text-align: center;">Tuesday 9th July 2019 9.30 (9.15 registration) – 13.30 Click here to apply</p>	<p style="text-align: center;">The Kaposvar Room, Guildhall, High Street, Bath BA1 5AW</p>
	<p style="text-align: center;">Monday 9th September 2019 13.15 (13.00 registration) – 17.00 Click here to apply</p>	<p style="text-align: center;">The Brunswick Room, Guildhall, High Street, Bath BA1 5AW</p>

Session 2 (Full day) Brief Wellbeing Intervention	Thursday 25th April 2019 9.30am (9.15 registration) – 16.30pm. Click here to apply	City of Bath FC, Twerton Park Bath, BA2 1DB
	Thursday 6th June 2019 9.30 am (9.15 registration) – 16.30pm Click here to apply	City of Bath FC, Twerton Park Bath, BA2 1DB
	Wednesday 2nd October 2019 9.30am (9.15 registration) – 16.30pm Click here to apply	Southdown Methodist Church 206 The Hollow, Bath BA2 1NG
	Wednesday 16th October 2019 9.30 (9.15 registration) – 16.30pm Click here to apply	City of Bath FC, Twerton Park Bath, BA2 1DB

For further information on Connect 5 training contact Clare Laker in BANES Public Health Dept. clare_laker@bathnes.gov.uk