



Promoting Wellbeing
Training

April – September 2023

 Southern Health
and Social Care Trust
Quality Care - for you, with you



Building Skills
For Improving Health and Wellbeing





Welcome

To the Promoting wellbeing division directory of training for April – September 2023.

The Southern Health and Social Care Trust (SHSCT) is committed to improving people's health and wellbeing and the [Promoting wellbeing division \(PWB\)](#) provides services, programmes and training to support individuals and communities to live longer, healthier, active lives.


Promoting wellbeing staff work in partnership across Trust directorates, and with a wide range of statutory, voluntary and community sector partners. We seek to build capacity within communities to reduce health and social inequalities, helping them achieve a better quality of life for people in the Southern Trust area.


We employ a range of specialist staff including health improvement specialists and community development practitioners, ensuring local delivery of regional strategies for health and wellbeing.

We deliver a range of training programmes aimed at improving health and wellbeing which are available to Southern Trust staff, volunteers and those working with communities in the Southern Trust area.

Our courses and awareness sessions are offered either face-to-face or online.

When you apply to participate in any of our online courses you will receive a confirmation email if you have secured a place along with a link giving you access to the training. You will need an email address and internet access to participate.

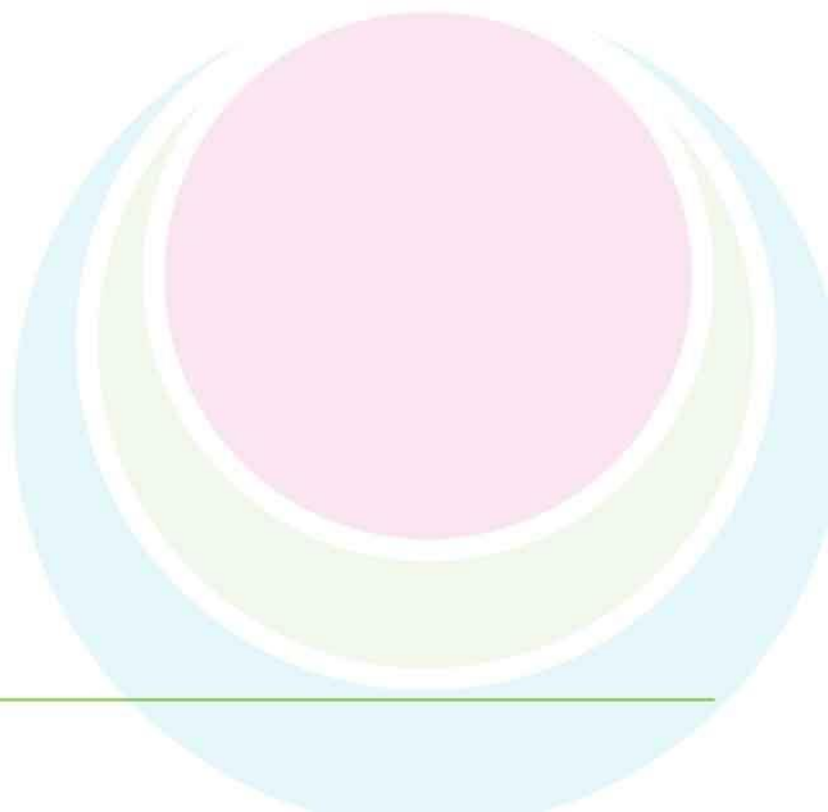




To book a place on any of the training
or for further support or information
please contact:

e: pwb.training@southerntrust.hscni.net

w: [Your Health | Southern Health & Social Care Trust \(hscni.net\)](http://Your Health | Southern Health & Social Care Trust (hscni.net))



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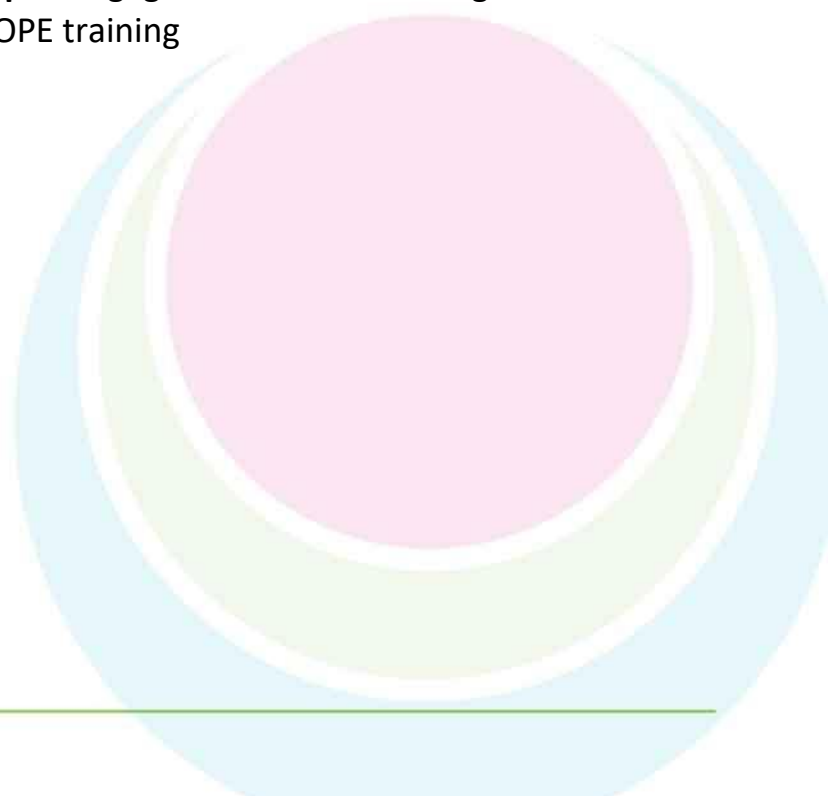
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Families and Communities

Autism awareness

Dates: Register your interest for our autumn training

Time: 10.00am – 12.00pm (2 hours)

Delivery: Online

Course details:

This is an **ONLINE** Autism awareness session aimed at **practitioners working with a child or a parent of a child with:**

- A confirmed diagnosis
- Waiting on assessment, or
- Who have concerns that their child may be on the spectrum.

Aim of the training:

The session will provide you with an increased understanding of:

- How children and young people with autism perceive the world
- How children and young people with autism think and learn
- How to use children's and young people's strengths to help them reach their potential
- The reasons behind the difficulties faced by children and young people with autism in learning, social interaction and communication
- Applying strategies when teaching, supporting and interacting with children and young people with autism.

Target audience:

Anyone who is **working with a child or those working with a parent of a child who has been diagnosed with Autism** or is waiting on an assessment and wants to learn about autism and appropriate support strategies. This course is not suitable for parents who have a child with autism.

[Click here to apply](#)

Evidence based Parenting Programmes/Interventions

Dates: Throughout the year.

Venue: Various throughout the SHSCT area.

Course details:

Training and development opportunities will arise throughout the year to support organisations/services in delivery of the following evidence based parenting programmes /interventions:-

- Solihull
- Incredible Years suite of programmes (birth – 12 years)
- Parenting Plus Teen and Special Needs programmes

Aim of the training:

To build on the capacity and skill set of services/organisations supporting parents to give their child the best start in life.

Who should attend?

Services/organisations/individuals providing family support across the age spectrum (pre-birth – 18 years)

For further information contact:

Martina McCooley- Child Development Interventions Co-ordinator

t: 028 3756 4462

m: 077954 50278

e: [Click here](#)



Child safety training

Dates: Thursday 21st September 2023

Time: 10.00am – 12 noon

Delivery: Online

Course details:

This session will provide an understanding of what causes child injuries at home. On completion of this course participants should be able to identify:

- who is most at risk,
- identify how to prevent the most common and serious accidental injuries
- demonstrate and understanding of our role in injury prevention.

On successful completion delegates will be awarded a 'Child Safety awareness' certificate of attendance.

Course content:

- Childhood injury – the big picture
- Profile of those injured
- Who is most at risk – case studies
- Injury prevention – what works
- Child safety at home
- Fire / Burns and scalds / Poisoning / Falls

Target audience:

This course is designed for carers, foster carers or parents delivering care or services which involve children.

[Click here to apply](#)

Emergency paediatric first aid

Date: Wednesday 27th September 2023

Time: 10.00am – 4.00pm

Venue: Dobbin Street Community Centre, Armagh

Course details:

This course aims to train delegates in the essentials of dealing with emergencies with an emphasis on those involving children. It includes basic life-saving skills, handling life threatening situations and responding to common, minor ailments. This is also an appropriate refresher course to meet current requirement standards.

Continuous assessment of theory and practical skills will take place to ensure competence.

On successful completion delegates will be awarded an attendance certificate valid for three years. Good practice expects a refresh on aspects of first aid skills at least annually.

Course content

- The Principals of First Aid
- Care of the unconscious casualty
- Resuscitation
- Severe and minor bleeding
- Burns and scalds
- Anaphylaxis
- Seizures
- First Aid kits
- Emergency actions
- Recovery position
- Shock
- Choking
- Asthma
- Diabetes
- Common ailments

Target audience:

This course is intended for people who are working with and/or caring for babies and young children. Those who require refresher of their full paediatric first aid course or who feel that basic knowledge of first aid would be useful in their role.

Essential requirements:

Delegates are required to be physically fit and able to cope with intense study in English and practical activity.



[Click here to apply](#)

Older people and injury prevention

Dates: Monday 25th September 2023

Time: 10.00am – 12 noon

Delivery: Online

Course details:

This course will provide an understanding of what causes injuries to older people at home.

On completion of this course delegates should be able to identify:

- Who is most at risk
- Identify how to prevent the most common and serious accidental injuries
- Demonstrate risk assessment techniques

On successful completion delegates will be awarded an 'Older People and Injury Prevention' certificate of attendance.

Course content

- Older people and injuries – the big picture
- Profile of those injured
- Who is most at risk
- Falls, Fire safety, CO poisoning, Burns and scalds
- Injury prevention – what works
- Older people at home – risk areas
- Case studies of best practice

Target audience:

This course is designed for all staff delivering care or services which involve older people and older people themselves.

[Click here to apply](#)



Mellow bumps

Dates: Tuesday 25th April – Tuesday 30th May 2023 (6-week programme)

Time: 10am – 12 noon

Delivery: **Online - MS Teams**

Course details:

This is a six-week group programme offering support for you to prepare for the birth of your baby.

Course content

This group will help you relax and get ready for the birth of your baby. There will be time to think about how you feel about becoming a parent and getting ready to welcome your baby to the world.

Target audience:

Mum's to be who are 20+ weeks pregnant.

For further information contact:

Jacqueline Masterson **t:** 028 37 56 4489 **m:** 07867208352

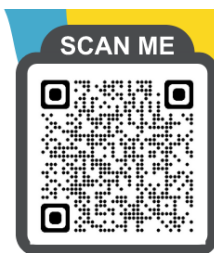
[Click here to apply](#)





Food & Nutrition

Nutrition Webinars



 **SUBSCRIBE to Public Health Dietitians on YouTube**

Top Tips for a Healthier Weight

Public Health Agency, HSC, Health and Social Care

Eating Well During Menopause

Gut Health

Food & Mood

Healthy Diet, Healthier You

Eating Well as You Age

Nutrition for Sport

Sustainable Diets

Fact or Fiction? Nutrition Myths & Fad Diets.

How to Save Money on Your Food Shop

What is it about?	Who is it for?
Healthy eating and lifestyle tips for weight management.	People living with overweight or obesity
Healthy eating advice for during the perimenopause and menopause	Perimenopausal/ menopausal women
Basic diet and lifestyle tips for a healthy, happy gut	General population
Explore the links between what you eat and how you feel	General population
General healthy eating advice and practical tips based on the Eatwell Guide	General population
Good nutrition for the later years including practical advice.	Older adults / family members or friends/carers
The basic fundamentals of sports nutrition to help fuel correctly & enhance performance.	Active/sporty individuals
Tips to eat more sustainably to benefit health and the environment	General population
This webinar "busts" some of the most common myths about food – butter, coconut oil, sweeteners, honey etc.	General population
Top tips for meal planning, cooking, budgeting and savvy shopping to save money on your food shop.	General population

A series of free 30 minute webinars developed by Registered Dietitians and Nutritionists.

Childhood Nutrition Webinars



SUBSCRIBE to Public Health Dietitians on YouTube



What is it about?	Who is it for?
A complete guide to weaning and starting solids with your baby	Parents/carers who are ready to introduce solids to their baby
Top tips to deal with fussy eating, which can be common in childhood	Parents/carers or those working with this age group
Advice on a healthy well balanced diet, portion sizes and snacks for kids <5 years.	
Healthy eating principles and top tips for during the primary school years. Based on the Eatwell Guide.	
Nutrition and healthy eating during teenage years. Includes information on energy drinks, body image and lifestyle.	Teenagers / parents/carers or those working with this age group
Inspiration for healthy packed lunches and snacks including top tips	For families with school aged children

A series of free 30 minute webinars developed by Registered Dietitians and Nutritionists.



We have changed how we deliver our community nutrition education programme training

What is it ? Pilot training which aims to equip participants with the knowledge and confidence to deliver evidence based, key nutrition and food safety messages.

Who is it for ? This is open to people working within community, voluntary and statutory organisations, workplaces or others who target individuals, groups and families living on a budget.

Why ? This new more accessible method of training will cater for those who want to know the 'essentials' of food and health. It will also become the first step for those who want to deliver other nutrition education programmes such as Cook it!, I can cook it! and Food Values and Good Food Tool Kit

When ? Training dates for 2023: To be confirmed



Do you want to register for this training ?

EMAIL cookit@southerntrust.hscni.net

Nutritional awareness TUTOR training

Cue cards: 8 Key Health & Wellbeing messages for young people aged 11-18 years

Date: To be confirmed

Delivery: Online

Duration: 2-4* hours

2-4* hours online training delivered by SHSCT Cook it! Team dietitian (* Dependant on previous training in other Community Nutrition Education programmes such as Cook it! Or Food Values or new Food & Health essentials training)

Aim of the course:

The aim of the cue cards is to support the delivery of up-to-date evidence based health and wellbeing messages for young people aged 11-18 years.

The key messages outlined were identified through engagement with young people. Each message can be delivered in less than 10 minutes

Topics covered include:

1. Keeping active
2. Fruit and Vegetables
3. Breakfast
4. Sugary and fatty foods and drinks
5. Lunch
6. Hydration
7. Inactivity, screen time and sleep
8. Stress and relaxation

Target audience:

The messages in the cue cards can be included as part of existing or new programmes, interventions and discussions with all young people aged 11-18 years of age. Training is open to anyone working with young people aged 11-18 years within statutory, community and voluntary organisations.

For further information please contact the Cook it! team:

e: cookit@southerntrust.hscni.net



Making the most of your slow cooker TUTOR training

Date: 2023 (Register your interest)

Delivery: **Online**

Duration: **2-4 hours**

Course details:

A 1 (Bite size) or 4 session practical nutrition education programme to empower participants to use a slow cooker, shop smarter and make healthier food choices. It therefore compliments other healthy eating initiatives such as the Cook it! or Food Values programmes. Currently designed to be delivered online to participants.

Learning objectives:

2-4* hrs online training delivered by SHSCT Cook it! Team Dietitian

(*Dependant on previous training in other Community Nutrition education programmes such as Cook it! or Food Values or new Food & Health Essentials training)

Topics covered include: Eatwell guide, Basic Food Safety, Batch cooking, Store cupboard, Meal planning & shopping tips

All trained facilitators will get access to the regional recipe book resource for their participants.

If you work with groups in the SHSCT area that would benefit from this programme please get in touch.

Target audience:

Training is open to people working within statutory, community and voluntary organisations that target families and individuals living on a budget.

Please highlight when applying if you have already completed any other community nutrition education training such as Cook it, Food Values or Food & Health essentials.

Expectations of how the training should be used

You should aim to deliver **1 Programme within 3 months** of completing the training

For further information please contact the Cook it! Team:

e: cookit@southerntrust.hscni.net





Mental Health

ASIST – Applied Suicide Intervention Skills Training (2-day training)

Course Duration: 2 full days

Aim of the course:

ASIST is a two-day workshop aimed at preventing the immediate risk of suicide.

ASIST teaches Suicide First Aid skills to anyone who may come into contact with a person at risk, through the most widely used suicide intervention model in the world. Recognised by the Department of Health, ASIST is fast becoming an essential tool for all community caregivers. Over one million caregivers have participated in this two-day highly interactive, practical, practice-oriented workshop.

Target audience:

The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Individuals not working with/caring for high risk young people or adults should consider attending Suicide prevention awareness training or SafeTALK in advance of ASIST.

Anyone with experience of suicide may find ASIST emotionally challenging due to the course content and should consider speaking to the co-ordinator in advance of registering for the training.

Participants must attend on both days to fully complete the training.

Further information:

This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry

t: 028 30266195 e: info@pipshopeandsupport.org or

Action Mental Health, Portadown

t: 028 38 392314 e: menssana@amh.org.uk

B Positive

Duration: 1 hour session x 3 in total

Delivery: The Protect Life resource service

B Positive is a short interactive training programme designed to increase awareness and understanding of issues affecting mental health.

Learning objectives:

The training includes information and practical suggestions for help seeking and supporting yourself and others to maintain positive mental health.

Target audience:

Anyone age 14+.

It is of particular use for young people who are interested in taking an active role in support for themselves and others.

Further information:

This training is provided by the Protect Life resource service:

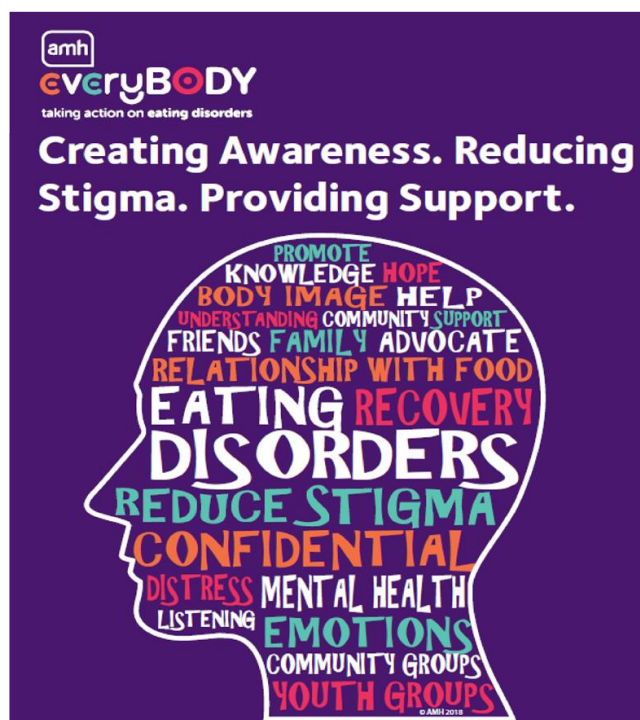
Delivered by Pips Hope and Support, Newry

t: 028 30266195 e: info@pipshopeandsupport.org or

Action Mental Health, Portadown

t: 028 38 392314 e: menssana@amh.org.uk

BodyTALK workshop



Our BodyTALK workshop is an engaging programme aimed at people aged 13+ which explores Body Image issues and teaches people how to develop a healthy body image, relationships with food and self-esteem.

The programme also promotes eating disorder awareness, including pathways to care and support.

Target audience:

People aged 13+.

For further information on this training please contact:

Deborah McCready – AMH EveryBODY project worker

T: 028 3839 2314

M: 07790885438

E: dmccready@amh.org.uk

W: amh.org.uk

GIMME 5

Dates:

Thursday 29th June 2023

(Closing date for applications Thursday 1st June 2023)
Banbridge Youth Resource Centre, Hill Street, Banbridge

Or

Tuesday 27th June 2023

(Closing date for applications Tuesday 23rd May 2023)
Newry Youth Resource Centre, Carnbane Road, Newry

Time:

1.00pm – 4.00pm

Course content:

GIMME 5 is a resource designed to support workers to promote positive wellbeing messages with young people by:

- Raising awareness of the Five Ways to Wellbeing and how these support good mental health and wellbeing.
- Providing a range of activities to help young people explore and develop their personal strengths and resilience.

Aim of the course:

The Five Ways to wellbeing are a set of practical, evidence-based public mental health messages aimed at improving the mental health and wellbeing of everyone.

They were developed by the New Economics Foundation (NEF) and commissioned by Foresight, the government's think-tank on mental wellbeing.

<http://www.neweconomics.org/publications/five-wayswell-being-evidence> who have advised that adopting the Five Ways to Wellbeing "Steps can increase life expectancy by 7.5 years".

Target audience:

Youth workers, Teachers and those working with young people.



[Click here to apply](#)



Little Healthy Me is a vibrant and engaging trauma informed, mental health promotion programme aimed at children which explores emotional/mental health, healthy lifestyle choices and pathways to effective support through imaginative and interactive play and song.

Little Healthy Me Positively promotes mental health and social and emotional well-being in children and has a strong focus on prevention and self-help.



Targeted at 4-7 year olds, Little Healthy Me is a refreshing interactive and fun 3 hour workshop, delivered over 3 sessions by our very experienced AMH MensSana project workers.



AMH MensSana will also provide Little Healthy Me Parents/Carers and Staff sessions.

Key Adult Contacts – Staff/Parents/Carers

Duration: (1x 1.5 hrs) available for delivery in person or on-line via Zoom

- Trauma informed mental health awareness
- Increase your awareness of common signs/symptoms of mental ill health
- Understand our children's Little Healthy Me programme
- Learn self-care techniques for building resilience and confidence
- Sources of support

Children

Duration: – p1/p2 (3 x 45 mins) p3/p4 (3x1hr) available for delivery in-person

Click on the link to view the flyer:

2014494-Little-Healthy-Me-leaflet4.pdf
(amh.org.uk)

For further information contact:

The **MensSana team:**

t: 028 3839 2314 (Southern Trust Area)

e: menssana@amh.org.uk



Café conversations

Duration: 3.5 hours

We call these 'Café Conversations' as they deliver the same 'Zero Suicide Alliance' training module found on the e-learning platform, but in a relaxed workshop that expands learning by also offering conversation and Q&A hosted by people who have actually survived suicidal crisis.

It's a unique peer-led approach that saw only one 'real-room' delivery before onset of the pandemic, and staff who attended that session spoke very highly of its ability to add powerful context and communication tips to their professional skill profile and to day to day practice.

Even those who had already completed the module on the e-learning platform but subsequently attended either our real room or zoom versions of this workshop, told us that being able to ask direct questions of people who had lived the experience of suicidal crisis was worth arranging the time-release for.

Delivery style is designed by the service user and carer training team to recreate a comfortable relaxed café atmosphere. There is no role play, no quizzes, no having to represent teams or speak on behalf of a professional discipline - it's just a room full of everyday people, a mix of staff, public, and C&V coming together to explore the topic in a safe way.

It could easily expand to fill people's capacity for discussion and sharing of perspectives, so because we have to limit it to a half-day workshop, we also provide a follow-up pack of signposting and reading suggestions. Everyone receives a certificate of completion.

For further information please contact:

Elaine Fogarty
Project Development Officer, Mental Health Forum
Chair, SHSCT User & Carer Service Improvement Group (UCSIG)
& Coordinator for MHF service User and Carer Capacity Building Programme
Ballybot House, 28 Cornmarket, Newry BT35 8BG.
T: 028 302 52423 **M:** 078 7626 1033

Loneliness awareness training

Dates: Available upon request

Duration: 2-hours

Course delivery: Face-to-face or online

Aim of the course:

Our aim is to reduce stigma around loneliness by empowering everyone with the knowledge that loneliness is something that everyone is likely to experience during their lifetime and that it is a completely natural emotion.

Learning objectives:

- To understand the meaning of loneliness and social isolation
- To identify who can get lonely and what triggers are
- To understand the impact on our health and wellbeing
- To address the stigma around loneliness and discuss how to have positive and empathetic conversations.

Target audience:

Trust staff, community and voluntary associations within Southern Trust area.

For further information on this training please contact:

Alison Daly - Community Sector Training

e: cst.training@southerntrust.hscni.net





Mental Health First Aid (2-day training)

Course duration: 12 hours in total
2-days or 4 evenings

Course details:

Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

Learning objectives:

- To enhance understanding of mental health problems and how it can impact on individuals and society
- To develop skills, motivation, knowledge and confidence in offering help to those with symptoms of mental illness
- To guide towards appropriate professional help.

Target audience:

Mental Health First Aid (MHFA) is appropriate for anyone 18 years+ from a voluntary or professional background who come into contact with the general public and is interested in learning more about mental health problems, how it impacts on individuals and how best to provide support.

Participants must attend all the sessions in order to fully complete the training.

Further information:

This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry
t: 028 30266195 e: info@pipshopeandsupport.org or

Action Mental Health, Portadown
t: 028 38 392314 e: menssana@amh.org.uk



Mindset is funded by the Public Health Agency and will run continuously throughout the year. Programmes will be delivered in all youth & community settings across all Health Trust areas for groups of 8-20 people.

Duration: 3.5 hours

Facilitators: AMH MensSana Project Workers

Course Content:

AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of the groups above in the all HSC Trust areas.

Aim:

- To raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental/emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

Target audience:

Mindset is a Mental and Emotional health and wellbeing awareness programme for young people 14-17 years and adults.

[Click here to view the information flyer](#)
[Mindset-A5-Flyer-All-Trusts-04.05.22.pdf](#)
[\(amh.org.uk\)](#)

[Click here too view the Mindset website:](#)
[Mindset | Action Mental Health](#)
[\(amh.org.uk\)](#)





Date: Workshops arranged to suit your group

Duration: 90 minutes

Delivery: **By Action Mental Health MensSana**

Aim of the workshop:

The aim of the workshop is to support participants and their key contacts in the area of mental and emotional wellbeing through a range of activities that are tailored to suit group needs. The workshops aim to be positive, interactive and informative. They are designed to explore issues and facilitate discussion around mental and emotional wellbeing.

Workshop content:

A mental health awareness Provoking Thought workshop can include information on the following:

- Importance of looking after our own physical and mental health
- Challenging the stigma and misconceptions that are associated with mental health
- Raising awareness of signs and symptoms of mental distress – what to look for in yourself.
- Information on some types of mental illness
- Identifying factors that cause young people stress
- How we express stress
- How to cope positively with stress
- Information on sources of support that are available
- Provision of a tangible source of support – MensSana wallet sized leaflet

There is also scope within Provoking Thought workshops, time permitting to incorporate additional information that teachers, youth leaders, employers or community workers would like covered should there be particular issues that are relevant to that group.

Target audience:

11-25 year olds and older and their key contacts and can be delivered in schools, youth clubs or community groups.

For further information on this training please contact:

Deborah McCready – AMH EveryBODY project worker

T: 028 3839 2314

M: 07790885438

E: dmccready@amh.org.uk

W: amh.org.uk

SafeTALK

Date: Arranged to suit your group

Duration: 3-hours

Delivery: Face-to-face

Aim of the workshop:

SafeTALK training prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

As a safeTALK-trained suicide alert helper, you will be better able to:

- Move beyond common tendencies to miss, dismiss or avoid suicide
- Identify people who have thoughts or suicide
- Apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.
- Discussion and practice help stimulate learning.
- Learn steps that contribute to saving lives.
- View powerful video clips.

Target audience:

15 year olds and older.

Further information:

This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry

t: 028 30266195 **e:** info@pipshopeandsupport.org or

Deborah McCready – AMH EveryBODY project worker

T: 028 3839 2314

M: 07790885438

E: dmccready@amh.org.uk

W: amh.org

SHOULDER TO SHOULDER

This training is aimed at all members of the community because suicide can affect all of us and suicide prevention should be everybody's business. With local people trained to be more aware of the risk of suicide and the sources of help available, the training will make our communities safer.

Each training programme is tailored to make it as relevant as possible to participants. This means that statistics, helpline numbers and sources of local support will always be relevant to the area that the training takes place and the particular issues affecting that community. It is especially beneficial for use in the workplace as it focuses on self and manager/peer support.

Participants learn from a creative modern Prezzi presentation, with the opportunity to ask questions, informative literature is provided.

Aim of the course:

- To increase the general public's awareness around the extensive support available to those at risk of suicide, develop a clearer understanding of the different groups that may be at a higher risk of suicide
- To develop an understanding in the general public that many people who are at risk will not access the help available unless supported in doing so
- To reduce the fear in the general public of helping someone at risk by learning, identifying and referring at risk individuals to available help
- To introduce simple ways of developing positive mental and emotional health within participants
- Increase the general public's understanding of government suicide prevention strategies
- Reduce the stigma and myths around suicide

Target audience:

Adults and youth aged 15+

Further information:

This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry

t: 028 30266195

e: training@pipshopeandsupport.org

w: [Shoulder to Shoulder \(pipshopeandsupport.org\)](http://Shoulder to Shoulder (pipshopeandsupport.org))

Stress control

The link for the latest classes can be found here; [Dates - Stress Control](#)

Course details:

The PHA Funds free programmes that teach skills and techniques for managing stress.

Courses content:

- Exploring what stress is
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Managing panicky feelings
- Getting a good night's sleep
- Planning for the future

You are not required to register

To take part, visit www.ni.stresscontrol.org



STORM Skills training on risk management

Date: Please register your interest – Dates to be confirmed

Time: Basic Level 9am – 1pm
 Level 1 8.30am – 5.30pm (1 day)
 Level 2 9.30am – 4.30pm (2 days)

Delivery: Face-to-Face – Venue to be confirmed

STORM is a Skills training in suicide prevention and self-harm mitigation model developed at the University of Manchester. It offers skills based training in assessment of risk and vulnerability and safety planning to frontline staff and members of the community.

STORM skills training increases confidence and competence by enhancing the communication skills needed to:

- Engage someone in distress
- To work collaboratively
- Assess risk and vulnerability
- Plan for safety
- Prevent suicide

Courses available:

Basic Simple intervention and signposting

Level 1 (either Adults or Children & young adults)
 Simple intervention and signposting
 Basic level of understanding
 Basic assessment and safety planning
 Basic consultation/communication/safety planning

Target audience for Basic and Level one training:

Trust staff and community staff (those working in childcare, social work, the emergency department, general nursing, women's aid, administration).

[Click here to apply](#)

Level 2 Comprehensive communication and collaborative approach
 Comprehensive assessment of suicide risk and vulnerability
 Understanding self-harm and safety planning

Target audience for Level 2 training:

Only open to Trust mental health practitioners and community counsellors employed by voluntary organisations within the Southern Trust locality.

[Click here to apply](#)

****Emotional safety****

STORM® acknowledges that suicide and self-harm are emotive subjects, and that the skills-training methods can cause some anxiety. STORM® also acknowledges that this is an intensive course and can be exhausting. We therefore endeavour to provide a safe and supportive learning environment that, whilst encouraging and enabling participants to fully engage in the training, is mindful of and responsive to their emotional safety.

Suicide bereavement UK

Offer a range of online workshops on Postvention

The Locality Protect Life budget will fund places on these courses/modules for any individual **directly involved** in supporting those who have been bereaved or impacted by suicide.

Level 1

For those with no knowledge, a basic understanding of Postvention or have an interest in a specific module

- Suicide bereavement & language
- Talking with children and young people when there has been a suicide
- Introduction to Post-traumatic growth

Level 2

Is more specialised (e.g. working with therapeutic tools)

- Applying the 'Grief map' model to support people bereaved by suicide

NB: **appropriate qualifications required to attend level 2 modules**

PABBS Training (1 day)

PABBS evidence-based one-day training is aimed at anyone who comes into contact with those bereaved by suicide. It aims to equip trainees with the knowledge, skills and confidence to respond appropriately to people who are bereaved in this way. PABBS is CPD-accredited and delivered by two experienced trainers with considerable experience of working with those bereaved or affected by suicide.

For further information

PABBS – PABBS/Suicide bereavement UK for further information contact:
paul.igham@suicidebereavementuk.com <https://suicidebereavementuk.com/Evidence-Based-Suicide-Bereavement-Training>



Zero Suicide Alliance Training – Approx. 25 minutes

Zero Suicide Alliance offers a free '3 step' awareness training programme which provides a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts.

[Click here to take the course](#)

SHSCT Staff complete the course by logging onto: <https://www.hsclearning.com>

Psychological First Aid

Psychological first aid is a simple, yet powerful way of helping someone in distress during and after a crisis like the COVID 19 pandemic. It involves paying attention to the person's reactions, active listening and if relevant, practical assistance to help address immediate problems and basic needs.

[Click here to take the course](#)



The SBNI Trauma Informed Practice (TIP) project

Offers a range of online training programmes for staff working across the system to develop their understanding of Adverse Childhood Experiences (ACEs) and their skills and confidence in trauma sensitive approaches to their practice.

Level one

Adverse childhood experiences (ACE) awareness online programme

Approx. 40 minutes online

Audience: For all staff including frontend support, receptionists, administration, finance, therapists/service delivery staff, managers and directors.

Level two

Developing trauma sensitive approaches to practice training online programme

Approx. 40 minutes online

Audience: For staff working directly with children, young people, families and/or adults who have been directly impacted by trauma relating to childhood adversity. This may include child care providers /early year's sector, teaching and pastoral care staff, therapists/counsellors, coaches, social work/care workers, clergy, safeguarding leads, constables, probation officers, court officers, medical care providers etc. This programme may also be of interest of those who have completed Level one who are not in direct contact with service users.

Staff should liaise with their managers to ensure appropriateness of this course.

How to access the online modules:

Staff/volunteers in community and voluntary sector organisations and others can access the modules on www.ascert.biz

(Participants are required to register free with Ascert).

Statutory organisations can access the same modules from www.hsclearning.com
Search for: 'Level 1 Awareness of Adverse Childhood Experiences and
'Level 2 Developing Trauma Sensitive Practice'.

Note: These e-learning programmes are an introduction to ACE/Trauma Informed Practice training.

Solihull Approach

Understanding trauma, understanding brain development & understanding attachment online courses

The Safeguarding Board for Northern Ireland (SBNI) in addition has purchased the Solihull Approach online modules to enable professionals across Northern Ireland to extend their knowledge further. These are FREE courses taking about 4 hours to complete. **They will be available for new registrants until November 2022** (see flier below). Once registered, the registrant can freely access these courses for an unlimited period. (There is no need to have completed Solihull Approach foundation courses to access these modules however it is recommended.)

There are further resources to be found on the SBNI website. These resources are for those working with children, young people, families and adults- i.e. across the lifespan: <https://www.safeguardingni.org/aces-and-trauma-informed-practice>



FREE for professionals* across Northern Ireland

Online courses:

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma. recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want an introduction to brain development from antenatal period to adolescence.

Each course will take approx 3.75 hrs CPD per course

*To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to solihull.approach@uhb.nhs.uk

For technical support contact:
solihull.approach@uhb.nhs.uk
 or 0121 296 4448 Mon-Fri 9am-5pm






Step 1: Create (or convert to) a 'professional' account
 Go to www.solihullapproachparenting.com
 Select 'Online courses for professionals'
 OR
 Go to www.inourplace.co.uk
 sign in to existing account and click 'unlock professional courses'

Step 2: Once signed in to your professional account, enter access code:
BETHECHANGENI

Step 3: To return to the course
 go to www.solihullapproachparenting.com
 or visit www.inourplace.co.uk
 and click on 'Already have an account? Sign in'



Physical Activity

Chi Me

Dates: **Friday 12th and Friday 26th May 2023**
(Participants must attend full days on both dates)

Time: 9.30am – 4.30pm on each date

Venue: **Gilford Community Centre, Craigavon**

Closing date: Wednesday 12th April 2023

Specific details: On completion of this course participants will receive an accredited OCNNI qualification.
Wear comfortable clothing.

Course content:

Delivered by Lifedock, this easy to learn and effective programme will provide all the skills needed to lead groups of people or those with health issues in a Chi Me session.

Learning objectives:

Chi Me is a series of Tai Chi influenced exercises that will equip course participants with the skills necessary to lead group sessions and also enable them to gain benefits by applying the techniques as individuals. This programme also includes specific exercises which may aid in falls prevention.

Who should attend?

Those who work with: older peoples groups, people with long-term health conditions, learning disability and mental health issues.

Essential criteria:

The Chi Me course is open to both Trust staff and community and voluntary groups who can deliver sessions either through their work role or in the community.

Expectations of how the training should be utilised in the future:

Each trainee must commit to deliver at least 7 sessions per year, which will be monitored. On completion, trainees must provide regular updated information and contact details through a monitoring template.

[Click here to apply](#)

Walk leader training

- Choice of Dates:**
- Wednesday 26th April 2023**
Closing date for applications Wednesday 5th April 2023
 - Wednesday 24th May 2023**
Closing date for applications Wednesday 26th April 2023
 - Wednesday 14th June 2023**
Closing date for applications Wednesday 10th May 2023

Time: 9.30am – 12 noon

Delivery: **Online**

Wednesday 13th September 2023
Face-to-face training – Venue – To be confirmed.
Please register your interest by Wednesday 9th August 2023.

Aim of the course:

The purpose of this training is to equip participants with the skills required to lead safe walks throughout our community and workplaces. Participants may be asked to go for a 10 minute walk to put into practice what they have learned within the session.

Course outcomes:

- Be able to identify the main benefits of physical activity
- Recognise moderate intensity physical activity
- An understanding of what is required on a health walk and know what makes a suitable route for a health walk
- Outline the routes and responsibilities of a walk leader
- Have an understanding of risk assessment and recognise potential hazards on a health walk.

Target audience:

Adults who can deliver a walking programme on behalf of their community/group/workplace/clients. This can include settings such as education, health, councils, statutory/voluntary organisations and groups.

Essential criteria:

No previous experience is required; however, an interest in the promotion and delivery of physical activity is beneficial.

Expectations of how the training should be utilised in the future:

Each trainee must commit to deliver at least 7 sessions per year. On completion trainees must provide regular updated information through a monitoring template and up-to date contact details in order to validate insurance.

[Click here to apply](#)



Safeguarding

Adult Safeguarding awareness

Dates: As requested by groups.

Times: 2 hours.

Course details:

- The course can be delivered as evening or daytime training.
- We will deliver free of charge in your own venue or online via zoom on dates and times that suit your group.
- All participants receive a certificate of attendance.

Aim of course:

To increase awareness of adult safeguarding and the responsibilities of community groups.

Learning objectives:

By the end of this session you will:

- Have increased awareness of adult abuse issues
- Recognise the signs of harm from abuse, exploitation and neglect
- Be able to reduce opportunities for harm in your setting
- Know how and when to report safeguarding concerns
- Know the responsibilities of community groups in adult safeguarding
- Identify sources for further support, advice and training

Target audience:

Staff members and volunteers in community groups working with adults.

Essential criteria:

Open to community and voluntary groups operating within the Southern Trust area.

For further information on this training please contact:

Community Sector Training

t: 028 3756 1440

e: cst.training@southerntrust.hscni.net

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](https://www.southerntrust.hscni.net/community-sector-training)



Safeguarding children – Full course

Dates: As requested by groups

Time: 3 sessions of 2 ½ hours or 1 full-day
(If via Zoom online, we can tailor the number of sessions to suit)

Course details:

- We will deliver free of charge in your own venue or online via Zoom on dates and times that suit your group, including evening or daytime training
- All participants receive a certificate of attendance.

Aim of the course:

To increase awareness of child protection and how staff and volunteers can create a safe environment for children. The course will provide an understanding of your legal obligations and guidance on good practice.

Learning objectives:

- Be aware of the signs and indicators of abuse
- Know when and how to report concerns
- Benchmark your policies and procedures
- Know how to get support for children and families
- Explore how to create a safe environment for children.

Target audience:

Staff and volunteers in community and voluntary groups who have direct contact with children.

Essential criteria:

Available to community, voluntary and youth groups in the Southern Trust area only.

For further information on this training please contact:

Community Sector Training

t: 028 3756 1440

e: cst.training@southerntrust.hscni.net

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](http://Community Sector Training | Southern Health & Social Care Trust (hscni.net))

Safeguarding children – Designated person course

Dates: As requested by groups

Time: 2 sessions of 3 hours each
(If online, we can tailor the number of sessions to suit)

Course details:

Contact us to register interest in joining a course in your area or to schedule a course for your network. All participants receive a certificate of attendance.

Aim of the course:

To raise awareness of the role of Designated Person and explore how to carry their responsibilities effectively.

Learning objectives:

- Understand your role as the Designated Person
- Know how to support your group in relation to safeguarding concerns
- Follow procedures for record-keeping and referrals
- Be aware of how to safeguard through recruitment, training and supervision

Target audience:

Individuals taking on the role of Designated Person (or deputy) for their community or youth group.

Essential criteria:

- Must have completed CST's full safeguarding training (or equivalent), updated within the last 3 years.
- Available to community, voluntary and youth groups in the Southern Trust area.

For further information on this training please contact:

Community Sector Training

†: 028 3756 1440

e: cst.training@southerntrust.hscni.net



Safeguarding children – Refresher course

Dates: As requested by groups

Time: 1 session of 3 hours.
(If online, we can tailor the number of sessions to suit)

Course details:

- The course can be delivered as evening or daytime training
- We will deliver free of charge in your own venue or online via zoom on dates and times that suit your group
- All participants receive a certificate of attendance.

Aim of course:

- To refresh your awareness of how staff and volunteers can safeguard children in their care.
- The course will provide updates on legal and policy changes and guidance on good practice.

Learning objectives:

- Refresh your awareness of abuse and good practice in responding to concerns
- Update your knowledge of emerging issues in safeguarding and relevant legal changes

Target audience:

Staff and volunteers in community, voluntary and youth groups in the Southern Trust area.

Essential criteria:

- Participants must have previously completed CST's full safeguarding training (or equivalent).
- Refresher training is recommended every 3 years.

For further information on this training please contact:

Community Sector Training

t: 028 3756 1440

e: cst.training@southerntrust.hscni.net

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](https://www.southerntrust.hscni.net/community-sector-training)



Safeguarding children – Basic awareness course

Dates: As requested by groups.

Times: 1 session of 3 hours.
(If online, we can tailor the number of sessions to suit)

Course details:

- The course can be delivered as evening or daytime training
- We will deliver free of charge in your own venue or online via Zoom on dates and times that suit your group
- All participants receive a certificate of attendance.

Aim of course:

To raise awareness of child protection issues and introduce good practice in working with children.

Learning objectives:

- Know the forms of abuse and who can abuse
- Identify some signs and indicators of abuse
- Know how to respond to concerns
- Be aware of good practice in working with children

Target audience:

Staff and volunteers in community and voluntary groups who have limited contact with children.

Essential criteria:

Available to community, voluntary and youth groups in the Southern Trust area only.

For further information about this course please contact:

Community Sector Training

t: 028 3756 1440

e: cst.training@southerntrust.hscni.net

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](http://Community Sector Training | Southern Health & Social Care Trust (hscni.net))





Sexual Health

Sexual health awareness update

Dates: TBC – Please register your interest

Duration: 1.5 hours

Delivery: **Online**

Aim of course:

To develop knowledge and understanding of the factors that contribute to good sexual health. It is particularly suitable if you wish to gain an awareness of sexual health services and are interested in supporting others to improve their sexual health.

Course content:

- Trends in STIs, transmission and treatment
- Sexual health services and how to access them
- Online/home testing
- Broad overview of key issues e.g. online safety
- Policy developments

Target audience:

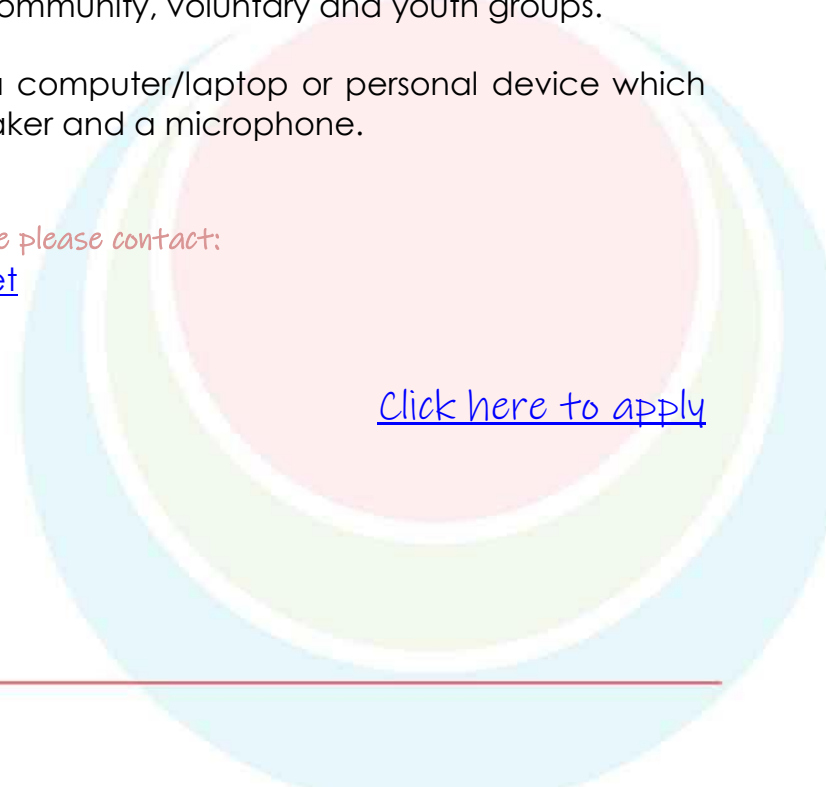
Staff and volunteers of the SHSCT. Community, voluntary and youth groups.

Participants will require access to a computer/laptop or personal device which hosts Zoom and has a camera, speaker and a microphone.

For further information about this course please contact:

e: roisin.santin@southerntrust.hscni.net

[Click here to apply](#)





Supporting
Health & Wellbeing

Brief Intervention training – Smoking services

Dates: As requested by groups or individuals

Time: As requested by groups or individuals

Delivery: Online

Aim of the course:

To provide participants with the skills, knowledge and confidence to discuss smoking with clients/patients in their care and understand the referral pathway into the stop smoking service

Learning objectives:

- Nicotine dependence as a treatable, long-term medical condition
- Evidence-based smoking cessation interventions available to service users
- How our stop smoking services support patients/clients on their journey to quit
- The Southern Trusts referral pathway

Target audience:

Trust staff, statutory, community and voluntary leaders, workplaces or others who would be interested in helping others to stop smoking

Essential criteria:

Support and develop opportunities to refer those who want to stop smoking into the stop smoking service.

For further information on this training please contact:

t: 028 37 564400

e: Stop.smoking@southerntrust.hscni.net



Stop smoking – very brief advice

Dates: Can be accessed through the link when requested

Duration: **15 minutes**

Delivery: Video presentation

Aim of the course:

To provide participants with the skills, knowledge and confidence to discuss smoking with clients/patients in their care and understand the referral pathway into the stop smoking service.

Learning objectives:

- Understand how to use very brief advice in practice
- Understand the 3 elements of VBA – Ask, Advise & Act and how quickly this intervention can be undertaken
- How and why very brief advice works
- How to refer into the SHSCT stop smoking service

Target audience:

Trust staff, statutory, community and voluntary leaders, workplaces or others who would be interested in helping others to stop smoking.

Essential criteria:

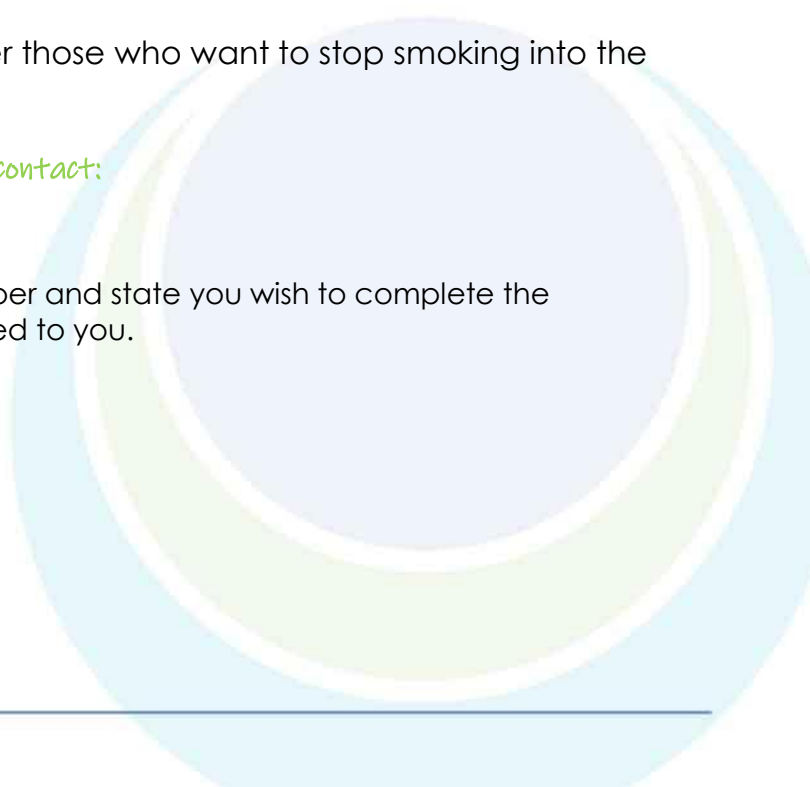
Support and develop opportunities to refer those who want to stop smoking into the stop smoking service.

For further information on this training please contact:

t: 028 37 564400

e: Stop.smoking@southerntrust.hscni.net

Leave your name, email and telephone number and state you wish to complete the Very brief training and the link will be forwarded to you.



Community Health Champions

Dates: As requested by groups

Time: 3 sessions of 2 ½ hours each

Delivery: Online or face-to-face in a local venue

Aim of the course:

To improve health and wellbeing in communities.

Learning objectives:

- Better understanding of what influences health in your community
- Increase your impact as a volunteer
- Help reduce inequalities in health
- Increase uptake of local health and wellbeing services
- Make a positive impact on individuals by sharing health messages and signposting
- Increase your own employability through training

Target audience:

Those already volunteering in a community / voluntary association.

Expectations of how training should be utilised in the future:

As a qualified Community Health Champion, you will signpost to resources, encourage healthier lifestyle choices and tackle some of the wider social causes of poor health outcomes in your local area.

For further information on this training please contact:

Community Sector Training

t: 028 3756 1441

e: cst.training@southerntrust.hscni.net

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](https://www.southerntrust.hscni.net/community-sector-training)





User Involvement,
Co-production &
Community Development

Community Development awareness

Date: As requested by staff

Duration: **45 minutes**

Delivery: Onsite or Online

The Community Development worker will accommodate training requirements to individual areas of work.

Aim:

To improve participants understanding of:

- Community development approaches and how to apply these to your work
- Where to access community resources to match client need

Target audience:

All grades of SHSCT staff.

For further information or to arrange a training session please contact:

Your locality Community Development team:

Armagh and Dungannon area

[Click here to contact Tracey Powell](#) †: 028 3756 4495

[Click here to contact Catherine McCormack](#) †: 028 3765 4494

Craigavon and Banbridge

[Click here to contact Gerardette McVeigh](#) †: 028 3756 3949

[Click here to contact Michael Hart](#) †: 028 37 563951

Newry and Mourne

[Click here to contact Annie Clarke](#) †: 028 3756 6290

[Click here to contact Deirdre Magill](#) †: 028 3756 6293

<http://sharepoint/oppc/uicd/communitydevelopment/SitePages/Home.aspx>

[Community Development | Southern Health & Social Care Trust \(hscni.net\)](http://hscni.net)

Step 1.

Personal and Public Involvement (PPI)/ User involvement awareness

Time: 10am – 10.50am

Delivery: Online

Aim of the course:

To raise awareness of PPI and User involvement.

Learning objectives:

To develop an understanding and awareness of what Personal and public involvement (PPI) is and the opportunities to involve service users in your work area.

Going forward staff should consider work practice ensuring that PPI principals are embedded and utilised.

Target audience:

All SHSCT staff.

For further information please contact:

PPI/User Involvement team

E: ppi.team@southerntrust.hscni.net



[Click here to apply](#)

Step 2.

Engage and involve training

Time: 10.00am – 11.45am

Delivery: Online

Aim of the course:

Build your skills to incorporate PPI into your work practice.

Learning objectives:

Enhance your understanding of PPI, learn about the methods you can use to involve service users in your work and the practicalities of service user involvement.

Going forward participants can consider work practice ensuring that PPI principles are embedded.

Target audience:

All SHSCT staff.

Step 1. PPI Awareness must be completed in advance.

For further information please contact:

PPI/User Involvement team

E: ppi.team@southerntrust.hscni.net



[Click here to apply](#)



SCOPE Training

SCOPE Training is an innovative, co-produced training programme which supports service users and carers to become involved in the development and delivery of Health and Social Care Services.

Time: **10.00am – 11.30am**

Delivery: **Online**

Aim of the course:

To prepare Service users/carers to become PPI representatives and work in partnership with Trust staff to develop new services and impact change at a directorate, strategic and corporate level.

Learning objectives:

S.C.O.P.E aims to provide the Service users/carers opportunities to learn new skills, knowledge and confidence to become PPI representatives.

S.C.O.P.E uses a variety of teaching approaches to be responsive to the variety of learning styles. Service users/carers that wish to participate on S.C.O.P.E will have the opportunity to complete both accredited and non-accredited programmes.

Target audience:

Service users, patients and carers.

For further information please contact:

PPI/User Involvement team

E: ppi.team@southerntrust.hscni.net

[Click here to apply](#)





Workplace Health



Workplace Health and Wellbeing

Umatter is the Trust's staff health and wellbeing website www.u-matter.org.uk

It provides tools on a range of health issues and provides information on health campaigns and staff based events. The site also includes a health encyclopaedia and signposts to other statutory, community and voluntary based organisations.

Health Champions

A network of Health Champions has been established by the Trust that engages staff to take ownership of their own health and wellbeing. The network also provides champions with information and support to drive health and wellbeing forward within their own teams or professions.

The Trust is committed to providing Workplace Champions with the training, support and necessary tools to support them in developing their knowledge, understanding and skills to drive health and wellbeing forward within the Trust.

If you would like to learn more about his role contact:

Nina Daly – Workplace Health Lead

E: Nina.daly@southerntrust.hscni.net

T: 028 37 56 4488

Training and staff based events for health and wellbeing

Many of the training opportunities within this training directory can help to develop the knowledge and skills of our current and future Health Champions.

Staff can also find out about other staff based activities and events taking place within the Trust to support their health and wellbeing via the Umatter website: www.u-matter.org.uk.

Staff can quickly access the U Matter website via the homepage of the Trust intranet <http://sharepoint/Intranet/Pages/Home.aspx>



Contacts

Promoting wellbeing in your area

Asst. Director Health & Wellbeing	Bannvale House, Gilford	028 3756 1539
Head of Health Improvement	St Luke's site, Armagh	028 3756 4467
Head of Community Development and User Involvement	St Luke's site, Armagh	028 3756 4469
PWB Lead Cross Directorate	St Luke's site, Armagh	0283756 4466
Teams		
Armagh & Dungannon	St Luke's site, Armagh, BT61 7NQ	028 3756 4485
Craigavon & Banbridge	Brownlow Health & Social Services Centre, BT65 5BE	028 3756 3946
Newry & Mourne	John Mitchell Place, Newry, BT34 2BU	028 3756 6297
To book training detailed in this directory or for further information on any of the courses, please contact:		
Promoting Wellbeing Training Administrator	 : St. Luke's site 71 Loughgall Road ARMAGH, BT61 7NQ  : 028 3756 4454  : pwb.training@southerntrust.hscni.net	
An application form can be:		
1. Requested from the Training Administrator – pwb.training@southerntrust.hscni.net		
2. Southern Trust staff can access from SharePoint - Promoting Wellbeing - PWB Training		
3. Downloaded from the Southern Trust Website – Your Health Southern Health & Social Care Trust (hscni.net)		



Southern Health and Social Care Trust

PROMOTING WELLBEING DIVISION

[Your Health | Southern Health & Social Care Trust \(hscni.net\)](http://hscni.net)

