

# PROMOTING WELLBEING TRAINING DIRECTORY

## 2026



# Welcome and introduction

Welcome to the Promoting Wellbeing Division training directory 2026.

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, support workers and community development practitioners, ensuring local delivery of regional strategies for health and wellbeing.

We deliver a range of online or face-to-face 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.

# COURSES

Families and Children

Food and Nutrition

Mental Health

Physical Activity

Safeguarding

Sexual Health

SHSCT Staff Health & Wellbeing

Supporting Health & Wellbeing

User Involvement, Co-production & Community Development

e: [pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net)

w: <https://southerntrust.hscni.net/your-health/>

# FAMILIES AND CHILDREN

# Autism Awareness

**Dates:** Friday 22<sup>nd</sup> May 2026  
10.00am - 12.30pm

## 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.

## 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.

## 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.



**[Click here to apply.](#)**

# Evidence based Parenting Programmes/Interventions

**Dates:** Throughout the year

**Delivery:** Online/various locations throughout the SHSCT area

## Course details:

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

- Solihull Understanding your child / foster child
- Incredible Years suite of programmes (birth-12 years)
- Invest in Play (birth - 12 years)
- Parenting Plus - Childrens, Teen and Special Needs programmes

## Target audience:

Services / Organisations / Individuals providing family support across the age spectrum (pre-birth - 18 years).

## Aim of the training:

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



**[Click here to apply](#)**

**For further information:**

**e:** [martina.mccooley@southerntrust.hscni.net](mailto:martina.mccooley@southerntrust.hscni.net) or **t:** 028 37564462 / 07795450278

# GIMME 5

**Dates:** To be confirmed

**Delivery:** 3-hours online  
Various locations throughout the SHSCT area

## Course details:

**GIMME 5 is a resource designed to support those working with young people to promote the Take 5 Steps to Wellbeing messages with young people by:**

- Raising awareness of The Take 5 Steps to Wellbeing and how these support good mental health and wellbeing
- Exploring easy and simple ways that each of the Take 5 messages can be implemented into everyday life
- Providing a range of activities to help young people explore and develop their emotional literacy and resilience skills.

The session will introduce the manual and how it can be used in your setting. Each participant will receive a copy of the manual and the colour coded Five ways to wellbeing armbands.

**This course is fully funded through Education Authority Youth Service and SHSCT therefore, there is no cost to participants.**

The Five Steps 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



**[Click here to apply.](#)**

**For further information or support in making a referral**  
e: [jacqueline.masterson@southerntrust.hscni.net](mailto:jacqueline.masterson@southerntrust.hscni.net) or t: 028 37564489 / 07867208352

# Mellow Programmes

**Dates:** 6-week programmes

**Delivery:** Online

## Course details:

The Mellow Bumps programme and Mellow Dads-to-be programmes are group based antenatal programmes which support parents-to-be to get ready for the birth of their baby.

The online group is a great way to meet new people and chat to our experienced health care staff about bump, baby and beyond.

## Target audience:

Mums and dads-to-be.



## Aim of the training:

The programmes are delivered by health professionals and cover topics to support:

- Looking after your mental health and wellbeing pre and post-delivery
- Learn about baby's physical and brain development and how to grow this
- Support bonding with baby pre and post birth and build up that early special relationship with baby
- Different ways to relax and an introduction to mindfulness.



**[Click here to apply](#)**  
or speak to your midwife about a referral

**For further information or support in making a referral:**  
e: [mellow.parenting@southerntrust.hscni.net](mailto:mellow.parenting@southerntrust.hscni.net) or t: 028 37564489 / 07867208352

# FOOD AND NUTRITION



# Nutrition Webinars



**SUBSCRIBE** to **Public Health Dietitians on YouTube**

**Top Tips for a Healthier Weight**



HSC Public Health Agency 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

SCAN ME



SUBSCRIBE

to Public Health Dietitians on YouTube



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



Advice on a healthy well balanced diet, portion sizes and snacks for kids <5 years.

Parents/carers or those working with this age group



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.

# SHSCT Community Food and Nutrition Team



**Food &  
Health  
Essentials**

**NEW**

## Tutor Training

Understand how diet and physical activity affect health and wellbeing

Improve your knowledge of up-to-date, evidence based, key nutrition messages

Gain skills and confidence to promote these key messages in YOUR setting

Get access to a wide range of resources, sign posting and ongoing support

 The first step to other Community Nutrition Programmes Tutor Training

**Delivered  
Online or  
In-person  
@St Luke's  
Armagh**

**Date:**

Tuesday 20th  
January 2026

Register your  
interest using the  
email address  
below



[cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net)

[02837 564544](tel:02837564544)

# Community Food & Nutrition Team



## Tutor Training

**FREE**



### A cooking skills & food budgeting programme

Includes practical activities as well as hands – on cooking and eating

Tutor Training provides YOU with the skills and resources to deliver Food Values to YOUR clients.

### Upcoming training



**Tuesday**

**10th March 2026**

**9.30am–4.30pm**



**St. Lukes  
hospital site  
Armagh**

### Please note:

**You must complete  
Food and Health  
Essentials training first**



[cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net)  
028 37564544

# Community Food & Nutrition Team

*I can*

**Cook it!**

fun, fast food for less



## Tutor Training



**FREE**

### A healthy eating and cooking skills programme

Includes practical activities as well as hands – on cooking and eating

Tutor Training provides YOU with the skills and resources to deliver I Can Cook it! to YOUR clients.

### Upcoming training



**2026 Dates TBC**

9.30am–4.30pm



**St Luke's site,  
Armagh**

**Email to  
Register your  
interest**

**Please note:**

**You must complete  
Food and Health  
Essentials training first**

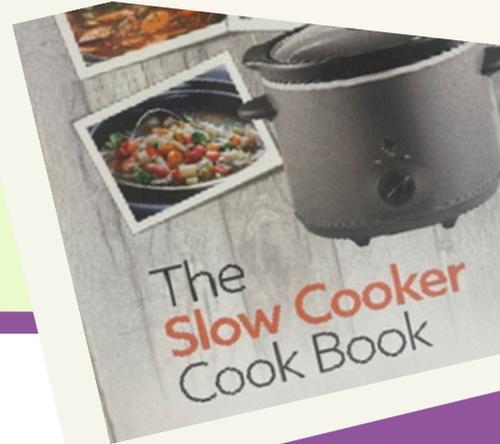


[cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net)  
[028 37564544](tel:02837564544)

# Community Food & Nutrition Team



Making the most of your  
**Slow Cooker**



## Training

### A practical slow cooker & healthy eating programme

- \* For anyone working with groups of adults
- \* 1 session showing how to use a slow cooker and make healthy food choices
- \* Receive copies of the Slow Cooker cook book for your participants

 **Upcoming training**

**2026 Dates TBC**

**Please email to register your interest**

**Please note:**

**You must complete Food and Health Essentials training first**



[cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net) | 028 37564544

# MENTAL HEALTH

# ASIST

## Applied Suicide Intervention skills training

**Dates:** To be confirmed  
**Time:** 2 full days  
**Venue:** To be confirmed

### Course details:

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.

**This training is provided by the Protect Life resource service**

### 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.

## B Positive

**Dates:** To be confirmed  
**Time:** 1 hour session x 3 in total  
**Venue:** To be confirmed

### Course details:

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

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



**This training is provided by the Protect Life resource service**

### 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:

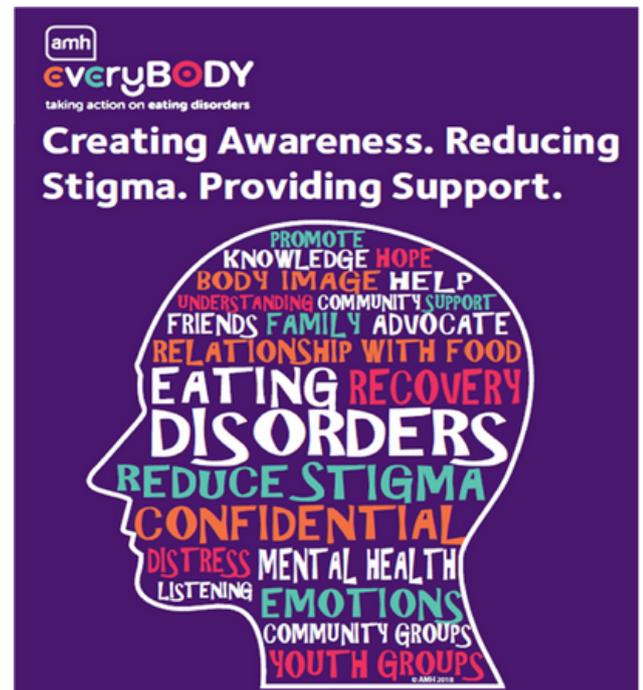
Delivered by PIPS Hope and Support, Newry  
**t:** 028 302 66195 **e:** [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org)  
or  
Action Mental Health, Portadown  
**t:** 028 38 392314 **e:** [menssana@amh.org.uk](mailto:menssana@amh.org.uk)



taking action on eating disorders

## 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.

### Further information:

**Deborah McCready – AMH EveryBODY Project worker**

**t:** 028 38 39 2314

**m:** 077 9088 5438

**e:** [dmccready@amh.org.uk](mailto:dmccready@amh.org.uk)

**w:** [amh.org.uk](http://amh.org.uk)

# Café Conversations

The Survivor-Led  
Suicide Awareness &  
Prevention Skills Course



Zero  
Suicide  
Alliance  
Because  
ONE life lost  
is ONE too many

## Café Conversations

- Dates:** As advertised in the community, or by arrangement to suit your group  
**Time:** 3.5 hours with comfort break  
**Delivery:** Face-to-face (unless online option requested for a group delivery)

### Course details:

'Café Conversations' is a relaxed group delivery of the Zero Suicide Alliance training module, combined with insights, conversation and Q&A with facilitators who have their own lived experience of suicidal crisis.

Come along and experience our unique peer-led approach that focuses on creating a comfortable space for everyday people to explore the language and fundamental steps of suicide conversations.

All attendees receive a certificate of completion and a follow-up resource pack that will boost your confidence in signposting people to help or support.

### Target audience:

Suitable for the general public, voluntary and community workers, those working in public-facing roles and professionals seeking a refresher for existing skills.

### Aim of the training:

- Confidence and skills to start and navigate a 'suicide conversation'
- Relaxed and comfortable atmosphere with no role-play or clinical jargon
- Benefit of lived experience commentary, insight and Q&A opportunities
- Improved understanding of helpful language, approaches and signposting
- Improved self-care awareness
- Opportunity for a follow-up 1:1 chat to reflect or to ask additional questions.

### For further information contact:

Elaine Fogarty, Project Development Officer, Mental Health Forum  
t: 028 3025 2423 e: [elainefogarty42@gmail.com](mailto:elainefogarty42@gmail.com)

# GIMME 5

**Dates:** To be confirmed

**Delivery:** 3-hours Online  
Various locations throughout the SHSCT area

## Course details:

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**[Click here to apply.](#)**

**For further information or support in making a referral :**  
**e:** [jacqueline.masterson@southerntrust.hscni.net](mailto:jacqueline.masterson@southerntrust.hscni.net) or **t:** 028 37564489 / 07867208352

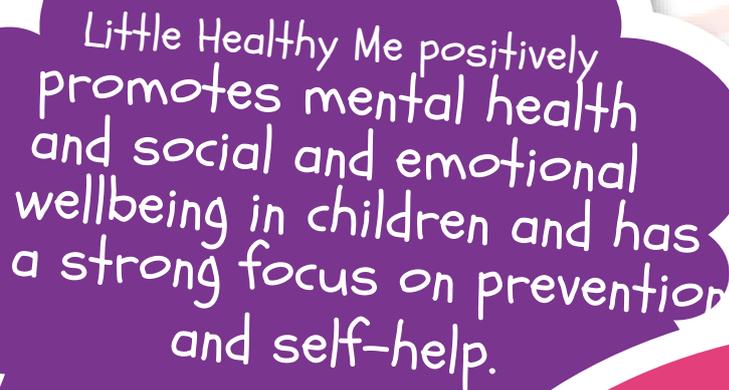


menssana

# little healthy me

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.

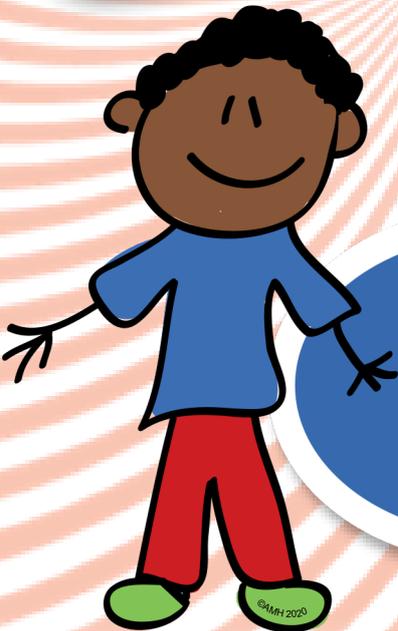




Little Healthy Me positively promotes mental health and social and emotional wellbeing in children and has a strong focus on prevention and self-help.



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 is just one of the many projects run by Action Mental Health, NI's leading mental health charity. Find out more at [www.amh.org.uk](http://www.amh.org.uk)



To find out more, contact our AMH MensSana team at:

**Southern Trust area**

**T: 028 3839 2314**

**E: [menssana@amh.org.uk](mailto:menssana@amh.org.uk)**

**All other areas**

**T: 028 9442 5356**

**E: [amhmenssanani@amh.org.uk](mailto:amhmenssanani@amh.org.uk)**

**[www.amh.org.uk](http://www.amh.org.uk)**



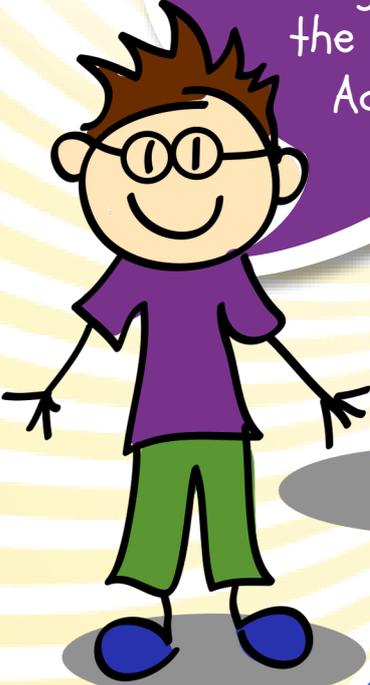
AMH MensSana will also provide Little Healthy Me Parents/Carers and Staff sessions

amh

menssana

# healthy me

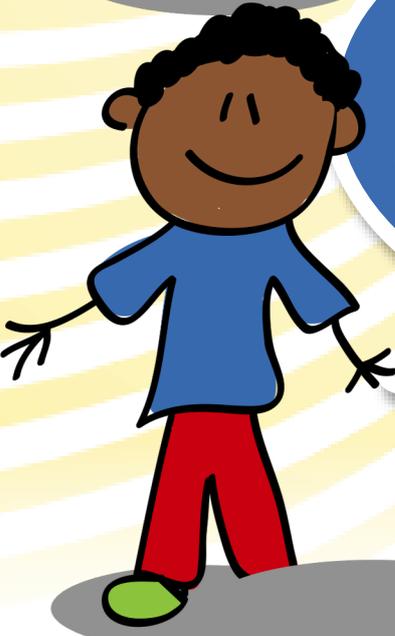
Hi Grown Ups!  
We can't wait to tell you how much fun we had today learning about Healthy Me with the MensSana team from Action Mental Health.



The programme is aimed at 8-11 year olds, it promotes good mental health and social and emotional wellbeing in children with a strong focus on prevention and self-care.



Healthy Me uses interactive play and song to explore emotional and mental health, healthy lifestyle choices and where to get support if needed.



My Healthy Me reminder book is lots of fun! Together we can complete the activities in it and learn so much more about positive mental and emotional health and resilience.



action  
mental  
health

Healthy Me promotes social and emotional well-being through problem-solving, coping and resilience skills.

Healthy Me highlights the benefits of the 5 ways to well-being.

Healthy Me challenges stigma and discrimination.

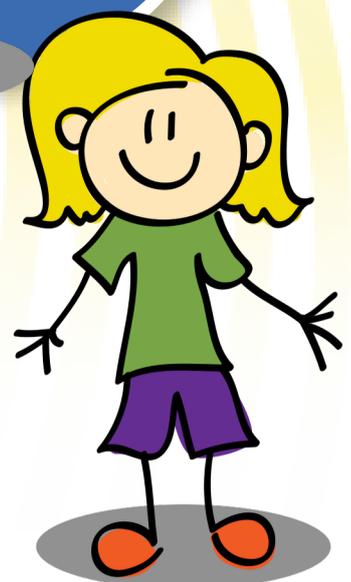
Healthy Me encourages help-seeking behaviour in children and helping them identify sources of support.

Healthy Me teaches children how to understand and express feelings.

Healthy Me promotes the importance of mental health with physical health.

Healthy Me supports the move from primary to secondary school.

Healthy Me encourages adults to think about their own mental health needs and those of the children they care for.



**Healthy Me sessions can also be delivered to parents and carers.**

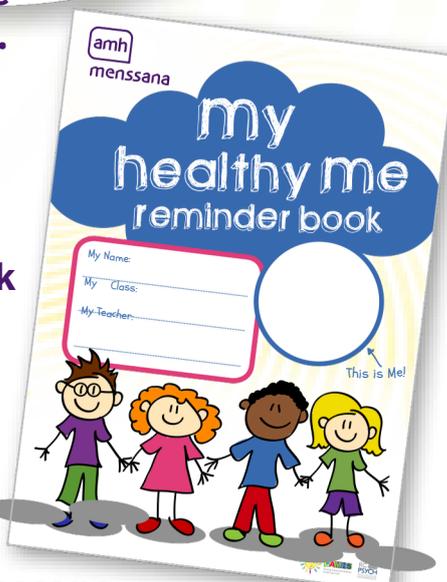
To find out more, contact the MensSana team at:

**T: 028 9442 5356**

(all areas except Southern Trust Area)  
**E: [amhmenssana@amhni.org.uk](mailto:amhmenssana@amhni.org.uk)**

**T: 028 3839 2314**

(Southern Trust Area)  
**E: [menssana@amh.org.uk](mailto:menssana@amh.org.uk)**



**CAMHS**  
Child & Adolescent Mental Health Services

**RC PSYCH**  
ROYAL COLLEGE OF PSYCHIATRISTS

@amhNI   

[www.amh.org.uk/services/menssana](http://www.amh.org.uk/services/menssana)



## Community Connector training

*"Connection has been described as the cornerstone of feeling truly connected to ourselves, to others and to the world around us. It is what helps us feel safe, seen, and supported. Connection strengthens communities and creates opportunities."*

**Dates:** Available on request from March 2026

**Time:** 2 hours

**Delivery:** Face-to-face or online to suit audience requirements

### Course details:

This session aims to equip those living, working and volunteering in the ABC area with the tools needed to create community connectedness.

Loneliness is often associated with a perceived lack of connection. Following on from our work on loneliness and isolation, a Community Connector session will provide you with an understanding of the benefits of connectedness to self, others and the wider community. It will provide you with the knowledge of who, where and how people can access information on activities and support.

### Target audience:

Those living, working and volunteering in the ABC area of Southern Trust.

### Learning objectives:

- Understand the role of the Community Connector.
- Understand the importance of community connectedness as a building block for good health and wellbeing.
- Gain knowledge of local access points to activities and support in the local community (as connectors you will only be expected to signpost to the Information Access Points as it isn't your role to know all of the local services etc).
- Understand the benefits of the connector role to the connector, those being connected and the wider community.



**For further information:**

**t: 028 3756 1440**

**e:cst.training@southerntrust.hscni.net**

# Mental Health First Aid

## Course duration:

12 Hours in total over 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 health is obtained.



**menssana**



## 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 sessions in order to fully complete the training.

**This training is provided by the Protect Life resource service**

## Aim of the training:

- 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.



## Further information:

Delivered by PIPS Hope and Support, Newry  
 t: 028 302 66195 e: [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org)  
 or  
 Action Mental Health, Portadown  
 t: 028 38 392314 e: [menssana@amh.org.uk](mailto:menssana@amh.org.uk)



**menssana**



**Mindset is a Mental  
& Emotional Health  
& Wellbeing  
Awareness  
programme**

**For Young  
People aged  
14 - 17 years  
or Adults**



**Mindset is funded by the Public Health Agency and will run continuously throughout the year.**

Programmes will be delivered in all youth and community settings across all Trust areas for groups of 8 – 20 people.

## Aims

- 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 and emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

## Facilitators

AMH MensSana Project Workers

## Duration

3 Hour Programme (can be delivered over 1-2 sessions)

## Delivery Options

In person or online via Zoom

## Course Content

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

E: [amhmenssanani@amh.org.uk](mailto:amhmenssanani@amh.org.uk)  
T: 028 9442 5356

## For more information, please contact:

Belfast, South Eastern,  
Northern & Western Trust Areas  
T 028 9442 5356  
E: amhmenssanani@amh.org.uk

Southern Trust Area  
T 028 3839 2314  
E: menssana@amh.org.uk

**Alternatively, if you or someone you know is in distress please contact Lifeline on 0808 808 8000.**

**MensSana**, meaning 'healthy minds', has been operating for over a decade. It works to promote the value of early intervention and the importance of identifying appropriate pathways and support when mental health challenges arise.

**Action Mental Health** changes the lives of those living with mental ill health and promotes resilience and well-being to future generations.

To find out more about our recovery and employability services or opportunities to support the work of AMH please visit our website.

[www.amh.org.uk/services/menssana](http://www.amh.org.uk/services/menssana)

action  
mental  
health

[www.amh.org.uk](http://www.amh.org.uk)

@amhNI   

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amh menssana

provoking  
thought

Promoting resilience  
and emotional well-being  
to young people  
and their key  
adult contacts



[www.amh.org.uk](http://www.amh.org.uk)

## Provoking Thought

AMH MensSana's Provoking Thought workshops are designed to help young people aged 11 to 25 improve their mental health and strengthen their resilience to cope better with everyday life events.

These interactive workshops are delivered by professional facilitators using evidence based and quality assured materials. The sessions can be delivered in settings where young people usually meet such as post-primary schools, youth clubs, community groups and church/sport club settings.

Specific workshops have also been created for key adult contacts including teachers, parents, carers and non-teaching staff to improve their understanding of mental health and support for young people.

Provoking Thought encourages all participants to explore the issues around mental health, emotional well-being, the importance of early intervention, and discover more about the sources of support that are available.

## Key Aims

Recognising the importance of looking after our mental health and emotional well-being.

Developing confidence to seek help.

Developing mental health literacy.

Raising awareness of the signs and symptoms of mental distress.

Challenging the stigmas and misconceptions about mental health.

Highlighting the sources of support available.

Identifying factors that cause stress in young people.

Building resilience for well-being.

Highlighting the value of coping skills.

## AMH MensSana

AMH MensSana supports the mental and emotional needs of children and young people and their key adult contacts through the provision of a range of activities tailored to suit specific group needs.

AMH MensSana operates across Northern Ireland.

Your mental health  
**matters!**

## Topics available

Mental Health Awareness

Social Media

Bullying

Body Image

Exam Stress

Transitions

Sleep

Confidence & Self Esteem

Mental Health in Sport

### Mental Health Awareness

We are delighted to be able to provide these sessions **FREE OF CHARGE** to all participants, across Northern Ireland. This is only possible thanks to the generosity of corporate partners and the local community who support us through donations, fundraising and gifts in Wills.

### Bespoke Programmes

In addition, we have developed a range of specialist, bespoke workshops that can be packaged and delivered according to the specific needs of the groups involved. These workshops can be purchased individually or as a range of sessions. Prices and booking arrangements for these courses are available on request.



# Southern Trust Recovery College

## Wellbeing education for everyone

The College courses and workshops are co-designed and co-delivered by people with lived experience of mental and physical health challenges, health care professionals and carers.

Courses and workshops are open to everyone aged 16yrs+ and this can include service users, carers, family, friends, students – anyone that has an interest in mental health and general wellbeing.

All Recovery College courses are FREE to attend. We try to make our courses as accessible as possible and offer both face-to-face and online opportunities.

We have a wide range of courses available, see the full list via the prospectus and then register your interest. **[Click here for more information.](#)**

**Online Recovery College E-Learning Tool** - Available 24 hours a day  
Access the eLearning system by registering at:  
**<https://mymentalhealthrecovery.com>**

## SafeTALK

**Dates:** Arranged to suit your group  
**Time:** 3 hours  
**Delivery:** Face-to-face

### Course details:

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.



### Target audience:

Anyone 15 years and older.

### Participants will learn:

- How to identify the signs for risk of suicide
- How to safely ask someone about suicide
- How to listen to someone who is in emotional distress and thinking of suicide
- How to increase safety from the risk of suicide and reflecting on what is expected within our volunteer roles

Upon completing the course, as a safeTALK trained alert helper, we hope you will be able to move common tendencies to miss, dismiss or avoid suicide, identify people who have thoughts of suicide, apply the TALK steps (Tell, Listen and KeepSafe) to connect a person with suicidal thoughts to suicide first aid and appropriate intervention.

### Further information:

**Delivered by PIPS Hope and Support, Newry**  
**t:** 028 302 66195 **e:** [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org)  
 or

Action Mental Health, Portadown  
**t:** 028 38 392314 **e:** [menssana@amh.org.uk](mailto:menssana@amh.org.uk)

## 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 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.

### Target audience:

Adults and youth aged 15+



### Aim of the training:

- To increase the general public's awareness around the extensive support available to those at risk of suicide and 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.

### Further information:

Delivered by PIPS Hope and Support, Newry

t: 028 302 66195 e: [training@pipshopeandsupport.org](mailto:training@pipshopeandsupport.org)

w: <https://www.pipshopeandsupport.org/shoulder-to-shoulder>

## Solihull Approach

# Understanding trauma, understanding brain development and understanding attachment online courses



**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](mailto:solihull.approach@uhb.nhs.uk)

**For technical support contact:**  
[solihull.approach@uhb.nhs.uk](mailto: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](http://www.solihullapproachparenting.com)  
 Select 'Online courses for professionals'  
 OR  
 Go to [www.inourplace.co.uk](http://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](http://www.solihullapproachparenting.com) or visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and click on 'Already have an account? Sign in'

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 approx. 4 hours to complete.

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>  
 Click to view SBNI Training brochure.

# Free online Stress control course

#StressControlNI

6 sessions | 90 minutes per session

## Course covers:

What is stress? | Controlling: your body | your thoughts | your actions | panicky feelings | getting a good night's sleep | boosting your wellbeing



**Lifeline**  
0808 808 8000

**HSC** Public Health  
Agency



For course information and dates visit:  
[w: ni.stresscontrol.org](http://w: ni.stresscontrol.org)

## Suicide bereavement UK

Offering 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 and 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:

e: [paul.higham@suicidebereavementuk.com](mailto:paul.higham@suicidebereavementuk.com)

w: [https://suicidebereavementuk.com/Evidence-Based Suicide Bereavement Training](https://suicidebereavementuk.com/Evidence-Based%20Suicide%20Bereavement%20Training)

## 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** - Approx 4 minutes online

Adverse childhood experiences (ACE) awareness online programme

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

**Level two** - Approx 40 minutes online

Developing trauma sensitive approaches to practice training online programmes

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 to 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.

### Accessing the online modules:

**Staff/volunteers in community and voluntary sector organisations and others** can access the modules on [www.ascert.biz](http://www.ascert.biz)

(Participants are required to register free with Ascert).

**SHSCT staff** can access the same modules from [LearnHSCNI](http://LearnHSCNI)

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.

# ZERO

Zero  
Suicide  
Alliance

Because  
ONE life lost  
is ONE too many

Towards Zero Suicide Training  Health and Social Care

# RE



Learn  NI



'Take  
the training.  
Let's change the  
conversation.'



TOWARDS ZERO SUICIDE  
Learning Culture Partnership Ltd

20  
MINS  
SAVE A  
LIFE!

Towards Zero Suicide Training is available on Learn  NI.

## Zero Suicide Alliance

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.

SHSCT staff should access this training via: [LearnHSCNI | Sign in](#)

## Psychological First Aid

Psychological First Aid is a simple, yet powerful way of helping someone in distress during and after a crisis. 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](#)

# Take5

steps to wellbeing

## Take 5 Ambassador briefings

### Are you working within your local community?

### Why not attend a Take 5 Ambassador briefing session to enable you to promote positive wellbeing?

Take 5 is a set of simple steps to help maintain and improve wellbeing. A briefing session will equip you to deliver a short Take 5 session for your local group.



### Aim of the training:

- To raise awareness and understanding of the Take 5 message
- To provide the resources necessary to promote the Take 5 message in your local community
- To create a network of Take 5 Ambassadors working to promote positive wellbeing.

[Click here to apply.](#)

# PHYSICAL ACTIVITY

# Walk Leader Training

**Dates:** Wednesday 18<sup>th</sup> February 2026  
Wednesday 11<sup>th</sup> March 2026

**Time:** 9.30am - 12 noon (2.5 hours)  
**Delivery:** Online

## Course details:

This course is funded by the Public Health Agency and delivered by SHSCT. It is a basic level course which promotes low level health walks for adults who are inactive. The course will train adults to lead health walks in their local community or workplace.

## Target audience:

Any adult wishing to set up a Walking for Health walking group as part of a work role or in a voluntary capacity. PLEASE NOTE. Free insurance cover is provided to participants leading walks in a paid or unpaid voluntary capacity.

## Learning objectives:

- To understand the health benefits of walking
- To motivate inactive people to participate in health walks
- To develop Walking for Health programmes
- To plan and risk assess walking routes
- To lead safe and enjoyable health walks for people of all ages and abilities.

WALKING FOR  
HEALTH



[Click here to apply.](#)

# SAFEGUARDING

# Child Safeguarding Basic awareness 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:

- This course will raise awareness of child protection issues and introduce good practice in working with children.
- The course can be delivered free of charge in your own venue or online on dates and times that suit your group as evening or daytime training.
- All participants receive a certificate of attendance.

## Target audience:

- Staff and volunteers in community and voluntary groups who have limited contact with children
- The course is available to community, voluntary and youth groups in the Southern Trust area.

## 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.



Community  
Sector  
Training

**For further information or to register interest:**

**e:** [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net) or **t:** 028 3756 1440

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

# Child Safeguarding Full Course (Level 3)

**Dates:** As requested by groups

**Time:** 3 sessions of 2 ½ hours or 1 full day  
(if online we can tailor the number of sessions to suit)

## Course details:

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

## Target audience:

- Staff and volunteers in community and voluntary groups who have direct contact with children.
- Available to community, voluntary and youth groups in the Southern Trust area.

## Learning objectives:

- Be aware of the signs and indications 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.



Community  
Sector  
Training

**For further information or to register interest:**

**e:** [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net) or **t:** 028 3756 1440

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

# Child Safeguarding Refresher course

**Dates:** As requested by groups

**Time:** 1 session of 3 hours each –  
(if online we can tailor the number of sessions to suit)

**Delivery:** Online or in your own venue

## Course details:

- The course aims to refresh your awareness of how staff and volunteers can safeguard children in their care.
- It will provide updates on legal and policy changes and guidance on good practice.
- The course can be delivered as evening or daytime training, free of charge in your own venue on dates and times to suit your group. All participants receive a certificate of attendance.
- Refresher training is recommended every 3 years.

## Target audience:

- Staff and volunteers in community and voluntary and youth groups in the Southern HSC Trust area
- Participants must have previously completed CST's full safeguarding training (or equivalent).

## 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.



Community  
Sector  
Training

**For further information or to register interest:**

**e:** [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net) or **t:** 028 3756 1440  
**w:** [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](http://CommunitySectorTraining.SouthernHealth&SocialCareTrust.hscni.net)

# Child Safeguarding 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:

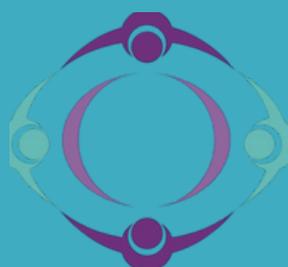
- This course will raise awareness of the role of designated person and explore how to carry their responsibilities effectively.
- The course can be delivered free of charge in your own venue or online on dates and times that suit your group as evening or daytime training.
- All participants receive a certificate of attendance.

## Target audience:

- Individuals taking on the role of designated person (or deputy) for their community or youth group
- Participants must have completed CST Level 3 Child Safeguarding training (or equivalent)
- Available to community, voluntary and youth groups in the Southern HSC Trust area.

## 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.



Community  
Sector  
Training

**For further information or to register interest:**

**e:** [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net) or **t:** 028 3756 1440  
**w:** [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](http://CommunitySectorTraining.SouthernHealth&SocialCareTrust(hscni.net))

# Child Safeguarding Designated Person refresher

**Dates:** As requested by groups

**Time:** 1 session of 3 hours  
(if online we can tailor the number of sessions to suit)

## Course details:

- This course will refresh your awareness of how staff and volunteers can safeguard children in their care.
- It will provide updates on legal and policy changes and guidance on good practice.
- The course can be delivered free of charge in your own venue or online on dates and times that suit your group as evening or daytime training.
- All participants receive a certificate of attendance.

## Target audience:

- Staff and volunteers in community, voluntary and youth groups in the Southern Trust area.
- Participants must have previously completed Designated Person training within the last 3 years.
- Refresher training is recommended every 3 years.

## 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.



Community  
Sector  
Training

**For further information or to register interest:**

**e:** [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net) or **t:** 028 3756 1440

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

# Adult Safeguarding Basic Awareness Training

**Dates:** As requested by groups

**Time:** 2 hours

## Course details:

- The course wishes to increase awareness of adult safeguarding and the responsibilities of community groups.
- It can be delivered as evening or daytime training, free of charge in your own venue or online on dates and times that suit your group.
- All participants receive a certificate of attendance.

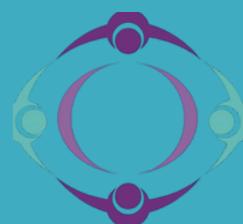
## Target audience:

Staff members and volunteers in community groups working with adults. Open to community and voluntary groups within the Southern HSC Trust area.

## 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.



Community  
Sector  
Training

**For further information or to register interest:**

**e:** [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net) or **t:** 028 3756 1440

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

# SEXUAL HEALTH



BOOK YOUR **HIV** AWARENESS  
SESSION  
TODAY

.....

### Training Objectives

- Learn about HIV transmission and prevention
- HIV testing and treatment - where to access and advances in treatment
- Dispel myths and tackle HIV related stigma and prejudice

Training is open to all  
**Community & Voluntary sector  
organisations in the Southern Trust area.**

Register your interest by emailing  
[pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net)

Date TBC



BOOK YOUR  
**HIV** AWARENESS  
SESSION  
TODAY

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### **Training Objectives**

- To learn about HIV Transmission and Prevention
- HIV Testing and Treatment - where to access and advances in treatment
- To dispel myths and tackle HIV related stigma and prejudice

**Training is open to all SHSCT staff.**

**Book your place on LearnHSCNI**

# STAFF HEALTH & WELLBEING

# Workplace Wellbeing Team



*Improving the wellbeing of your team*



1

## Healthy Relationships

Our Team is here to support staff teams across the SHSCT to develop *healthy relationships, healthy workplaces and healthy minds & bodies.*

Helping Teams Connect & Focus on Wellbeing

Identify, Train & Support Workplace Wellbeing Champions

## Healthy Workplaces

Team Wellbeing Plans

Connecting to Wellbeing Services & Supports



We can support your team to develop a wellbeing plan and assist our people to connect to wellbeing supports provided by the Trust, local communities and other partners.



3

## Healthy Mind & Body

Developing Trust-wide wellbeing programmes and resources.

Wellbeing Programmes to include:

- Physical Activity
- Food & Nutrition
- Take 5 & Mindfulness
- Financial Wellbeing



Workplace Wellbeing Team  
[staff.wellbeing@southerntrust.hscni.net](mailto:staff.wellbeing@southerntrust.hscni.net)  
 028 3756 4488

# Workplace Wellbeing Team

Health & Wellbeing Programmes



MS Forms version

expression of interest

Name:

Trust staff team:

Email address:

Contact number:

Please return form to:  
[staff.wellbeing@southerntrust.hscni.net](mailto:staff.wellbeing@southerntrust.hscni.net)

Workplace Wellbeing Team,  
Ward 1, St Luke's Hospital,  
Loughgall Rd,  
Armagh  
BT 61 7NQ

mental health - please tick

- Take 5 Steps to Wellbeing
- Sleep Awareness
- Recovery College sessions (subject to availability)
- Introduction to Self-Compassion
- Bend Don't Break

physical activity - please tick

- Chi Me
- Strength & Balance
- Walk & Talk
- Nature Connection Walk
- Chair Yoga
- Body Weight Exercises
- Chair-based Activities
- Dance Fitness

# Workplace Wellbeing Team

*general* - please tick

- Information stand
- Blood Pressure Checks (subject to availability)
- ABC Bushcraft (subject to availability)
- Trust Wellbeing Staff Supports session
- Wellbeing @ the Library Tutorial session (subject to availability)
- Arts & Crafts session

*nutrition* - please tick

- Healthy Eating Information Session
- Making the Most of Your Slow Cooker

*Find us on U Matter*



**Suggestions for future programmes:**

**Please rate this form:**



*thank you for your interest*



## What does the Wellbeing Champion role involve?



Are you interested in making the Trust “A Great Place to Work”?



Being part of a network of champions within the Trust and a point of contact for the Trust’s online Health and Wellbeing hub (UMatter).

Identifying areas of interest to improve wellbeing in your team.

Organising, developing or promoting wellbeing initiatives within your team.

Attending relevant training and support meetings.

## What are the benefits for you & your team?

- Make your team and workplace one that prioritises staff wellbeing.
- Receive training to use your 2 hours of protected time a month to effectively plan, promote and deliver wellbeing initiatives.
- Connect with other champions and develop your skills, knowledge and experience in an area of interest.

2 hours of protected time a month\*

## How to become a Wellbeing Champion

Please discuss and seek approval from your line manager in the first instance. If you are interested in becoming a Wellbeing Champion, contact the Workplace Wellbeing team on the details below:



Workplace Wellbeing Team  
[staff.wellbeing@southerntrust.hscni.net](mailto:staff.wellbeing@southerntrust.hscni.net)  
028 3756 4488



\*Protected time has been approved by the Trust’s Senior Leadership Team for Wellbeing Champions

# SUPPORTING HEALTH & WELLBEING

## Carers Awareness training

**Dates:** Available on request

**Time:** 1-2 hours

**Delivery:** Face-to-face or online

### Course details:

The aim of this course is to raise awareness of the role of the unpaid carer within our community and empower everyone with information on how to best support them.

### Target audience:

Southern HSC Trust staff and voluntary associations within the Southern Trust area.

### Learning objectives:

- To raise awareness and increase knowledge and understanding of unpaid carers and highlight the work they do
- To outline the responsibility everyone has towards carers
- To identify the supports and resources available for carers.

**For further information:**

**t:** 028 3756 6284

**e:** [carer.coordinator@southerntrust.hscni.net](mailto:carer.coordinator@southerntrust.hscni.net)

## Community Connector session

*"Connection has been described as the cornerstone of feeling truly connected to ourselves, to others and to the world around us. It is what helps us feel safe, seen, and supported. Connection strengthens communities and creates opportunities."*

**Dates:** Available on request from March 2026

**Time:** 2 hours

**Delivery:** Face-to-face or online to suit audience requirements

### Course details:

This session aims to equip those living, working and volunteering in the ABC area with the tools needed to create community connectedness.

Loneliness is often associated with a perceived lack of connection. Following on from our work on loneliness and isolation, a Community Connector session will provide you with an understanding of the benefits of connectedness to self, others and the wider community. It will provide you with the knowledge of who, where and how people can access information on activities and support.

### Target audience:

Those living, working and volunteering in the ABC area of Southern Trust.

### Learning objectives:

- Understand the role of the Community Connector.
- Understand the importance of community connectedness as a building block for good health and wellbeing.
- Gain knowledge of local access points to activities and support in the local community (as connectors you will only be expected to signpost to the Information Access Points as it isn't your role to know all of the local services etc).
- Understand the benefits of the connector role to the connector, those being connected and the wider community.



**For further information:**

**t:** 028 3756 1440

**e:** [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)

## Community Health Champion training

**Dates:** As requested by groups and individuals

**Time:** 3 sessions of 2 ½ hours each

**Delivery:** Face-to-face in your own venue or local community venue

### Course details:

This course aims to improve health and wellbeing in communities.

### Target audience:

Those already volunteering in a community / voluntary association.

### Expectations of how the 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.

### 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.

[Click here for further information:](#)



# Stop Smoking Service

helping you to quit

## Stop Smoking 'Very brief advice' training for you and your team

The Southern Trust Stop Smoking specialists can provide your patients who smoke with an individual plan, advice and support for their quit attempt

### Remember Very Brief Advice - the 3 A's

#### ASK

Your patient do they smoke

#### ADVISE

That the best way to quit is with support and treatment

#### ACT

By sending a referral to Southern Trust Stop Smoking service

**PATIENTS ARE 4 TIMES MORE LIKELY TO  
QUIT WITH SUPPORT & TREATMENT**

## STOP SMOKING **Very brief advice**

**Dates:** Available on request

**Time:** 15 minutes

**Delivery:** Online

### Course details:

Very brief advice is a quick and simple approach to help trigger a quit attempt among people who smoke. It involves asking about smoking status, advice on quitting and acting by offering support from a stop smoking specialist.

### Target audience:

For Trust staff, statutory, community and voluntary leaders, workplaces, and those interested in helping others to stop smoking.



### Learning objectives:

By completing this learning session, you will be able to:

- Explain what very brief advice approach is, the purpose and its benefits.
- Apply the very brief advice principles into your interactions with people who smoke.
- Reflect and recognise your role in supporting quit attempts to help people to stop smoking.
- Be aware of available Trust stop smoking services.

**For further information on this training please contact:**

**t:** 028 3756 4400 **e:** [stop.smoking@southerntrust.hscni.net](mailto: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

**SHSCT staff can access this training through [LearnHSCNI](#)**

**USER INVOLVEMENT,  
CO-PRODUCTION &  
COMMUNITY DEVELOPMENT**

## Community Development awareness

**Dates:** As requested by staff

**Time:** 45 minutes

**Delivery:** Onsite or online

### Course details:

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

### Target audience:

All grades of SHSCT staff.

### Learning objectives:

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.

**For further information or to arrange a training session please contact your local Community Development team:**

#### **Armagh and Dungannon area**

[Click here to email Tracey Powell](#)

**t:** 028 37 56 4495

[Click here to email Catherine McCormack](#)

**t:** 028 37 56 4494

#### **Craigavon and Banbridge area**

[Click here to email Debbie Smith](#)

**t:** 028 37 56 3949

[Click here to email Michael Hart](#)

**t:** 028 37 56 3951

#### **Newry and Mourne area**

[Click here to email Annie Clarke](#)

**t:** 028 37 56 6290

[Click here to email Barry Traynor](#)

**t:** 028 37 56 6293

# Essentials of User Involvement

**Dates:** Wednesday 4<sup>th</sup> February 2026 or  
Wednesday 15<sup>th</sup> April 2026

**Time:** 10am - 12 noon

**Delivery:** MS Teams or face-to-face on request

## Course details:

To develop an understanding and awareness of PPI / User Involvement, why it is a requirement for HSC staff and the opportunities to involve service users and carers in your work area.

## Target audience:

All SHSCT staff.

## Entry requirements:

Participants are recommended to undertake the Engage and Involve: Personal and Public Involvement (PPI) Awareness module on LearnHSCNI [LearnHSCNI | Engage and Involve: Personal and Public Involvement \(PPI\)](#).

## Learning objectives:

- What is Personal and Public Involvement (PPI) or User Involvement?
- Why is this important? Hear directly from service users and carers about their experiences and the benefits of involvement.
- How do we get started and where can we find support and resources to help us undertake User Involvement?

Personal and Public  
Involvement (PPI)



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**For further information:**

e: [user.involvement@southerntrust.hscni.net](mailto:user.involvement@southerntrust.hscni.net)

# Embedding User Involvement

**Dates:** Wednesday 25<sup>th</sup> February 2026 or  
Wednesday 13<sup>th</sup> May 2026

**Time:** 10am - 12 noon

**Delivery:** Face-to-face

## Course details:

This training will introduce you to methods you can use when seeking to involve service users and carers in your work and explore some of the practicalities of PPI / User Involvement. Participants will be introduced to a range of guidance, tools and templates to support them in user involvement. This course is open to all SHSCT staff.

## Entry requirements:

Applicants ideally should have completed the Essentials of User Involvement training or Engage and Involve: Personal and Public Involvement (PPI)

**[Click to access the Awareness module on LearnHSCNI.](#)**

## Learning objectives:

By the end of this training staff should have a clear understanding of:

- How to involve service users and carers
- What are the different ways to involve? How to choose?
- How to recruit, train and support service users and carers
- Tips for facilitating effective user involvement
- How to measure, monitor and report your involvement activities

Personal and Public  
Involvement (PPI)



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**For further information:**

**e: [user.involvement@southerntrust.hscni.net](mailto:user.involvement@southerntrust.hscni.net)**

# Essentials of User Involvement Team talk

**Dates:** Upon request

**Delivery:** The PPI / User Involvement team will accommodate your training requirements to deliver this bespoke training onsite or online to suit your team.

## Course details:

Develop understanding and awareness of PPI/User Involvement, why it is a requirement for HSC staff and the opportunities to involve service users and carers in our work area.

## Target audience:

All SHSCT staff.

## Entry requirements:

Participants are recommended to undertake the Engage and Involve: Personal and Public Involvement (PPI) Awareness module on LearnHSCNI before team talk.

[LearnHSCNI | Engage and Involve: Personal and Public Involvement \(PPI\)](#)

## Learning objectives:

- What is Personal and Public Involvement (PPI) or User Involvement?
- Why is this important? Hear directly from service users and carers about their experiences and the benefits of involvement.
- How do we get started and where can we find support and resources to help us undertake User Involvement?

Personal and Public  
Involvement (PPI)



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**For further information:**

e: [user.involvement@southerntrust.hscni.net](mailto:user.involvement@southerntrust.hscni.net)

# SCOPE training

**Service User - Carer - Opportunity - Participate - Engagement**

**Dates:** Available on request

**Delivery:** MS Teams or face-to-face upon request

## Course details:

SCOPE training is a co-produced training programme which supports service users and carers to become involved in the development and delivery of HSC services.

## Aim of the course:

To prepare service users or carers to become involved and work in partnership with Trust staff to develop new services and impact change.

## Target audience:

Service users, carers, members of the public who wish to become involved in the development and delivery of Health and Social Care Services.

## Learning objectives:

SCOPE aims to provide the service users and carers with the knowledge and confidence to get involved.

By the end of this training service users and carers should have an understanding of:

- Health and Social Care and the Trust's functions
- What is PPI / User Involvement and how to get involved
- Why lived experience and user involvement are so important in shaping services
- Support and resources available when you decide to get involved.

**For further information:**

**e: [user.involvement@southerntrust.hscni.net](mailto:user.involvement@southerntrust.hscni.net)**

# Community and Voluntary

PPI: An Introduction for Community groups

**Dates:** Upon request

**Delivery:** Onsite or online to suit your group

## Course details:

Develop an understanding and awareness of what Personal and Public Involvement (PPI) / User Involvement is and the opportunities for community and voluntary groups and individuals to become involved in helping shape and improve Health and Social Care Services.

## Target audience:

Community and Voluntary groups.

Personal and Public  
Involvement (PPI)



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## Learning objectives:

- What is Personal and Public Involvement (PPI) or User Involvement?
- Why is this important? What do service users and carers say about their experiences and the benefits of involvement?
- Find out how becoming involved can benefit you and your community.
- Explore the many ways to have your say and help and shape health and social care services, drive improvement and create change.

**For further information:**

**e: [user.involvement@southerntrust.hscni.net](mailto:user.involvement@southerntrust.hscni.net)**

## Elearning awareness

Engage and Involve: Personal and Public Involvement (PPI) Awareness

**Delivery:** ELearning

### Course details:

This programme provides Health and Social Care staff and members of the public with an understanding of the value and benefit of involving people and taking into account people's views in the planning, commissioning, delivery and evaluation of services.

### Target audience:

All SHSCT staff and members of the public.

Personal and Public  
Involvement (PPI)



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### Learning objectives:

All HSC staff are recommended to undertake this interactive e-learning training to develop an understanding of Personal and Public Involvement (PPI).

- The training will stimulate thinking and provide ideas for how to involve people in different settings and situations.
- The programme has been developed to bring consistency and an understanding of the different approaches to PPI across Northern Ireland.

### For further information:

[LearnHSCNI | Engage and Involve: Personal and Public Involvement \(PPI\)](https://engage.hscni.net/storyline/story.html)

Non Hsc staff access through the following link  
<https://engage.hscni.net/storyline/story.html>

# Elearning Co-Production awareness

**Delivery:** Elearning

## Course details:

This programme has been designed to provide you with information on the Department of Health's Co-Production guide and its implications for Health and Social Care.

It has been developed in collaboration with a range of key partners from statutory, private and third sectors across the region.

## Target audience:

All SHSCT staff.

Personal and Public  
Involvement (PPI)



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**For further information:**

[LearnHSCNI | Co-Production Awareness eLearning \(CEC\)](#)

# Further information

**For further information on any of the  
courses listed in this directory,  
please contact:**

Promoting Wellbeing training  
St Luke's site, 71 Loughgall Road  
Armagh, BT61 7NQ

**t: 028 37 564454**

**e: [pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net)**



**Visit our webpage:**

**<https://southerntrust.hscni.net/your-health/>**

**SHSCT Staff visit SharePoint**

**<http://sharepoint/oppc/pwds/SitePages/Home.aspx>**



Southern Health  
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