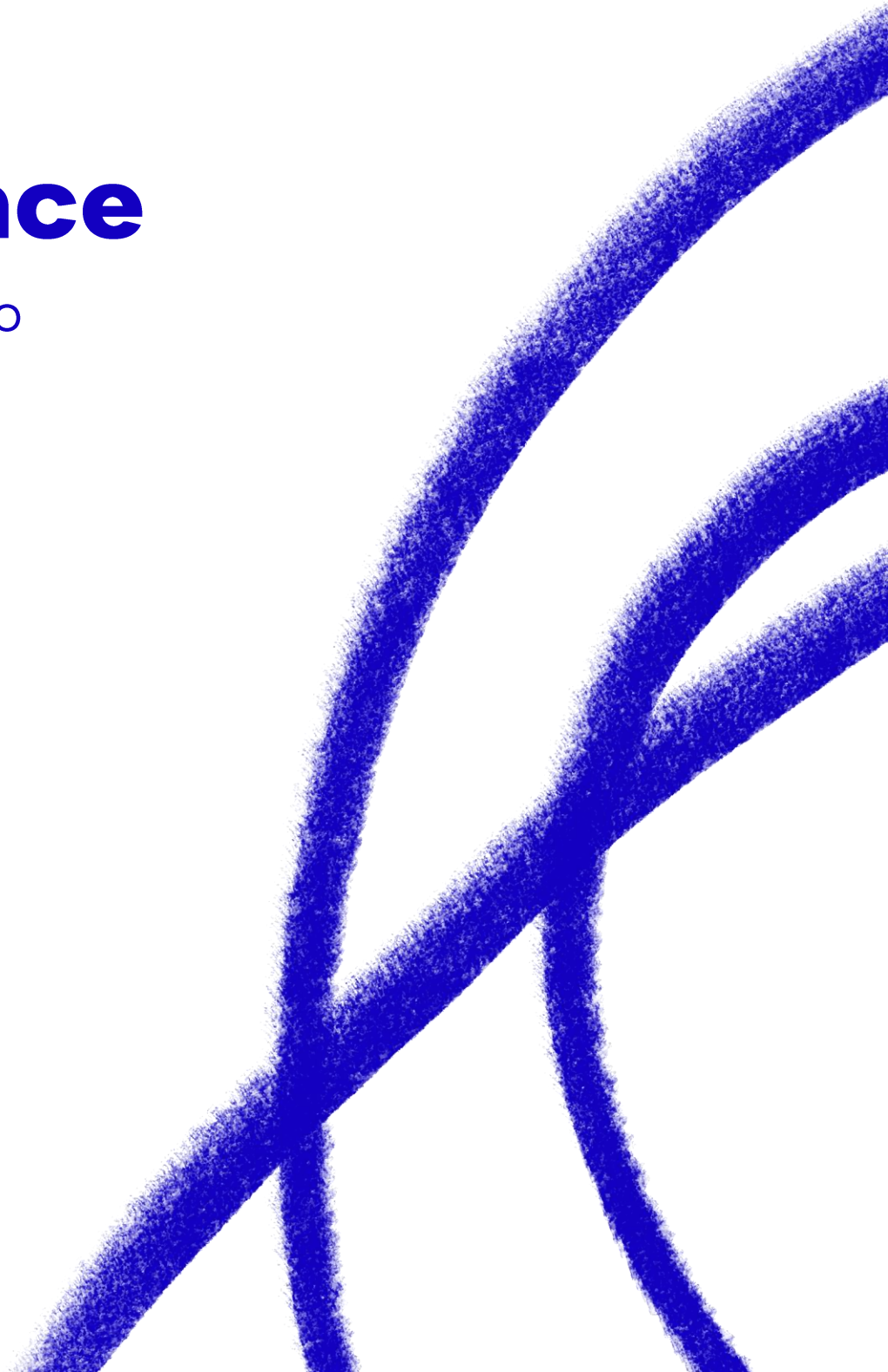


Wellbeing in the workplace

Training portfolio



Poor mental health of employees costs UK organisations £42bn - £45 bn per year, which amounts to a cost of £1717 per employee per year!!!

Doncaster Mind- who we are?

We are your local, independent Mental Health Charity that, for the past 40 years, has been committed to providing comprehensive mental health and wellbeing support to local workplaces and the People of Doncaster.

Doncaster Mind- what we do?

Our training programs are designed to provide the necessary skills and resources to develop a holistic approach to wellbeing that meets the unique needs of each workplace.

From improving stress management, through understanding active listening to learning effective communication techniques, all of our courses equip participants with the tools to create a healthier work environment.

We also offer licenced or accredited Mental Health First Aid courses and post course support in the form of the Mental Health Champions Club for any Mental Health First Aiders who train with us.

Doncaster Mind- why we do it?

We believe that no one should have to face Mental Health difficulties alone and we will not stop until everyone suffering from poor mental health gets the support they need and deserve. Any revenue generated through training allows us to facilitate more fully funded activities for the People of Doncaster.

Our team brings decades of experience in mental health and education to provide a comprehensive approach that promotes support, understanding, and positive change. Together, we focus on creating a healthy, safe, and productive work environment.

Evidence shows that education on the subject of wellbeing and mental health in the workplace can significantly reduce the risk of stress, improve work performance and reduce absenteeism!!!

Our Training Sessions:

Mental Health First Aid England

Duration: 2 days

Mental Health First Aid (MHFA) is an internationally recognised training course which will teach you how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. It involves two days training and comes with a large, superbly written manual to take away plus other resources. Over 2 million people have taken the course worldwide.

Learning takes place through a mix of teaching, video clips, exercises, group discussions and activities. MHFA is a practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- 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
- How to look after your own mental well-being, remain resilient and get the most out of life.

Level 3 Award in Supervising First Aid for Mental Health **Duration: 2 days**

This Level 3 Award in Supervising First Aid for Mental Health provides invaluable guidance for those seeking to provide mental health first aid in the workplace; it is aimed at supervisor/Mental Health First Aider level within the workplace.

Offering comprehensive support and step-by-step guidance, this award will provide you with a higher level of first aid knowledge to confidently tackle situations involving mental health.

You will gain the skills to assess and respond to common mental health conditions, as well as the knowledge to safeguard both yourself and the individual involved. With the help of the qualification, you'll be able to provide first aid to those in need and confidently manage mental health issues in the workplace.

Completion of the course and relevant assessments will award you with a nationally-recognised qualification, enabling you to confidently provide mental health first aid and help protect your workforce. A Level 3 Award in Supervising First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement.

Level 2 Award in First Aid for Mental Health

Duration: 1 day

This 1-Day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement.

Level 1 Award in Awareness of First Aid for Mental Health

Duration: 5 hours

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Stress
- Providing advice and starting a conversation

A Level 1 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment.

This qualification is valid for three years from the date of achievement.

Mental Health Awareness

Duration: 1.5 hours

This introductory session gives participants the understanding of what mental health is, explores stigma around mental health and empowers attendees in knowledge and understanding of how they can look after their mental health.

Statistics point at the fact that 1 in 4 people will experience mental health challenges in their lifetime. Embark on the journey with our facilitator to explore ways in which you can look after your mental health.

Benefits of attending our 90 minutes Mental Health Awareness Introduction session:

- understanding what mental health is
- exploring what influences our mental health
- stigma around mental health
- exploring practical strategies to care for your mental health
- action plan... taking your new knowledge and turning it into action in your everyday life
- learning and practising relaxation techniques

Wellbeing Awareness

Duration: 1.5 hours

Wellbeing is rather difficult to define in words because it's a feeling ... however we all know when we are there and when we are not.

Scientists confirm on daily basis that it's predominantly our lifestyle choices which impact our levels of wellbeing in significant ways. Let our facilitator take you on a 90 minute journey to explore ways in which wellbeing can be enhanced leading to a happier and more satisfying life experience.

Benefits of attending our 90 minutes Wellbeing Awareness Introduction course:

- understanding what wellbeing is
- exploring where difficulties in maintaining wellbeing originate from
- learning which areas impact on wellbeing and why
- exploring practical strategies to enhance wellbeing
- implementation plan... taking your new knowledge and turning it into action in your everyday life
- learning and practising relaxation techniques

Stress Awareness

Duration: 1 hour

This 60 minute session has been designed to raise awareness around stress, how to spot the signs of stress in ourselves and others and how to work with our bodies, minds and perceptions to become more balanced and resilient.

During the session we will cover:

- What stress is and why we need it
- How much stress is too much
- Common stress triggers
- Building up our resilience to stress
- Self-care- practical tips on how to care for ourselves during intense and stressful times.

Bitesize Mindfulness

Duration: 1 hour

Mindfulness is the Art of Paying Attention to what is that has been known and practiced for centuries.

It was reintroduced to Western Culture as an antidote to stress, burnout and a tool to enhance feelings of wellbeing.

During this very experiential session we will explore the following:

- What mindfulness is
- Benefits of mindfulness practice
- Active and passive mindfulness
- Integrating mindfulness to your day - mindful eating/drinking

The focus of this session is to experience being mindful rather than intellectual discussions around mindfulness concepts.

RESET Yourself – stress management workshop

Duration: 5 hours

Stress management is for anyone and everyone. This workshop builds on the knowledge from stress awareness sessions.

We all feel stressed occasionally but what actually is stress? Is there good and bad stress? This course answers these questions and teaches you how to recognise the signs and triggers around stress before suggesting mechanisms to manage life's stresses to ultimately live a healthier and even happier life. Give yourself a gift of freedom from habitual stress responses and start your journey towards greatest levels of calmness and inner balance.

Benefits of attending our Reset Yourself course:

- Understand what stress is and why it exists
- Understand what happens in the body and mind when we experience stress
- Improve understanding of the different types of stress
- Strategies for dealing with stress
- Reflect on our own individual relationship with stress, including triggers and how this can be improved.
- Learn techniques for bringing your mind and body into more balanced state at any given moment

Mindfulness and Me

Duration: 4 hours

Mindfulness is clinically proven to aid calmness, clarity of thought and focus.

Using techniques such as present moment awareness and meditation, mindfulness can help us become more aware of our passing thoughts and emotions without being distracted or overwhelmed by them.

Mindfulness is also clinically proven to reduce stress and blood pressure while alleviating the symptoms of depression and anxiety. In addition those who practice mindfulness often find they sleep better, work more efficiently and find greater happiness and fulfilment in their relationships and life in general.

For those who wish to experience a taste of what mindfulness is, our 4 hour Mindfulness and Me introductory workshop is a great starting place.

Level 3 Award in Principles of Safeguarding and Protecting Children, Young People or Vulnerable Adults

Duration: 1 day

Safeguarding is how we can protect children, young people and vulnerable adults from abuse or neglect by the actions, or lack of actions, of another person. Everyone has the right to be safe and live without the fear of abuse, neglect or exploitation and this course aims to teach you how to recognise the signs of abuse and neglect and what actions you can take to stop this from happening and occurring again in the future. Abuse, neglect and exploitation can occur anywhere and by anyone, quite often being a person of trust.

This course is designed for all persons, no matter the field that they are directly involved in, to give them the tools and knowledge to make a difference to a vulnerable person's life. It will also let the practitioner reporting the abuse know how they can safeguard themselves in every day work, while seeking help and reporting the incident identified.

The qualification is assessed by a written assessment including open and multiple-choice questions. A learner must successfully pass the written assessment to achieve the qualification.

Learners will be awarded an Ofqual regulated qualification. The qualification does not have an expiry date, but refresher training and keeping up to date with changes to policies, procedures and new legislation through ongoing CPD is vital.

Level 1 Award in Awareness of Safeguarding

Duration: 5 hours

This qualification will provide an understanding of safeguarding which can be used in a workplace, activity group or any instance where a person comes into contact with children or adults at risk. The qualification provides learners with the knowledge to identify a safeguarding concern, record a disclosure and report to the appropriate person.

The qualification is assessed by a written assessment including open and multiple-choice questions. A learner must successfully pass the written assessment to achieve the qualification.

Learners will be awarded an Ofqual regulated qualification. The qualification does not have an expiry date, but refresher training and keeping up to date with changes to policies, procedures and new legislation through ongoing CPD is vital.

Bespoke sessions

Duration: bespoke

At Doncaster Mind we understand that services and organisations often have specific training areas that they would like to focus on in addition to set budgets for training which can vary according to the size of their organisation and workforce.

Our bespoke sessions are the unique and dynamic training experience for organizations committed to mental health and wellbeing. Our personalized and bespoke mental health training is designed to empower organizations with the skills and knowledge necessary to effectively support their employees' mental health and create a culture of inclusion.

Mental Health, Wellbeing and Me Talk

Duration: 60-90 mins

The Mental Health, Wellbeing and Me Talk is a unique and engaging talk designed to help people feel connected to their own emotional wellbeing. Through this talk, you can learn the basics of mental health and develop skills to build your self-awareness, cultivate resilience, and become empowered to make healthy decisions for yourself. We draw on cutting-edge research from the fields of psychotherapy, neuroscience, and positive psychology to bring you valuable lessons and insights to live a healthier life.

Mental Health Champions Club

Mental Health Champions Club is an initiative supporting personal growth of our members and, as a result, organizational growth. Our community of Mental Health Champions learn, explore what works, identify what doesn't work and share ideas of how to make a workplace an environment which supports mental health and wellbeing of employees.

All graduates of our Mental Health First Aid courses are invited to join the MHCC. Our members are passionate about promoting open, honest conversations about mental health and inspiring others to seek support when needed. We provide our members with a platform to connect with mental health experts and professionals, share their stories, and be a voice for those who can't speak up for themselves.

As a member, you'll have access to exclusive resources and training events to empower you to be an advocate for mental health. Together, we can work to destigmatize mental health issues and foster healthier, more open dialogue.



Contact us today to discuss your unique training needs!!

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