

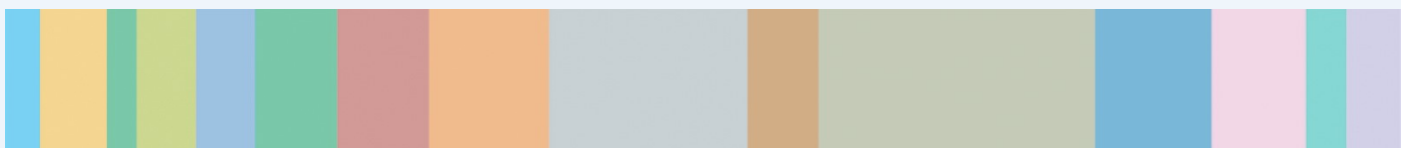


# **Interim Mental Health and Wellbeing Training Programme**

**2025—2026**

**Date: 14 April 2025**

**Bolton  
Council**





# WELCOME...

This **FREE** training programme helps people to gain insights into their own mental health and wellbeing, as well as learn how to recognise the signs of poor mental wellbeing in others, provide support and advocate for mental health awareness in the workplace.

There are a number of different courses on offer, ranging from one-hour introductory sessions to courses with up to seven sessions on different days.

Training is available both online and in person

**Please note** that all our MH and wellbeing courses are free to attend, however, from the 1st October 2024, if places are booked and not cancelled, there will be a non-attendance fee of £30 per course.

## [How to Book on to Courses](#)

**Bolton**  
**Council**

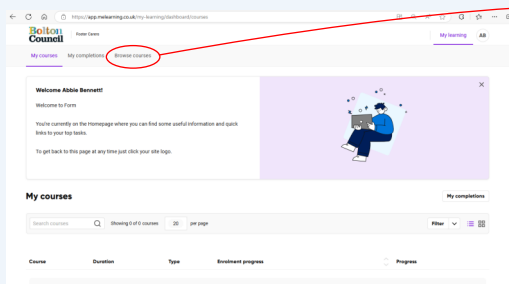




## How to Book on to Courses

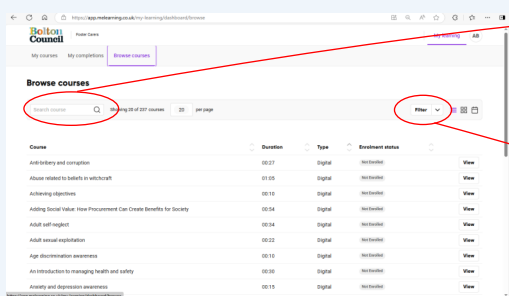
If you are a new delegate, please [register your details on Me-Learning](#). When you are registered, you will be able to [sign in to Me-Learning](#), browse the training catalogue and enrol on the courses.

Use this brochure to identify which Face to Face or Online courses you would like to attend and then in Me Learning, click on the Browse Courses section and search for your selected course. Once you have found the course you have searched for click 'View' and then 'Enrol'. Alternatively, Once you have selected Browse Courses, you can then click 'Filter' - 'Type' and select Event or Digital for the type of course you are looking for.



### **1. Select 'Browse Courses'**

On this page you will see a list of ALL the courses available to you.



### **2. Search for your selected course**

Once searched, you will see the course you are looking for on your screen. Select view and enrol to sign up.

**or**

### **3. Select Filter - Type: Event and then search and select the course you are looking for.**

When you filter to events you will see a full list on all course events. Here, you will need to look for your course and then click view and enrol.

**If you are enrolling onto an Online course/ event, this will be delivered by Microsoft Teams or Zoom.**

**Your link to the online session will be visible on your Me Learning Courses once you have enrolled.**



## If you need to cancel a place on a course

If your circumstances change and you cannot attend a course, please cancel your place on [Me-Learning](#).

When cancelling your place, please be aware you must cancel your place at least 3 weeks prior to the course date, otherwise the following charges will apply-

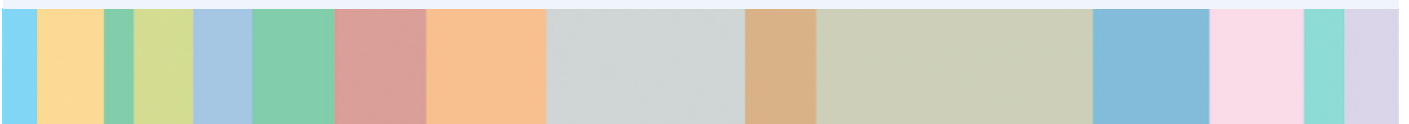
3 weeks or more – No Charge

2 weeks prior - £30.00

The week of the training course, the day of training or non-attendance on the day- Full Cost of the course

**IMPORTANT** - If your course is free of charge and you do not cancel within the times outlined above, you will be charged £30.00

For any questions related to booking, please email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk) or phone on 01204 337600.



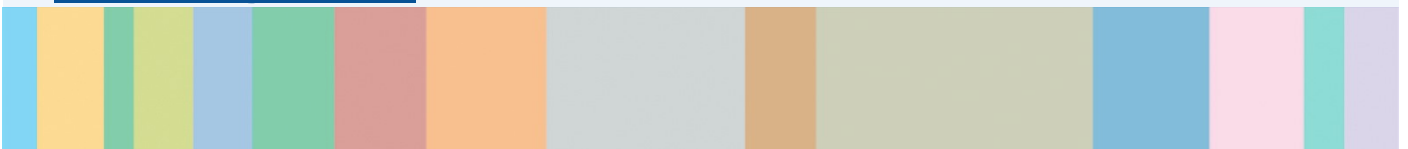


## **Mental Health and Wellbeing Training**

### **Index**

- [How to Book on to Courses](#)
- [If you need to cancel a place on a course](#)
- [Foundational ACEs \(Adverse Childhood Experiences\) & Trauma Awareness Training](#)
- [5 Ways to Wellbeing](#)
- [Connect 5](#)
- [Living Life to the Full](#)
- [Making Every Contact Count \(MECC\)](#)
- [Autism and Suicide Awareness Training](#)

### **Booking Form**



# Foundational ACEs (Adverse Childhood Experiences) & Trauma Awareness Training

## Course Overview

This session aims to cover what Adverse Childhood Experiences (ACEs) are, how they affect people's lives and what we can do to support people who have experienced adversity and trauma. We will also look at what a trauma-informed way of living or working is and how this can be implemented

## Audience

Open to all people living, working or volunteering in the Bolton area

## Facilitators

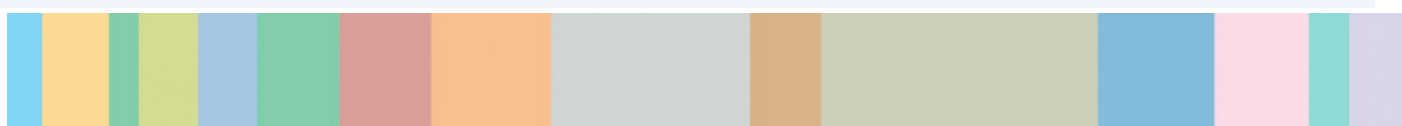
Thrive Manchester

Dates	Times	Venue
30 May 2025	9.30am – 12.30pm	Castle Hill Centre, Castleton street, BL2 2 JW
30 June 2025	1:30pm-4:30pm	Castle Hill Centre, Castleton street, BL2 2 JW
3 July 2025	9.30am – 12.30pm	MS TEAMS
17 July 2025	1:30pm-4:30pm	Castle Hill Centre, Castleton street, BL2 2 JW
15 September 2025	9.30am – 12.30pm	Castle Hill Centre, Castleton street, BL2 2 JW
26 September 2025	1:30pm-4:30pm	Castle Hill Centre, Castleton street, BL2 2 JW

**Please note** that all our MH and wellbeing courses are free to attend, however, from the 1st October 2024, if places are booked and not cancelled, there will be a non-attendance fee of £30 per course.

[How to Book on to Courses](#)

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# 5 Ways to Wellbeing

## Course Overview

We will explore the 5 ways to wellbeing and introduce the training pathway that will be available for staff to support many aspects of wellbeing and mental health

## Audience

Open to all people living, working or volunteering in the Bolton area

## Facilitators

Learning and Development Team

## Venue

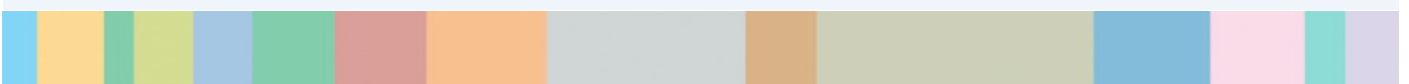
Castle Hill Centre, Castleton Street, Bolton, BI2 2JW

Dates	Times
29 April 2025	9:30am—11:30am
25 June 2025	9:30am—11:30am
2 October 2025	10am—12pm
5 November 2025	1:30pm—3:30pm
9 January 2026	10am—12pm

**Please note, more training sessions will be added in April 2025. For more details, please email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk).**

[How to Book on to Courses](#)

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# Connect 5

## Course Overview

[Connect 5](#) is a 3-session programme that draws on cognitive behavioural therapy to promote self-help. This course aims to raise awareness of how you can support mental health and wellbeing within your everyday life. The intended outcome of this course is to change the way we have mental wellbeing conversations so that we are confident and skilled to have brief conversations in which we help a person think about ways they can take action to improve their mental wellbeing.

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

Learning and Development Team

## Venue

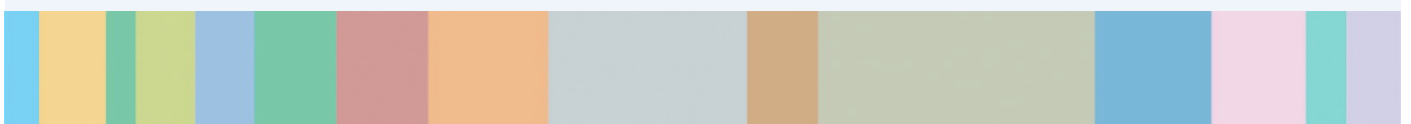
Castle Hill Centre, Castleton Street, Bolton, B12 2JW

Dates	Times
16 May, 23 May, 30 May 2025	9:30—14:30
3, 10 and 17 October 2025	9:30—14:30
27 January, 3 and 10 February 2026	9:30—14:30
12, 19 and 26 March 2026	9:30—14:30

Please note, more training sessions will be added in April 2025. For more details, please email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk).

[How to Book on to Courses](#)

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# Living Life to the Full

## Course Overview

This is a 7-session course that promotes a discovery of how to tackle a variety of problems in life. This course is for anyone who wishes to improve how they feel when they are feeling low or stressed

## Audience

This course is for anyone who wishes to improve how they feel when they are feeling low or stressed

## Facilitators

Learning and Development Team

## Venue

Castle Hill Centre, Castleton Street, Bolton, B12 2JW

Dates	Times
13 May 2025	9:30—14:30
20 May 2025, 3, 10, 17, 24 June 2025, 3 July 2025	9:30—12:30
7 October	9:30—14:30
14, 21 October, 4, 11, 18, 25 November 2025	9:30—12:30
30 January	9:30—14:30
6, 13, 27 February, 6, 13, 20 March 2026	9:30—12:30
<b>Delegates must attend all 7 dates to complete the course</b>	

Please note, more training sessions will be added in April 2025. For more details, please email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk).

[How to Book on to Courses](#)

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# Making Every Contact Count (MECC)

## Course Overview

MECC is designed to support learners with developing an understanding of how to engage in having a positive health and wellbeing conversations within a workplace or with an individual. You will learn how to recognise opportunities to talk to people about their wellbeing, it focuses on how asking the right questions and listening effectively to people is a vital role for all of us.

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

Learning and Development Team

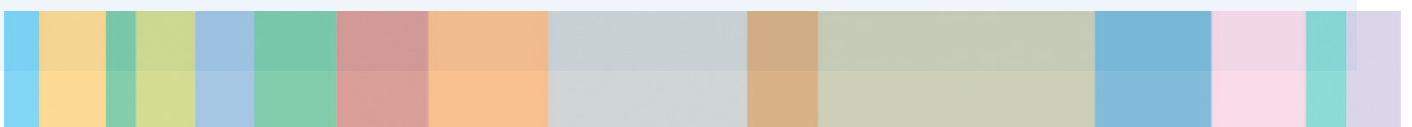
## Delivery

Castle Hill Centre, Castleton Street, Bolton, B12 2JW

Dates	Times
11 June 2025	9:30-16:30
8 July 2025	9:30-16:30
7 August 2025	9:30-16:30
10 September 2025	9:30-16:30
9 October 2025	9:30-16:30
6 November 2025	9:30-16:30
2 December 2025	9:30-16:30
4 February 2026	9:30-16:30
3 March 2026	9:30-16:30

[How to Book on to Courses](#)

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# Autism and Suicide Awareness Training

## Course Overview

Co-produced with people from the autistic community, this Autism and Suicide Awareness Training aims to

- Share information about autism and suicide risk
- Share real experiences
- Coach you through spotting the signs and supporting an autistic person with four different scenarios (you can choose which ones you want to complete)
- Share resources for further support

## Audience

This course has been developed for anyone to take the training, but it is particularly recommended you take the training if you are part of the autistic community or work with autistic people. This course is recommended for people aged 16 or over.

## Provider

ZSA training

## Delivery

E-Learning

[Access this course](#)

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