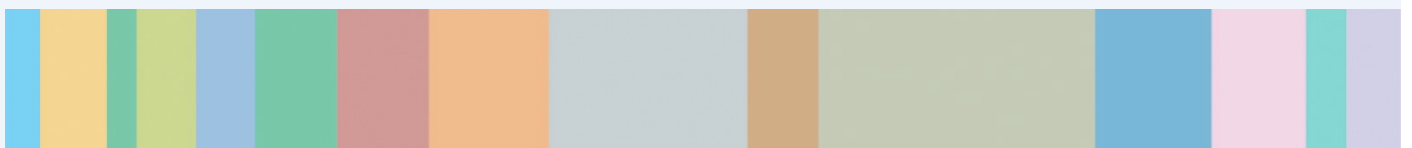




# **Mental Health and Wellbeing Training Programme**

**2024—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.

Any courses beginning with '**Community**' in the title are open to anyone living, working or volunteering in the Bolton area.

**Bolton**  
**Council**

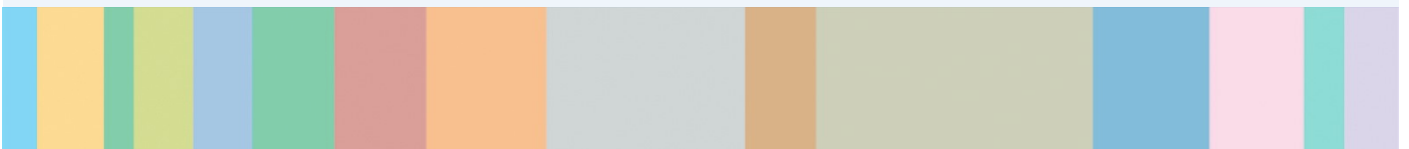




## **Mental Health and Wellbeing Training**

### **Index**

- [Foundational ACEs \(Adverse Childhood Experiences\) & Trauma Awareness Training](#)
- [5 Ways to Wellbeing](#)
- [Connect 5](#)
- [Living Life to the Full](#)
- [Bet you can help now!—Practical first aid for gambling related harm](#)
- [Mental Health Champions](#)
- [Mental Health First Aid](#)
- [Mental Health First Aid Refresher](#)
- [Safetalk](#)
- [Applied Suicide Intervention Skills Training \(ASIST\)](#)
- [“Take Care” Self Harm Awareness Training](#)
- [Making Every Contact Count \(MECC\)](#)
- [Supporting people with bereavement and loss](#)
- [Debt Awareness and Wellbeing](#)



# 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

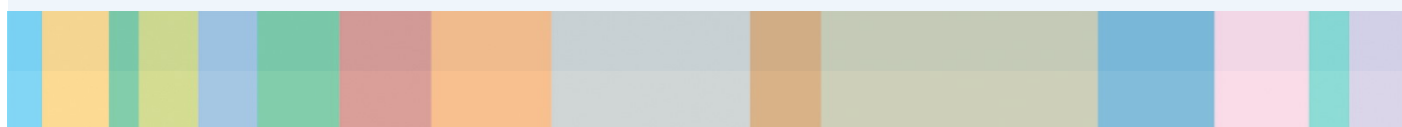
## Facilitators

Thrive Manchester

Dates	Times	Venue
17 April 2024	9.30am – 12.30pm	MS TEAMS
20 May 2024	9.30am – 12.30pm	Friends Meeting House, 50 Silverwell Street, Bolton, BL1 1PP
14 June 2024	9.30am – 12.30pm	MS TEAMS
2 July 2024	1.30pm – 4.30pm	Harvey Children Centre
12 August 2024	1.30pm – 4.30pm	MS TEAMS
26 September 2024	9.30am – 12.30pm	Bolton Science and Technology College, Minerva Rd, Farnworth, Bolton BL4 0HA
14 October 2024	9.30am – 12.30pm	MS TEAMS
15 November 2024	9.30am – 12.30pm	Castle Hill Centre, Cas- tleton street, BL2 2 JW
17 December 2024	9.30am – 12.30pm	MS TEAMS

[Booking Form](#)

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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 and Times

Dates	Times
14 May 2024	9:30am—11:00am
10 September 2024	1pm-2:30pm
7 October 2024	9:30am—11:00am
20 February 2025	1pm-2:30pm

[Booking Form](#)

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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

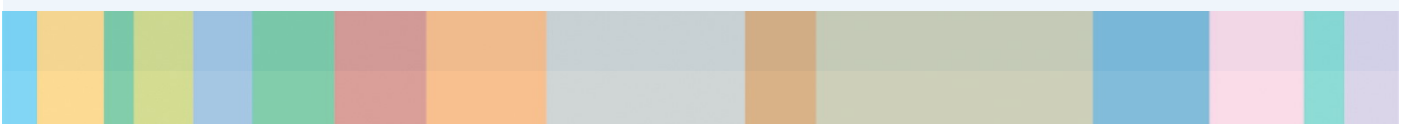
## Venue

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

Dates	Times
3, 10, 17 May 2024	9:30—13:00
27 June, 4, 11 July 2024	9:30—13:00
3, 10, 17 October 2024	9:30—13:00
28 January, 4, 11 February 2025	9:30—13:00

[Booking Form](#)

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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

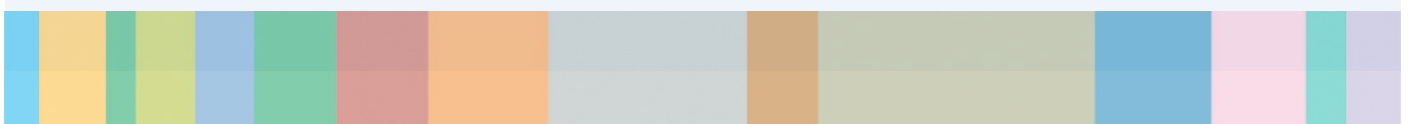
Castle Hill Centre, Castleton Street, Bolton, B12 2JW

## Dates and Times

Dates	Times
4 June 2024	9:30—14:30
11, 18, 25 June 2024, 2, 9, 16 July 2024	9:30—12:30
<b>Delegates must attend all 7 dates to complete the course</b>	
7 November 2024	9:30—14:30
14, 21, 28 November 2024, 5, 12, 19 December 2024	9:30—12:30
<b>Delegates must attend all 7 dates to complete the course</b>	
23 January 2025	9:30—14:30
30 January 2025, 6, 13, 27 February 2025, 6, 13 March 2025	9:30—12:30
<b>Delegates must attend all 7 dates to complete the course</b>	

[Booking Form](#)

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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

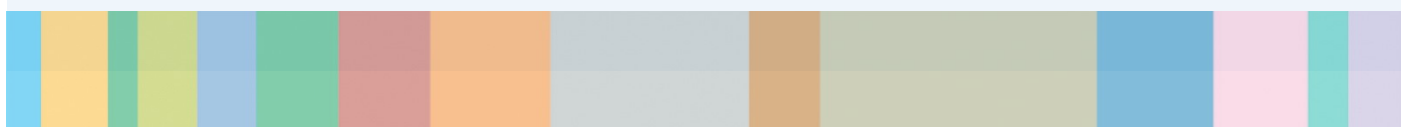
Castle Hill Centre, Castleton Street, Bolton, B12 2JW

## Dates and Times

Dates	Times
30 April 2024	9:30am—4:30pm
5 June 2024	9:30am—4:30pm
9 July 2024	9:30am—4:30pm
12 September 2024	9:30am—4:30pm
14 October 2024	9:30am—4:30pm

[Booking Form](#)

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# Mental Health First Aid

## Course Overview

This two day course Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis\*.

## Audience

Open to all people working and volunteering who wish to be nominated as a Mental Health First Aider in the Bolton area

## Facilitators

Re-Align Futures

## Delivery

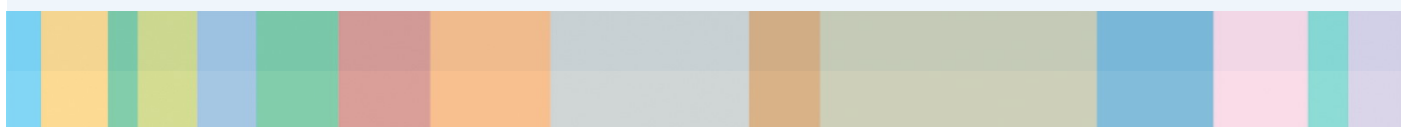
Castle Hill Centre, Castleton Street, Bolton, B12 2JW

## Dates and Times

Dates	Times
17 and 24 June 2024	9:30am-5:00pm
27 September 4 October 2024	9:30am-5:00pm
14 and 21 November 2024	9:30am-5:00pm

[Booking Form](#)

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# Mental Health First Aid Refresher

## Course Overview

This half day refresher course Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

## Audience

Open to all Mental Health First Aiders in the Bolton area

## Facilitators

Re-Align Futures

## Delivery

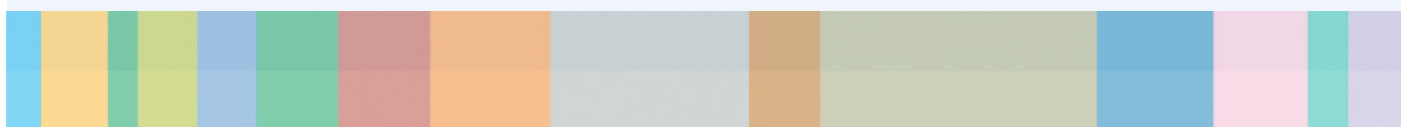
Castle Hill Centre, Castleton Street, Bolton, B12 2JW

## Dates and Times

Dates	Times
13 June 2024	9:30am—12:45pm
26 February 2025	9:30am—12:45pm

[Booking Form](#)

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# Mental Health Champions

## Course Overview

This one day course qualifies you as an MHFA Champion giving you an understanding of common mental health issues. Knowledge and confidence to advocate for mental health awareness. Ability to spot signs of mental ill health and skills to support positive well-being, looking after yourself and others.

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

Re-Align Futures

## Delivery

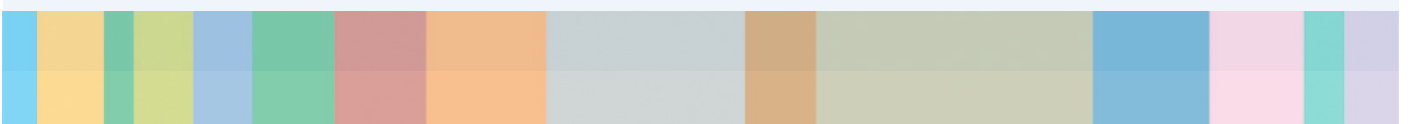
Castle Hill Centre, Castleton Street, Bolton, BI2 2JW

## Dates and Times

Dates	Times
24 April 2024	9:30am—5pm
20 June 2024	9:30am—5pm
22 November 2024	9:30am—5pm

[Booking Form](#)

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# Safetalk

## Course Overview

Half-day training in suicide alertness

It helps participants to recognise a person with thoughts of suicide and connect them with resources that can help them in choosing to live. Participants don't need any formal preparation to attend the training. Anyone who wants to make a difference can learn the safeTALK steps.

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

Re-Align Futures

## Delivery

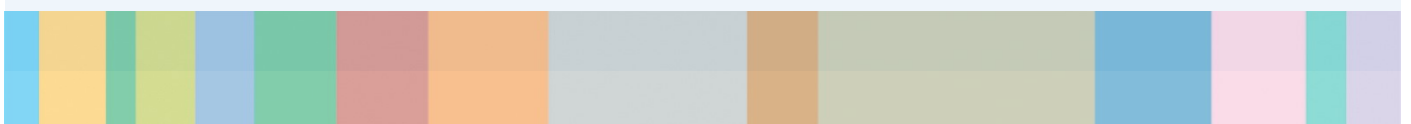
Castle Hill Centre, Castleton Street, Bolton, B12 2JW

## Dates and Times

Dates	Times
8 May 2024	9:30am—12:45pm
7 November 2024	9:30am—12:45pm
14 January 2025	1pm-4:30pm

[Booking Form](#)

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# Applied Suicide Intervention Skills Training (ASIST)

## Course Overview

ASIST is a two-day face-to-face workshop featuring powerful audio-visuals, discussions, and simulations. You'll learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

Over the course of their two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

Re-Align Futures

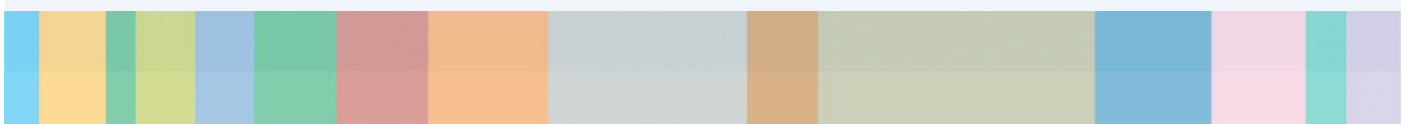
## Delivery

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

Dates	Times
10 and 11 October 2024	9:00am-5:00pm
20 and 21 January 2025	9:00am-5:00pm

[Booking Form](#)

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# “Take Care” Self Harm Awareness Training

## Course Overview

Self-harm affects thousands of people across the UK and it can be hard to know how to respond . This course will help you to consider helpful strategies for supporting people who self-harm while also supporting your own wellbeing.

It aims to increase understanding of why & how people self-harm, and how best to support those who do. This evidence based training consists of a full day's training with breaks throughout.

This course supports practitioners, caregivers & community members supporting individuals who self harm.

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

Re-Align Futures

## Delivery

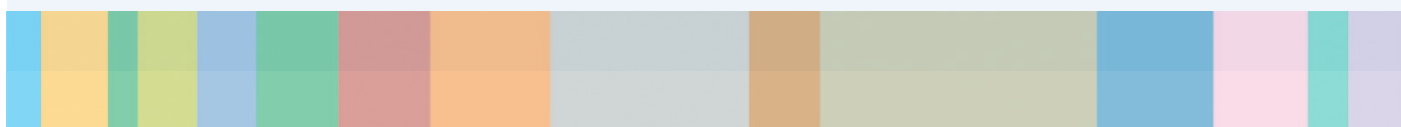
Castle Hill Centre, Castleton Street, Bolton, B12 2JW

## Dates and Times

Dates	Times
24 October 2024	9:30am-1:00pm
12 February 2025	9:30am-1:00pm

[Booking Form](#)

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# Supporting people experiencing bereavement & loss

## Course Overview

The impact of bereavement is always a very difficult and challenging time. The COVID 19 crisis has further impacted on people's experiences of bereavement. Many people lack confidence in knowing how to support someone through the impact of loss and bereavement.

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

Bolton Hospice

## Delivery

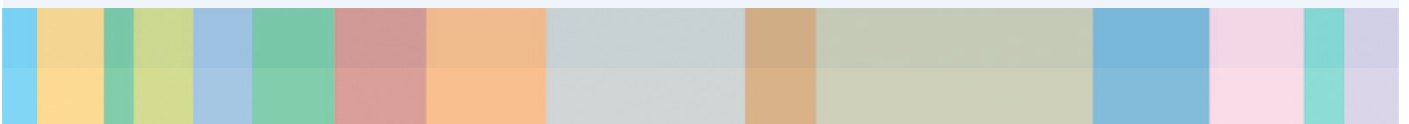
Bolton Hospice, Queens Park Street, Chorley New Road, Bolton, BL1 4QT

## Dates and Times

Dates	Times
19 April 2024	13:30pm—16:00pm
4 June 2024	13:30pm—16:00pm

[Booking Form](#)

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# Debt awareness and wellbeing

## Course Overview

This one-day course has been designed to raise awareness around problem debt and assist participants to identify when specialist help is needed. You will learn about: what is stress, how it impacts you and how using the 5 ways to wellbeing can help you dealing with stress.

## Audience

Open to all people working and volunteering who support others in the Bolton area

## Facilitators

Money Skills Team and Learning and Development

## Delivery

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

## Dates and Times

Dates	Times
28 June 2024	9:30am—4:30pm
5 November 2024	9:30am—4:30pm

[Booking Form](#)

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# Bet you can help now! — Practical First Aid for gambling related harm

## Course Overview

The 'Bet You Can Help' (BYCH) supports learners to competently implement an early brief intervention with anyone at risk of, or experiencing, gambling harms, and how to signpost to specialist service providers. It seeks to prevent a worsening or escalation of the individual's gambling harms situation. This is done through a developed understanding of the issue, developing confidence in supporting individuals and ultimately by guiding and signposting people in accessing appropriate specialist services

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

Learning and Development Team

## Delivery

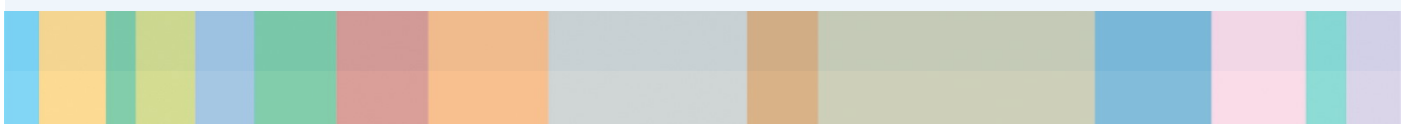
Via Microsoft Teams

## Dates and Times

Dates	Times
No dates available at the moment	

[Booking Form](#)

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To request a place on any of these courses please use the booking form link or QR code below

## [Booking Form](#)



### **Important Booking Information**

Once the booking has been made , you will receive a confirmation email from the Learning and Development Team, if you do not receive anything please check your junk mail first.

If the course is full, you will be contacted to arrange an alternative date, if available.

You must advise the Learning and Development Team in advance if you are unable to attend so the place can be offered to someone else.

**Training places are in limited supply.**

If the course is being delivered online via MS Teams you will receive a link to the training a week before the course start date

If you don't receive anything or have any queries regarding the training please contact the Learning and Development Team.

### **Cancellation policy**

2 weeks or more – No Charge,

**IMPORTANT** -If your course is free of charge and you do not cancel or do not attend, you will be charged £25.00

Please inform the Learning and Development Team

Email: [Learninganddevelopment@bolton.gov.uk](mailto:Learninganddevelopment@bolton.gov.uk)

Tel: 01204 337600

