



# Wellbeing Training Summary

(Free + both online & face to face unless otherwise stated)

Click on course titles to book

Course	Description	Purpose/Outcomes
<a href="#"><u><b>Eat Better</b></u> (1 to 2 hours)</a>	A short introduction to the principles of a healthier balanced diet.	To understand: <ul style="list-style-type: none"><li>Principles of the Eat Well plate.</li><li>The health benefits of different foods.</li><li>Food portions &amp; food labels and share tips for eating better.</li></ul>
<a href="#"><u><b>Alcohol Awareness</b></u> (1 to 2 hours)</a>	A discussion-based session about the health impacts of alcohol.	To understand: <ul style="list-style-type: none"><li>Health impacts of alcohol.</li><li>Guidance for reducing alcohol risk.</li><li>Pros &amp; cons of drinking alcohol.</li><li>Share advice for reducing risk drinking.</li></ul>
<a href="#"><u><b>Making Every Contact Count</b></u> (3 hours)</a>	To develop skills and confidence in supporting people to improve their own health & wellbeing.	To develop and understand: <ul style="list-style-type: none"><li>'Healthy conversation skills'.</li><li>Knowledge of key health messages.</li><li>Behaviour change techniques.</li></ul>
<a href="#"><u><b>Menopause Awareness – Online only</b></u> (1 hour)</a>	Provides a basic overview of the menopause, how every person will have different experiences and how this can impact on individuals in the workplace.	To explore: <ul style="list-style-type: none"><li>Menopause in the workplace.</li><li>How you can support your colleagues.</li><li>What you can put in place for your employees.</li></ul>
<a href="#"><u><b>Wellbeing Champions</b></u> (2 days in total to complete)</a>	To give learners the tools to promote healthier lifestyle choices via physical health and mental wellbeing messages to work colleagues and local communities.	Includes Making Every Contact Count, Connect 5 Session 1 and 4MH Emotional Resilience. Wellbeing Champions support individual collective wellbeing in communities and workplaces.

Contact us on [livewell.workplacehealth@nhs.net](mailto:livewell.workplacehealth@nhs.net) to discuss bespoke bookings and further information on our training courses



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<b><u>Connect 5</u></b> <b><u>(3.5 hours for each session)</u></b>	How to manage mental health problems & increase resilience & wellbeing. Learners can take Session 1 only, or complete Sessions 1, 2 & 3 (recommended).	To build support and promote: <ul style="list-style-type: none"><li>• Conversations about health and wellbeing.</li><li>• People to manage mental health problems by increasing their resilience and mental wellbeing.</li><li>• Psychological knowledge, understanding and awareness.</li></ul>
<b><u>Bystander Workshop</u></b> <b><u>(2.5 hours)</u></b>	To explore violence against Women and Girls (in particular) and to gain skills to safely prepare you to make a bystander interaction.	To understand and develop: <ul style="list-style-type: none"><li>• The impact of domestic violence and abuse on adults/children (including trauma).</li><li>• Different types of abuse, including coercive control.</li><li>• Confidence to support anyone affected by domestic violence and abuse.</li></ul>
<b><u>Mental Health First Aid</u></b> <b><u>F2F &amp; Bespoke only</u></b> <b><u>(2 days)</u></b> <b><u>(Fees charged of up to £75 per person)</u></b>	How to identify, understand, and help someone experiencing a mental health issue.	To support and develop: <ul style="list-style-type: none"><li>• Practical skills to recognise mental health trigger signs.</li><li>• Confidence to guide someone who needs support.</li><li>• Understand the factors that affect people's wellbeing and mental health.</li><li>• Learners gain 3 years of access to the MHFAiders Support App, and access to exclusive resources, opportunities and benefits.</li></ul>



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<a href="#"><u><b>Mental health First Aid refresher</b></u> F2F &amp; Bespoke only (4 hours) (up to £30 per person)</a>	To update current knowledge and allows MHFAiders® to practice their skills.  (Only available to those who have attended MHFA full course within the last three years)	To empower Mental Health First Aiders® who have previously completed MHFA within the last 3 years.  This course is a great way to demonstrate your commitment to treating mental health and physical health equally both in your workplace and out in the community.
<a href="#"><u><b>Applied Suicide Intervention Skills Training</b></u> F2F &amp; Bespoke only (2 days) (Up to £75 per person)</a>	ASIST is a two-day interactive course that enables you to become more confident and identify risk and intervene to prevent the immediate risk of suicide.	To understand: <ul style="list-style-type: none"><li>• The myriad of reasons people may contemplate suicide.</li><li>• Discuss own experiences (if any) around suicide – looking at the wider impact.</li><li>• Following the Pathway to assisting life (PAL) as a model to provide suicide 'first aid'.</li></ul>

Wellbeing at Work, part of Livewell Southwest, provide three programmes to businesses and communities in Plymouth - [\*\*Wellbeing at Work Awards\*\*](#), [\*\*Wellbeing Champions\*\*](#), and [\*\*Wellbeing Training\*\*](#). We also provide [\*\*Free NHS Health Checks\*\*](#), networking opportunities, an annual [\*\*Plymouth Wellbeing Connections Event\*\*](#) as well as [\*\*bespoke training offers, workshops\*\*](#) and information on the latest health and wellbeing campaigns. For further information contact us on [livewell.workplachealth@nhe.net](mailto:livewell.workplachealth@nhe.net) or refer to our [\*\*website\*\*](#), other [\*\*wellbeing resources\*\*](#) and download our [\*\*wellbeing calendar\*\*](#).