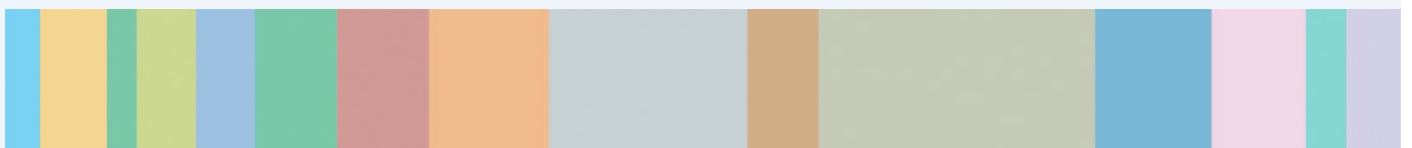




Mental Health and Wellbeing Training Programme

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.

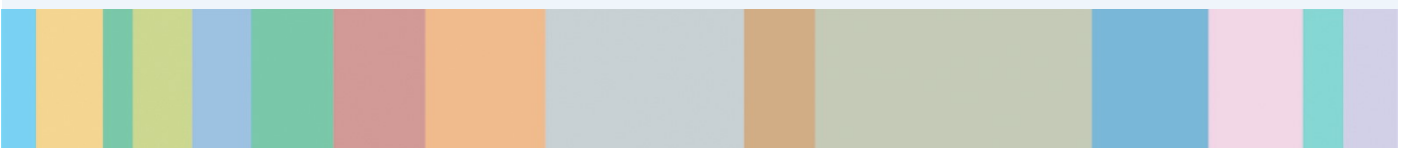
There are a number of different courses on offer, ranging from one-hour introductory sessions to courses with up to seven sessions on different days.

Training is available both online and in person

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.

To book or cancel a course, please email learninganddevelopment@bolton.gov.uk.

Bolton
Council

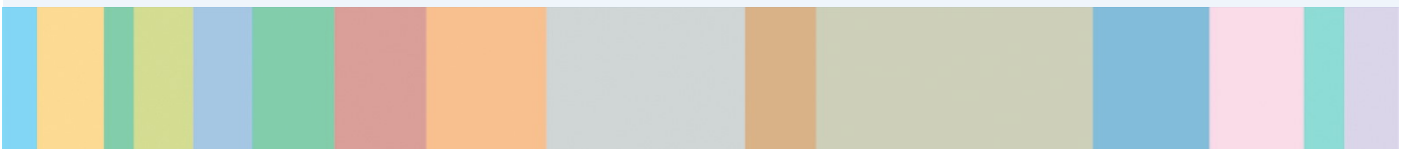




Mental Health and Wellbeing Training

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 \(ASIST\)](#)
- [Autism and Suicide Awareness Training](#)
- [“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
14 October 2024	9.30am – 12.30pm	MS TEAMS
15 November 2024	9.30am – 12.30pm	Castle Hill Centre, Castleton street, BL2 2 JW
17 December 2024	9.30am – 12.30pm	MS TEAMS
24 January 2025	1.30pm – 4.30pm	Castle Hill Centre, Castleton street, BL2 2 JW
6 February 2025	1.30pm – 4.30pm	Castle Hill Centre, Castleton street, BL2 2 JW
6 March 2025	9.30am – 12.30pm	Castle Hill Centre, Castleton street, BL2 2 JW
21 March 2025	9.30am – 12.30pm	Castle Hill Centre, Castleton street, BL2 2 JW

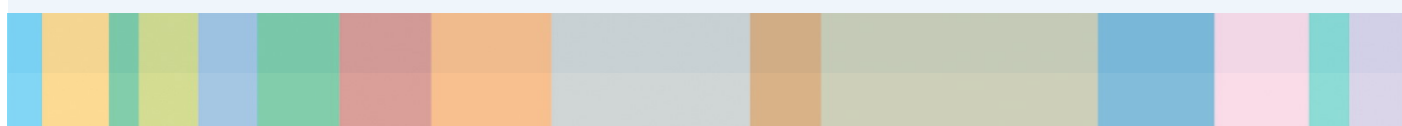
Please note that all our MH and wellbeing courses are free to attend, however, from the 1st October 2024, if places are booked and not cancelled, there will be a non-attendance fee of £30 per course.

To book or cancel a course,

please email learninganddevelopment@bolton.gov.uk.

[Back to Index](#)

[Booking Form](#)



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, BL2 2JW

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

Venue

Bolton Central Library, Le Mans Crescent Bolton BL1 1SE . To book on this session please follow [this link](#)

Dates	Times
10 Oct 2024	2:30pm—04:00pm

[Booking Form](#)

[Back to Index](#)



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

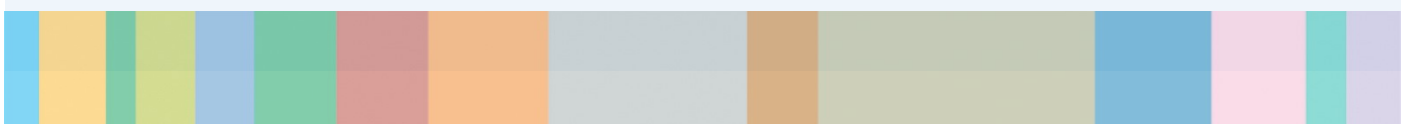
Venue

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](#)

[Back to Index](#)



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

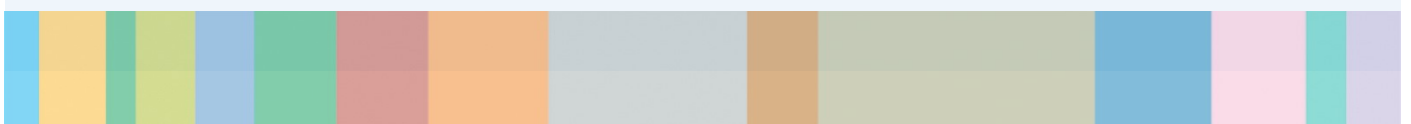
Venue

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

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

[Booking Form](#)

[Back to Index](#)



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

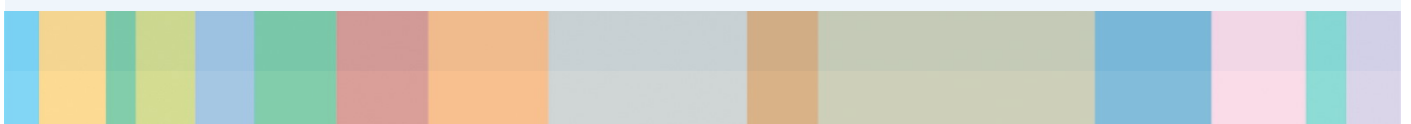
Delivery

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

Dates	Times
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](#)

[Back to Index](#)



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

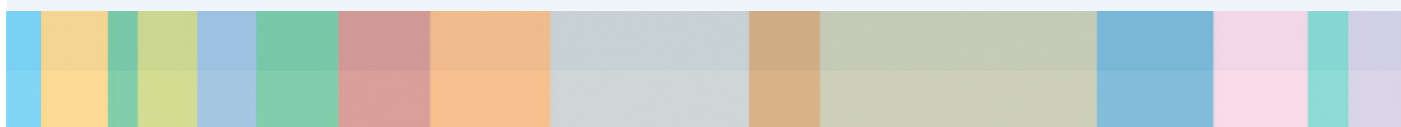
Dates	Times
17 and 24 June 2024	9:30am-5:00pm
27 September 4 October 2024	9:30am-5:00pm
14 and 21 November 2024	9:30am-5:00pm

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.

To book or cancel a course, please email learninganddevelopment@bolton.gov.uk.

[Booking Form](#)

[Back to Index](#)



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

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.

To book or cancel a course, please email learninganddevelopment@bolton.gov.uk.

[Booking Form](#)

[Back to Index](#)



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, B12 2JW

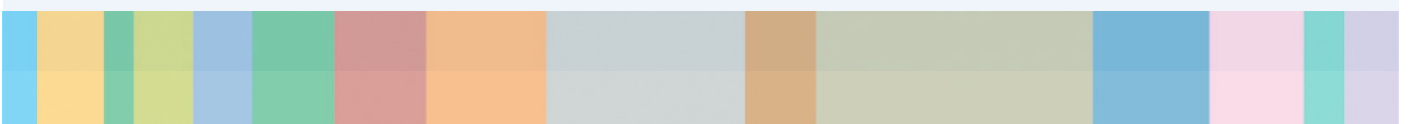
Dates	Times
24 April 2024	9:30am—5pm
20 June 2024	9:30am—5pm
22 November 2024	9:30am—5pm

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.

To book or cancel a course, please email learninganddevelopment@bolton.gov.uk.

[Booking Form](#)

[Back to Index](#)



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

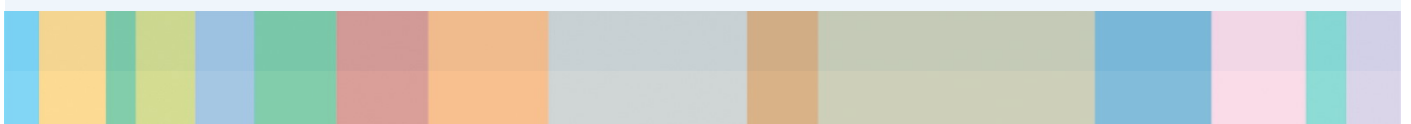
Dates	Times
8 May 2024	9:30am—12:45pm
7 November 2024	9:30am—12:45pm
14 January 2025	1pm-4:30pm

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.

To book or cancel a course, please email learninganddevelopment@bolton.gov.uk.

[Booking Form](#)

[Back to Index](#)



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.

You will need to attend both days to receive a certificate.

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

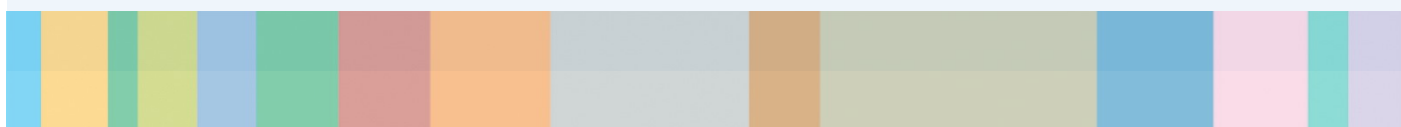
Dates	Times
10 and 11 October 2024	9:00am-5:00pm
20 and 21 January 2025	9:00am-5:00pm

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.

To book or cancel a course, please email learninganddevelopment@bolton.gov.uk.

[Booking Form](#)

[Back to Index](#)



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

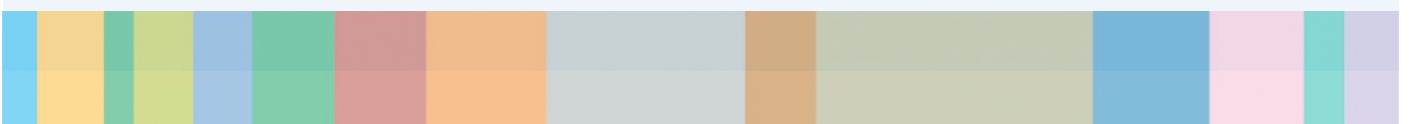
ZSA training

Delivery

E-Learning

[Access this course](#)

[Back to Index](#)



“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

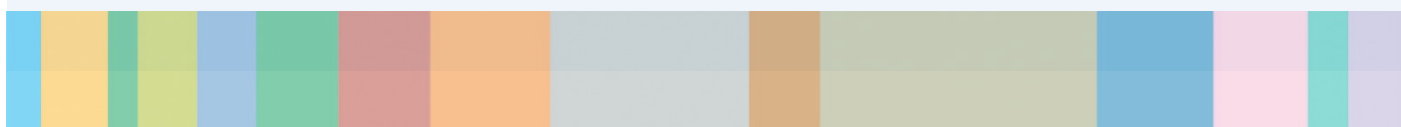
Dates	Times
24 October 2024	9:30am-1:00pm
12 February 2025	9:30am-1:00pm

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.

To book or cancel a course, please email learninganddevelopment@bolton.gov.uk.

[Booking Form](#)

[Back to Index](#)



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	Times
19 April 2024	13:30pm—16:00pm
4 June 2024	13:30pm—16:00pm
28 January 2025	13:30pm—16:00pm

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.

To book or cancel a course, please email learninganddevelopment@bolton.gov.uk.

[Booking Form](#)

[Back to Index](#)



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
28 February 2024	9:30am—4:30pm

[Booking Form](#)

[Back to Index](#)



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

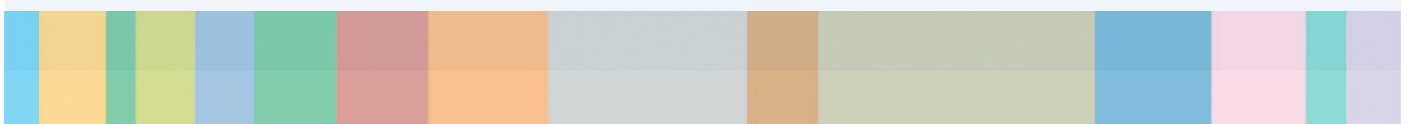
Via Microsoft Teams

Dates and Times

Dates	Times
No dates available at the moment	

[Booking Form](#)

[Back to Index](#)



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

Tel: 01204 337600

