Surrey Health and Social Care Joint Training Partnership

Course Programme
April 2015 – March 2016
About Surrey Health and Social Care Joint Training Partnership

The Surrey Health & Social Care Joint Training Partnership (SJTP) is a collaboration between health and social care agencies in Surrey. It is hosted by The Learning Enterprise.

The Partnership delivers a Surrey-wide annual programme of joint learning and development training that enables health and social care staff to train together with service users, carers and members of the voluntary sector to support the delivery of joined up integrated care for Surrey residents.

Most courses are free to health and social care staff working for the benefit of Surrey residents. Some courses run by partners may carry a charge. Many of the courses are open to carers and care volunteers, as specified on individual course flyers.

The Partnership is overseen by a steering group which plans, delivers and evaluates joint training and development activities designed to underpin and promote joint working between health and social care staff. Activities are guided by joint priorities and service objectives which are developed through joint planning and reflect both national and local needs.

The SJTP enables staff from health, social care and partner members to share information and work together to address many aspects of care including physical health, mental health, social networks, housing, travel and other needs.

Courses run and administered by the Partnership should be applied for direct to Surrey Joint Training itself. Courses run by partners and administered by them should be applied for through the organisation concerned. Full details are provided on each flyer.

Contact Details

Surrey Joint Training Partnership
The Learning Enterprise
Staff Development Centre
St Peters Hospital
Guildford Road
Chertsey
Surrey KT16 0QA

Tel: 01932 723885
Fax: 01932 723884
Email: surreyjointtraining@learningenterprise.co.uk
# Surrey Joint Training Courses Available

For places apply direct to Surrey Joint Training

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Appropriate for</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Everybody's Business CAMHS</strong></td>
<td>Immensely popular mental health awareness training for front line staff and volunteers who work directly with children and young people.</td>
<td></td>
</tr>
<tr>
<td><strong>Visual Impairment Awareness</strong></td>
<td>For staff and volunteers supporting people with a visual impairment and combined sight and hearing loss.</td>
<td>carers</td>
</tr>
<tr>
<td><strong>Deaf &amp; Hard of Hearing Awareness Training</strong></td>
<td>For health or social care staff, volunteers and carers who are supporting people with hearing loss.</td>
<td>carers</td>
</tr>
<tr>
<td><strong>Emotional Resilience</strong></td>
<td>A half-day course for anybody who is interested in exploring and improving their ability to manage stress and the pressures of work and life.</td>
<td>carers</td>
</tr>
<tr>
<td><strong>Promoting Emotional Wellbeing for Patients with Physical Health Conditions</strong></td>
<td>Our training course looks at how to recognise someone who might be experiencing emotional distress and how to support them within your role.</td>
<td></td>
</tr>
<tr>
<td><strong>Caring for and Supporting People with Dementia: For Qualified Staff</strong></td>
<td>To provide qualified staff with the opportunity to explore issues and approaches relating to caring for and supporting people with dementia.</td>
<td></td>
</tr>
<tr>
<td><strong>Caring for and Supporting People with Dementia: Half Day Awareness</strong></td>
<td>A half day introductory course to provide participants with the opportunity to explore issues and approaches relating to caring for and supporting people with dementia.</td>
<td>carers</td>
</tr>
<tr>
<td><strong>Telecare Training</strong></td>
<td>The telecare training pilot developed in the last programme proved very successful and has now been rolled out as a joint programme between the Surrey CC telecare provider team and Surrey Fire and Rescue. Dates in this programme cover 2015-2016.</td>
<td>carers</td>
</tr>
<tr>
<td><strong>Mental Health Awareness and Improving Wellbeing at Work</strong></td>
<td>A further mental health awareness programme has been developed as a joint training venture by Surrey CC as part of their Time to Change campaign in collaboration with the First Steps team and ESRA. Training will begin in the summer in a number of Surrey Boroughs.</td>
<td>carers</td>
</tr>
</tbody>
</table>
Catalyst Substance Misuse and Mental Health Programme
Catalyst (formerly SAdAS) is a non-profit organisation working with people who are dealing with issues stemming from drug and alcohol misuse and mental health – including housing, involvement with criminal justice, relationships with family and friends and getting back into work.
Following the success of their SAdAS programme last year, it has been decided to repeat some of the training and build on it, thus providing an exciting programme of modules facilitated by Catalyst and their partners. It is aimed at health and social care staff, mental health staff, emergency services personnel, volunteers and all those whose work brings them into contact with people who may have mental health or substance abuse issues in Surrey. Carers are most welcome on all of the courses.

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Suitable for</th>
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</thead>
<tbody>
<tr>
<td>safeTALK Suicide Prevention Training</td>
<td>safeTALK is a half-day training course (3.5 hours) that can help you become suicide alert so that you can recognise what to do if someone is suicidal. Run by Grassroots for Surrey CC Public Health.</td>
<td>Carers</td>
</tr>
<tr>
<td>SuDEN courses</td>
<td>SuDEN is the Surrey Diversity and Equality Network, a group of Surrey County Council, Borough and District officers who have a special remit for equality and diversity in Surrey. They support a number of training events each year on equality and diversity issues.</td>
<td>Carers</td>
</tr>
<tr>
<td>Beacon End of Life Care Training</td>
<td>Beacon Centre end of life care courses both for health and social care professionals and for support staff.</td>
<td>Carers</td>
</tr>
<tr>
<td>Course Name</td>
<td>Description</td>
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<tr>
<td><strong>Because Carer’s Count</strong></td>
<td>A multi agency training course which will provide a thought provoking insight into the difficulties carers face in looking after a family member or friend.</td>
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<tr>
<td><strong>Think Carer Think Family</strong></td>
<td>This workshop provides staff with the opportunity to build on their basic understanding of carer issues.</td>
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<tr>
<td><strong>Cookery Leader Training</strong></td>
<td>Training and mentoring for people who are passionate about good food and want to setup and run cookery clubs and food related community activities.</td>
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<tr>
<td><strong>Emotion Gym</strong></td>
<td>A relaxed and friendly topic discussion, focusing on what can be done to look after your own emotional well-being, including Frustration &amp; Anger, Low Mood, Anxiety, Stress at Work/Home, Self Esteem, Assertiveness.</td>
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</tr>
<tr>
<td><strong>RSPH Level 2 Healthier Food and Special Diets</strong></td>
<td>This Royal Society of Public Health course is appropriate for those involved in catering, food and health-related occupations, and also to carers, community workers, fitness trainers and other individuals who have a role in promoting healthy diets.</td>
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<tr>
<td><strong>Surrey CC Health &amp; Social Care Training Programme</strong></td>
<td>A programme of courses run by Elmbridge Borough Council for Surrey CC that is open to all. <strong>Note:</strong> Details of this programme will appear later in the year.</td>
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Beacon: Care in Advanced Illness for Health and Social Care Assistants

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>Tuesday 23rd June</td>
<td>Registration 09.00</td>
<td>The Beacon Centre, Gill Avenue, Guildford,</td>
</tr>
<tr>
<td>June 2015</td>
<td>Start Finish 09.30</td>
<td>GU2 7WW</td>
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<tr>
<td>Tuesday 06th</td>
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<tr>
<td>October 2015</td>
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<tr>
<td>Tuesday 15th</td>
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<tr>
<td>March 2016</td>
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</table>

**Appropriate for:** Health and Social Care Assistants working in Surrey health and social care organisations, including care homes and domiciliary care. Please note, this course is not appropriate for carers or volunteers.

**Facilitators:** The Beacon Community Specialist Palliative Care Team

**Cost:** Free to Surrey Virgincare Surrey staff, Surrey County Council staff and Surrey Joint Training partners

**Aims:**
- Identify the key communication skills required to communicate needs, preferences and wishes of the person in the last year of life and their carers.
- Enhance awareness of individualised care to meet the needs of people in the last year of life.

**Learning Outcomes:**
- Be aware of the roles, responsibilities and parameters as a care worker and when to refer.
- Identify the skills, attitudes and behaviours required to help with the needs of patients and their carers towards the end of life.
- Understand the domains of holistic care and the importance of assessment and attention to detail when providing care for patients with advanced illness.
- Demonstrate practical skills to help deal with difficult questions.
- Increase confidence to sensitively communicate with the patient and carer.
- Demonstrate an understanding of Advance Care Planning.
- Understand the principles of managing symptoms and increase awareness of non pharmacological therapies to assist with the care of the patient.
- An understanding of the dying process, common signs and symptoms.
- Increase familiarity and confidence with the LCP documentation.
- Understand why a Syringe Driver is used.

*Please bring your own lunch. Thank you*

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:
E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413

Beacon: Communication and Advance Care Planning in Palliative Care – Day 1
(For qualified health or social care professionals)
Part of a three day programme, but can stand alone

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<th>Date</th>
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<th>Venue</th>
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<tr>
<td>Tuesday 15th September 2015</td>
<td>Registration 09.00</td>
<td>The Beacon Centre, Gill Avenue, Guildford, GU2 7WW</td>
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<tr>
<td>Tuesday 03rd November 2015</td>
<td>Start Finish 09.30 - 16.30</td>
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<tr>
<td>Thursday 14th January 2016</td>
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</table>

Appropriate for: Qualified Health Care Professionals – all disciplines – from Surrey health and social care organisations including care homes. Please note: this course is not appropriate for carers or volunteers.

Facilitators: The Beacon Community Specialist Palliative Care Team

Cost: Free to Surrey Virgincare staff, Surrey County Council staff and Surrey Joint Training partners

Aims:
- Undertake training in line with the National End of Life Care Strategy
- To further develop knowledge, skills, and confidence to raise sensitive topics and respond to challenging questions with regard to end of life care questions and Advance Care Planning (ACP).

Learning Outcomes:
- Apply the principles of successful communication to palliative care clinical practice
- Demonstrate honest, compassionate communication, treating patients and their carers with respect and dignity
- Explore the challenges of communication in relation to end of life care
- Understand the principles of advance care planning
- Explore in a safe environment how to feel confident discussing sensitive and multi-faceted issues in relation to palliative and end of life care
- Recognise boundaries of own responsibility and competence and know when referral is appropriate to help with patient or carer needs

Please bring your own lunch. Thank you
Beacon: Assessment and Symptom Management for People in the last year of life – Day 2
(For qualified health care professionals)
Beneficial to have previously attended Virgincare training in ‘Communication and Advance Care Planning’

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<th>Date</th>
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<tbody>
<tr>
<td>Tuesday 29th September 2015</td>
<td>Registration 09.00</td>
<td>The Beacon Centre, Gill Avenue, Guildford, GU2 7WW</td>
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<tr>
<td>Tuesday 17th November 2015</td>
<td>Start Finish 09.30-16.30</td>
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<tr>
<td>Thursday 04th February 2016</td>
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Appropriate for: Qualified Health Care Professionals – all disciplines – from Surrey health and social care organisations including care homes. Please note: this course is not appropriate for carers or volunteers.

Facilitators: The Beacon Community Specialist Palliative Care Team

Cost: Free to Surrey Virgincare staff, Surrey County Council staff and Surrey Joint Training partners

Aims:
- Undertake training in line with the National End of Life Care Strategy
- Develop knowledge, skills and confidence to assess patients in the last year of life and the needs of carers
- Develop knowledge and skills to manage symptoms of patients with progressive disease near the end of life
- Enhance understanding of how the Gold Standards Framework assists with proactive assessment and management.

Learning Outcomes:
- Identify the interface between palliative care and end of life care with an understanding of the end of life care pathway
- Understand the domains of holistic assessment in relation to end of life care, patient and carer needs
- An enhanced awareness of how the Gold Standard Framework Prognostic Indicator Guidance can assist with identifying patients with non-malignant conditions and clinical management at the end of life
- Identify symptoms in palliative care including palliative emergencies
- Understand the management of common end of life symptoms, i.e. pain, nausea and vomiting, dyspnoea
- Awareness of the range of pharmaceutical and non-pharmacological therapies
- Know when to refer to specialist palliative care

Please bring your own lunch. Thank you

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Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Beacon: Changing Gear in the last weeks of life – Day 3
(For qualified health care or social care professionals)

Beneficial to have previously attended Virgincare training in ‘Communication and Advance Care Planning’ and ‘Assessment and Symptom Management’

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<th>Date</th>
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<tbody>
<tr>
<td>Tuesday 13\textsuperscript{th} October 2015</td>
<td>Registration 09.00</td>
<td>The Beacon Centre, Gill Avenue, Guildford, GU2 7WW</td>
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<tr>
<td>Tuesday 01\textsuperscript{st} December 2015</td>
<td>Start Finish 09.30 - 16.30</td>
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<tr>
<td>Thursday 25\textsuperscript{th} February 2016</td>
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Appropriate for: Qualified Health Care Professionals – all disciplines – from Surrey health and social care organisations including care homes. Please note: this course is not appropriate for carers or volunteers.

Facilitators: The Beacon Community Specialist Palliative Care Team

Cost: Free to Surrey Virgincare staff, Surrey County Council staff and Surrey Joint Training partners

Aims:
- Recognise when change and deterioration indicates a need for reappraisal of treatment, clinical management and support
- To review individual’s priorities, goals and decisions, tailoring care to the needs of the individual/carers
- Further develop knowledge and skills to influence a dignified life and death
- Support choice and respect for care of the dying person

Learning Outcomes:
- Identify how prognostic indicators may influence the patient’s plan of care in the last weeks of life
- An awareness of the normal adjustment to change and loss
- An enhanced understanding of the symptoms of psychological distress and how to manage
- Shared understanding of the DNACPR discussion/process
- Enhanced awareness of the holistic needs of the dying patient and their carer, including management of common symptoms, wishes and preferences
- An understanding of the process for verification of expected death in the community setting
- Shared experiences/learning of caring for a person after death
- Distinguish between uncomplicated grief in bereavement and when to be concerned/seek referral

Please bring your own lunch. Thank you

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:

E-mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Suicide Prevention Training
safeTALK: Suicide Alertness For Everyone

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>21 September 2015</td>
<td>13.00 – 16.30</td>
<td>Staff Development Centre, Chertsey</td>
</tr>
<tr>
<td>11 November 2015</td>
<td>13.00 – 16.30</td>
<td>Holy Trinity Church, Redhill</td>
</tr>
<tr>
<td>09 February 2016</td>
<td>13.00 – 16.30</td>
<td>Christ Church, Woking</td>
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</table>

safeTALK is a half-day day (3.5 hours) training course that can help you become suicide alert so that you can recognise what to do if someone is suicidal. You will be taught the 4 easy to remember TALK steps: Tell, Ask, Listen, Keep-safe. These practical steps offer immediate help to someone having thoughts of suicide and signpost to services that can help.

**Appropriate for:** This free half day course is appropriate for everyone! safeTALK is suitable for all health and social care staff and professionals, including Community workers, Job centre staff, Housing officers, Welfare advisors, Voluntary groups and carers, Debt advisors/services, Support workers, Outreach workers, Community safety youth workers and Substance misuse workers, and healthcare workers. Please note- this training is a basic training course and may not be suitable for specialist clinical staff or those working in mental health who require more advanced training.

**Course aims**

- Identify people thinking of suicide.
- Overcome barriers in talking about suicide.
- Identify reasons we may miss, dismiss or avoid suicide.
- Practice using the 4-step model of suicide alertness.
- Connect people at risk of suicide with further appropriate help.

**Training outcomes**

As a safeTALK-trained suicide alert helper, you will be better able to:

- Move beyond common tendencies to miss, dismiss or avoid suicide.
- Identify people who have thoughts of suicide.
- Apply the TALK steps (Tell, Ask, Listen and Keep-safe) to connect a person thinking about suicide to a suicide intervention resource.

**Training Provider:** GrassRoots, for Surrey CC Public Health.
If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form attached and return to:
E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
The booking form is also available for download on the SJT website at:

Alternatively, booking information can be accessed via the Surrey Skills Academy website:
SuDEN Training Day

Transgender Awareness Workshop &
“In Your Shoes” Learning Disabilities Workshop

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>20th October 2015</td>
<td>09.45 – 15.45</td>
<td>Elmbridge Borough Council Civic Centre, High Street, Esher, Surrey KT10 9SD</td>
</tr>
</tbody>
</table>

**Appropriate for:** This free one-day training event consists of two highly rated workshops aimed at health and social care staff, carers and volunteers at all levels working within Surrey-based social care teams, borough councils, care sector organisations, voluntary organisations and charities, and in Surrey hospital and primary care teams.

**Course Content:** The workshop will be divided into two parts, a morning and afternoon session. Please note that bookings can only be taken for the whole day.

The **Transgender Awareness Workshop** (9.45-1.15pm) will look at the issues around transgender and will seek to help those attending to achieve a better understanding of a section of society that is becoming more visible. By the end of the workshop those attending will:

- have a better understanding of ‘transgender’
- have confidence to interact with transgender people
- be able to provide support for others who require further information on transgender issues, including how to access useful internet material
- realise responsibilities under 2010 Equality Act, the 1998 Human Rights Act and the 2004 Gender Recognition Act

The **In Your Shoes** training (2.15-3.45pm) seeks to improve the awareness of learning disabilities and how they can affect those who have them. The session uses an innovative and engaging method to help people explore issues and gain a better understanding of the effects of learning disabilities on daily life and a better understanding of how it might feel to be a person with a learning disability.

**Facilitators:** The training day has been developed by SuDEN, the Surrey Diversity & Equality Network.
The Transgender Workshop will be run by Bernard and Terry Reed, together with a trans colleague. This couple helped their trans daughter to win a landmark sex discrimination case in 1997 and formed the Gender Identity Research and Education Society (GIRES). GIRES works with a number of major organisations offering them high quality and stimulating training and awareness events, as well as helping them with trans policy development. Many of these organisations, including SECAmbds, have become Corporate Members of the charity.

For more information see the GIRES website at: www.gires.org.uk

In Your Shoes is run by Powerful Trainers from the Aldingbourne Trust. Powerful Trainers are experts with learning disabilities. They offer unique insights and effective training that challenges discrimination and raises awareness among employers and employees.

For more information see the Aldingbourne Trust website at: http://www.aldingbournetrust.co.uk/our-businesses/powerful-trainers/

Refreshments: Tea/Coffee and a light sandwich lunch will be provided.

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:

E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
SuDEN Training
Disability and Employment Training Day

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>1st</td>
<td>December</td>
<td>2015 09.45 – 16.30 Large Council Room, Reigate &amp; Banstead Borough Town Hall, Castlefield Road, Reigate, Surrey RH2 0SH</td>
</tr>
</tbody>
</table>

**Appropriate for:**
This free workshop is aimed at health and social care staff, carers and volunteers at all levels working within Surrey-based social care teams, borough councils, the care sector, voluntary organisations and charities, and hospital and primary care teams.

**Duration:** 1 day

**Course Content:**
This one day workshop has been designed to share best practice across Surrey relating to:
- Understanding different types of disability
- Disability and employment
- Access to work and barriers to employment for people with disabilities
- Understanding reasonable adjustments
- Awareness of disability stereotypes and preconceptions, and the impact they can have on the individual
- Equality Act 2010
- Voluntary sector support available for people with disability
- Communication tips

**Facilitators:**
The workshop will be run by Smart Enterprise, an experienced and well-evaluated training company providing specialist courses that are co designed and co delivered by people with disabilities. The Smart Enterprise feel passionately about improving support and communication in the social care sector and in the wider community.

**Refreshments:** Tea/Coffee provided. Light sandwich lunch provided.

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:
E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Building Emotional Resilience to Stress

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<th>Venue</th>
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<tbody>
<tr>
<td>22</td>
<td>October</td>
<td>2015 13.00 – 16.00 Large Training Room, Farnham Hospital</td>
</tr>
<tr>
<td>05</td>
<td>February</td>
<td>2016 09.30 – 12.30 Holy Trinity Church, Redhill</td>
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<tr>
<td>09</td>
<td>June</td>
<td>2016 13.00 – 16.00 Staff Development Centre, Chertsey</td>
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Who is the course suitable for?
This highly rated course is suitable for staff from any Surrey based organisation, as well as for carers, volunteers and the general public in Surrey. It is suitable for anybody who is interested in exploring and improving their ability to manage stress and the pressures of life and work.

What is Emotional Resilience?
Emotional resilience is our ability to manage pressures and demands without them having a negative impact on our emotional and physical health. The modern workplace is full of pressures and unfortunately emotional distress is common.

The most common cause of work place emotional distress is stress. This training looks at ways of building your resilience for managing stress to enhance health and performance.

The session covers:

- What stress is and causes of stress
- The impact of negative thinking on stress
- Self-help techniques to build emotional resilience
- Simple ways that teams can support each other
- Identifying a personal plan for building emotional resilience

Who are First Steps?
First Steps is an NHS-led service offering friendly, evidence-based advice and information on mental health and emotional issues. Our aim is to help individuals, communities and local services to improve their understanding of mental health and emotional well-being.

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:

E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Promoting emotional well-being for patients with physical health conditions

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<thead>
<tr>
<th>Date</th>
<th>Month</th>
<th>Year</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>13</td>
<td>July</td>
<td>2015</td>
<td>13.30 – 15.30</td>
<td>Large Training Room, Farnham Hospital</td>
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<tr>
<td>11</td>
<td>December</td>
<td>2015</td>
<td>09.30 – 11.30</td>
<td>Holy Trinity Church, Redhill</td>
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<tr>
<td>23</td>
<td>February</td>
<td>2016</td>
<td>09.30 – 11.30</td>
<td>Staff Development Centre, Chertsey</td>
</tr>
<tr>
<td>12</td>
<td>April</td>
<td>2016</td>
<td>13.30 – 15.30</td>
<td>Large Training Room, Farnham Hospital</td>
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Did you know that people with long-term physical conditions are 2 to 3 times more likely to experience mental health difficulties?

Our training course looks at how to recognise someone who might be experiencing emotional distress and how to support them within your role.

Who is the course suitable for?
This highly rated course is suitable for health professionals who would like to learn more about supporting patients with their emotional health.

Course objectives
- To explore the link between physical health conditions and emotional well-being
- To consider risk factors and protective factors
- To briefly explain common mental health conditions
- To explore barriers to getting help
- To look at ways of asking patients how they are feeling
- To discuss how to support a patient who is emotionally distressed
- To provide an opportunity for questions and information on the First Steps service and other sources of support

Who are First Steps?
First Steps is an NHS-led service offering friendly, evidence-based advice and information on mental health and emotional issues. Our aim is to help individuals, communities and local services to improve their understanding of mental health and emotional well-being.

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:
E mail: surrey.jointtraining@learningenterprise.co.uk
Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Mental Health Awareness

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 October 2015</td>
<td>09.30 – 12.30</td>
<td>Staff Development Centre, Chertsey</td>
</tr>
<tr>
<td>26 February 2016</td>
<td>13.00 – 16.00</td>
<td>Holy Trinity Church, Redhill</td>
</tr>
<tr>
<td>04 July 2016</td>
<td>09.30 – 12.30</td>
<td>Large Training Room, Farnham Hospital</td>
</tr>
</tbody>
</table>

**Appropriate for:**

This half day workshop is designed for all health and social care professionals, care staff, carers or volunteers who want to increase their understanding of mental health and its effect on wellbeing. The session is designed to help participants know more about what is meant by good mental health and the steps that we can take to protect our own mental health and well-being and that of others. It is appropriate for carers who are most welcome.

**Cost:** Free

**Course Content:**

Mental Health is a complex and often misunderstood term. We have a general idea of what it means to be physically healthy, but a person’s mental health is more difficult to assess and understand. Approximately 1 in 4 people will suffer from a mental health problem at some point in their lives. Yet many people still view mental illness as a flaw or weakness in a person’s character.

The course objectives are:

- To explore the relationships and differences between mental health and emotional well-being
- To convey an accurate picture of the scale of mental health issues in this country
- Increase understanding of the main types of mental health conditions
- Provide information about what is meant by good mental health and steps that we can take to protect our own mental health and well-being
- Increase understanding and confidence in recognising the signs of mental distress and some ways of offering support

**Facilitators:** First Steps Service - an NHS-led service offering friendly, evidence-based advice and information on mental health and emotional issues.

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:

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Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail)  Fax: 01932 723884  Text: 07824537413
Everybody’s Business

Basic child and adolescent mental health awareness for professionals and volunteers who work directly with children and young people

A Multi-agency 2-day course

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 &amp; 20 July 2015</td>
<td>09.30 – 16.30</td>
<td>Abbey/Thames Room, YMCA, Guildford</td>
</tr>
<tr>
<td>16 &amp; 23 September 2015</td>
<td>09.30 – 16.30</td>
<td>Staff Development Centre, Chertsey FULL</td>
</tr>
<tr>
<td>01 &amp; 08 October 2015</td>
<td>09.30 – 16.30</td>
<td>Green Room, Woodhatch Centre, Reigate FULL</td>
</tr>
<tr>
<td>04 &amp; 11 November 2015</td>
<td>09.30 – 16.30</td>
<td>Abbey/Thames Room, YMCA, Guildford FULL</td>
</tr>
<tr>
<td>19 &amp; 26 January 2016</td>
<td>09.30 – 16.30</td>
<td>Masonic Hall, Dorking Halls</td>
</tr>
<tr>
<td>01 &amp; 08 February 2016</td>
<td>09.30 – 16.30</td>
<td>Staff Development Centre, Chertsey</td>
</tr>
<tr>
<td>04 &amp; 11 March 2016</td>
<td>09.30 – 16.30</td>
<td>Civic Centre, Esher</td>
</tr>
</tbody>
</table>

Appropriate for:

This two day multi-agency basic child and adolescent mental health awareness course is appropriate for any professionals and volunteers who work directly with children and young people. Please note, it is not appropriate for carers.

Duration: 2 day
Max no: Venue dependent
Cost: Free

Course Content:

Aim of the course:
- To increase mental health awareness for front-line professionals and volunteers, so that they can improve access to mental health advice and support for children and young people across Surrey
- To promote inter-agency working and understanding on child and adolescent mental health within the 4 Surrey areas

Each training event will be supported by a CAMHS Primary Mental Health Worker or other CAMHS clinician

Facilitators: Learning for Change

Refreshments: Tea/Coffee provided

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:
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Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413

PLEASE NOTE: We do keep a waiting list for this course
Visual Impairment and Deafblindness: Awareness Raising

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>29 September 2015</td>
<td>09.45 – 16.30</td>
<td>Staff Development Centre, Chertsey</td>
</tr>
<tr>
<td>24 February 2016</td>
<td>09.45 – 16.30</td>
<td>Large Training Room, Farnham Hospital</td>
</tr>
</tbody>
</table>

Appropriate for:
This excellent one day workshop is designed for all staff and volunteers looking to give the best possible support to people with a Visual Impairment (VI) and Combined Sight and Hearing Loss (CSHL). Facilitated by experienced Sight for Surrey trainers, the day offers a fun and interactive opportunity to learn new skills and ensure best practice in any environment. The course has been designed with the needs of carers in mind and carers and volunteers are most welcome.

Duration: 1 day
Cost: Free

Course Content:
This workshop is aimed at staff, carers and volunteers at all levels working within social care teams, hospital and primary care teams, borough councils and voluntary organisations in Surrey. The day will help people to consider the ways of making their service fully accessible to people who have a visual impairment or are deafblind. Delegates will also be made aware of the services and equipment available from Sight for Surrey. By the end of the course delegates will have:

- Some knowledge of statistics of VI in Surrey
- An understanding of different types of vision
- An understanding how to make services more accessible to vision impaired and deafblind people
- Skills to assist vision impaired people with sighted guide
- An understanding of the work of Sight for Surrey

Facilitators: Stella Black, Training Manager, Sight for Surrey

Refreshments: Tea/Coffee provided

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:
E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884  Text: 07824537413
Deaf & Hard of Hearing Awareness Training

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>15</td>
<td>September</td>
<td>2015 13.00 – 16.30 YMCA, Guildford</td>
</tr>
<tr>
<td>24</td>
<td>November</td>
<td>2015 13.00 – 16.30 Staff Development Centre, Chertsey</td>
</tr>
<tr>
<td>19</td>
<td>January</td>
<td>2016 13.00 – 16.30 Large Training Room, Farnham Hospital</td>
</tr>
<tr>
<td>15</td>
<td>March</td>
<td>2016 13.00 – 16.30 Conference Room, Dorking Halls</td>
</tr>
</tbody>
</table>

Appropriate for:
This half day workshop is designed for all health or social care staff, carers and volunteers who are interested in learning more about hearing loss and hearing loss services in Surrey. Facilitated by experienced trainers from FirstPoint, the day offers a perfect opportunity to learn new skills to improve communication with older people with hearing loss. In addition to staff and volunteers, the course has also proved to be very beneficial to carers in the past.

Duration: Half day
Cost: Free

Course Content:
- Accessing hearing loss services
- Types of hearing loss
- The impact of hearing loss and common reactions to hearing loss
- Effective communication. Why communication breaks down and how to overcome barriers
- Specialist equipment
- Signposting for services
- Q & A session

Facilitators: FirstPoint is a new Deaf-led Social Enterprise Community Interest Company (CIC), which is Social Work run, owned and led. Formed in November 2011 as one of seven Department of Health Social Work Practice Pilots, FirstPoint are a not for profit company that has been developed to serve the interests of the Deaf and Hard of Hearing population of Surrey. FirstPoint are formerly the Surrey County Council Deaf Team Services and part of the Adult Social Care Directorate.

Refreshments: Tea/Coffee provided

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:
E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Caring for and Supporting People with Dementia for Qualified Staff

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>16 October 2015</td>
<td>09.30 – 16.30</td>
<td>Large Training Room, Farnham Hospital (FULL)</td>
</tr>
<tr>
<td>11 January 2016</td>
<td>09.30 – 16.30</td>
<td>Large Training Room, Farnham Hospital</td>
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</tbody>
</table>

**Appropriate For:**
This one-day training course is designed for qualified/clinical/specialist staff from Surrey NHS, social services or care homes. A separate half day introductory course is also available and open to all.

**Session Aim:**
To provide participants with the opportunity to explore issues and approaches relating to caring for and supporting people with dementia.

**Session Outcomes:**
By the end of the session participants will:
- Understand what the term dementia means
- Know about the different causes of dementia, signs and symptoms
- Understand what it means to have dementia from the perspective of someone who has dementia
- Know about the factors that can make life difficult for people with dementia
- Learn ways of communicating effectively with people who have dementia
- Understand what person-centred care and support to people with dementia means in practice
- Learn practical ways of providing care and support to people with dementia in their care setting
- Build and maintain relationships with the individual, their family and other carers
- Establish good communication with family carers and involve them in care

**Resources:**
- Legislation: Mental Capacity Act and DOLS and the Human Rights Act
- Government Agendas and Guidance: Personalisation and National Dementia Strategy
- Best Practice: Skills for Care Dementia Knowledge Set; Social Care Institute for Excellence (SCIE); Person Centred Approaches; Intensive Interaction and Total Communication; Validation Therapy
- Activities, tools and case studies from: Helen Sanderson Associates (person centred thinking and approaches); SCIE Social Care TV

**Training Provider:** Charlotte Drew, Independent Trainer

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:
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Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Caring for and Supporting People with Dementia
Half Day Awareness Course

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>09 Sep</td>
<td>09.30 – 12.30</td>
<td>Staff Development Centre, Chertsey</td>
</tr>
<tr>
<td>19 Nov</td>
<td>09.30 – 12.30</td>
<td>Holy Trinity Church, Redhill</td>
</tr>
<tr>
<td>15 Mar</td>
<td>09.30 – 12.30</td>
<td>Large Training Room, Farnham Hospital</td>
</tr>
</tbody>
</table>

Appropriate For:
This course is open to and designed for all participants, including staff, carers, volunteers and the general public.

Session Aim:
To provide participants with the opportunity to explore issues and approaches relating to caring for and supporting people with dementia.

Session Outcomes:
By the end of the session participants will:
- Understand what dementia is
- Know the most common types of dementia and their causes
- Understand factors relating to an individual’s experience of dementia
- Understand the importance of a person centred approach to dementia
- Be able to apply interaction and communication approaches with individuals with dementia

Resources:
- Legislation: Mental Capacity Act and DOLS and the Human Rights Act
- Government Agendas and Guidance: Personalisation and National Dementia Strategy
- Best Practice: Skills for Care Dementia Knowledge Set; Social Care Institute for Excellence (SCIE); Person Centred Approaches; Intensive Interaction and Total Communication; Validation Therapy
- Activities, tools and case studies from: Helen Sanderson Associates (person centred thinking and approaches); SCIE Social Care TV (dementia case studies)

Course Duration: ½ Day

Training Provider: Edify Training

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:
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Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Introduction to Telecare

Telecare can provide support in people’s homes through a range of innovative devices designed to help people, including those with dementia, stay independent. The Surrey Telecare Partnership are working to encourage greater use of telecare and are keen to see as many health, community, social care and voluntary sector staff as possible trained in its use. A free twelve week offer is now available to all Surrey residents to encourage more people to trial the range of sensors and devices available.

The aim of this half day course is to deliver a rolling programme of training for anyone involved helping support people in their own homes, including community care staff, therapists, case managers, primary care staff/GPs and hospital discharge staff, carers and voluntary organisation representatives. The training will include a full demonstration of the wide range of telecare equipment available.

By the end of the 3-hour course participants will:

- Have a detailed understanding of what telecare can offer and the ways it can be used
- Be aware of what equipment is available through Surrey’s free equipment offer
- Understand Telecare’s benefits and limitations
- Understand the appropriate referral process
- Be able to apply your knowledge to real world settings relevant to their field of work

The course is delivered by representatives of borough and district teams that deliver telecare in Surrey

This free course is being hosted by the Surrey Health & Social Care Training Partnership. If you wish to apply for a place on this training or go on a waiting list for additional dates please complete the Booking Form and return to: surreyjointtraining@learningenterprise.co.uk

COURSE DATES AND VENUES OVERLEAF
Surrey Telecare Introduction to Telecare Training

2015 Course Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>15/07/15</td>
<td>9:30 – 12:30</td>
<td>Greeno Centre, Glebeland Gardens, Shepperton TW17 9DH - CANCELLED</td>
</tr>
<tr>
<td>12/08/15</td>
<td>9:30 – 12:30</td>
<td>Cobham Community Centre, Demonstrator Suite, Oakdene Road, Cobham, Surrey, KT11 2LY</td>
</tr>
<tr>
<td>16/09/15</td>
<td>9:30 – 12:30</td>
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</tr>
<tr>
<td>14/10/15</td>
<td>9:30 – 12:30</td>
<td></td>
</tr>
<tr>
<td>11/11/15</td>
<td>9:30 – 12:30</td>
<td>The Vyne, Broadway, Knaphill, Woking, GU21 2SP</td>
</tr>
</tbody>
</table>

Booking Information

Appropriate for

This course is suitable for all staff from any Surrey based health or social care organisation, including NHS hospital and community services, care homes and domiciliary care agencies. It is also very suitable for carers and volunteers who are very welcome to attend.

Booking

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:

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Surrey Health & Social Care Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413

FREE 12 WEEK TRIAL!
<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>TRAINER</th>
<th>DATE</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working with Suicidal Ideation</td>
<td>Felicity</td>
<td>24/09/15</td>
<td>Skylight, Christ Church</td>
</tr>
<tr>
<td>Mental Health Awareness</td>
<td>Caroline</td>
<td>13/10/15</td>
<td>Octagon, Christ Church</td>
</tr>
<tr>
<td>Working with disclosure of rape and Sexual Abuse</td>
<td>Felicity</td>
<td>22/10/15</td>
<td>Octagon, Christ Church</td>
</tr>
<tr>
<td>Drug Awareness/Harm Reduction</td>
<td>Haydn/Paul</td>
<td>29/10/15</td>
<td>Octagon, Christ Church</td>
</tr>
<tr>
<td>Working with Addictive Thinking</td>
<td>Paul</td>
<td>20/11/15</td>
<td>Skylight, Christ Church</td>
</tr>
<tr>
<td>Working with Emotions</td>
<td>Jane</td>
<td>04/12/15</td>
<td>Octagon, Christ Church</td>
</tr>
<tr>
<td>Intro to Motivational Interviewing</td>
<td>Jane</td>
<td>15/01/16</td>
<td>Skylight, Christ Church</td>
</tr>
<tr>
<td>Evidence Based Nutrition &amp; Mental Health</td>
<td>Eleanor</td>
<td>29/01/16</td>
<td>Skylight, Christ Church</td>
</tr>
<tr>
<td>Legal Highs</td>
<td>Justin</td>
<td>08/02/16</td>
<td>Skylight, Christ Church</td>
</tr>
<tr>
<td>Working with Issues Around Sexual Identity</td>
<td>Ian</td>
<td>25/02/16</td>
<td>Skylight, Christ Church</td>
</tr>
</tbody>
</table>

All courses are run at: Christ Church, Jubilee Square, Woking, Surrey, GU21 6YG

These courses are run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service. Catalyst is a non-profit organisation working with people in Surrey who are dealing with issues stemming from drug and alcohol misuse and mental health – including housing, involvement with criminal justice, relationships with family and friends and getting back into work.
Working with Suicide

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>24</td>
<td>September</td>
<td>10.00 – 16.30</td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td>Skylight, Christ Church, Jubilee Square, Woking, Surrey, GU21 6YG</td>
</tr>
</tbody>
</table>

Appropriate for
Mental health workers, Counsellors, Psychotherapists, and all support workers working with people who may present as suicidal. Suitable for carers.

Introduction
Offering effective support to clients and service users who present with suicidal feelings or intentions.

Aims
An experiential training day working with our responses and reactions to Suicidal clients.
The aim of the workshop is to familiarise ourselves with the subject and the client group and develop new skills for working with suicidal clients in Initial Disclosure, Risk Assessment, and ongoing support. The workshop will also look at best practice in empowering our clients within safe and ethical boundaries.

Objectives
- Raise awareness of some of the issues which can emerge when working with suicidal clients.
- Be able to recognise our own responses and reactions.
- Identify the most important things we can do if someone presents with suicidal feelings or intentions.
- Being able to attend to our own support when working with clients who are suicidal.

This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.

Facilitator
Felicity Williams has worked at the Rape and Sexual Abuse Support Centre for 16 years and works there, and elsewhere, with clients who present with severe mental health difficulties and suicidal tendencies. She currently manages the organisation’s Counselling Service. Felicity is a qualified Counsellor and Supervisor who trained mainly in the Gestalt, Existential and Person-Centred approaches. She combines her work for the Rape and Sexual Abuse Support Centre with her private practise as a Trainer, Counsellor, and Supervisor.

If you wish to apply for a place on this training please complete the Joint Training Booking Form and return to:
E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 SMS: 07824 537413
# Mental Health Awareness Training
## SADAS Substance Misuse and Mental Health Programme

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>13 October 2015</td>
<td>10.00 – 16.30</td>
<td>Octagon, Christ Church, Jubilee Square, Woking, Surrey, GU21 6YG</td>
</tr>
</tbody>
</table>

**Appropriate for:** Social Workers and all other health or social care professionals/support workers/volunteers/emergency service staff from any agencies working with people with mental health issues in Surrey. Suitable for carers.

**Aim:** For participants to explore issues around working with people with mental health issues

**Learning Outcomes:** Participants will be given the opportunity to:

- Think about the concept of “well-being” national and locally in Surrey
- Explore discrimination & stigma surrounding mental disorder / ill health
- Understand what is meant by different types of mental disorder, illness and “common” mental illness & how this definition relates to services provided
- Explore the differences between the “medical model” & a psycho-social recovery model & services available
- Think about some signs and symptoms that may worry workers about people they are supporting & who to involve
- Think about how you might react & work with people with mental health issues
- Explore issues of confidentiality, consent, people’s rights etc
- Explore how you might think, feel & finally:
  - Action plans to take back into work

This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.

**Facilitator:**
Caroline Skinner is a registered social worker and a qualified trainer of adults. Caroline has many years experience working in statutory social work, in frontline mental health & substance misuse services, and in running her own business in training and development for health and social care staff. Her main interest in training is in the professional development of staff working across the boundaries of services, addressing stress management and resilience, and is a trained facilitator in action learning. She also works as an advisor for YES+ a charity employing ex offenders offering a service to young people at risk of offending, and is a trainee counsellor with SAdAS.

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Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 SMS: 07824 537413
Working with Rape and Sexual Abuse

<table>
<thead>
<tr>
<th>Date</th>
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<th>Venue</th>
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<tbody>
<tr>
<td>22 October 2015</td>
<td>10.00 – 16.30</td>
<td>Octagon, Christ Church, Jubilee Square, Woking, Surrey, GU21 6YG</td>
</tr>
</tbody>
</table>

**Appropriate for**
Mental health workers, Counsellors, Psychotherapists, and all support workers working with people who may present with Rape or Sexual Abuse issues. Suitable for carers.

**Introduction**
Offering effective support to clients and service users who present with Rape or Sexual Abuse issues.

**Aims**
An experiential training day working with our responses and reactions to Rape and Sexual Abuse. The aim of the workshop is to familiarise ourselves with the subject and the client group and develop new skills for working with clients in Initial Disclosure and ongoing support. The workshop will also look at best practice in empowering clients and offering them choice within safe and ethical boundaries.

**Objectives**
- Raise awareness of the deep and multiple impact the experience of Rape or Sexual Abuse can have on someone’s life.
- Be able to recognise our own responses and reactions.
- Identify the most important things we can do if someone presents with experience of Rape or Sexual Abuse.
- Being able to attend to our own support when working with Rape or Sexual Abuse.

This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.

**Facilitator**
Felicity Williams has worked at the Rape and Sexual Abuse Support Centre for 16 years and works there, and elsewhere, with clients who present with severe mental health difficulties and suicidal tendencies. She currently manages the organisation’s Counselling Service. Felicity is a qualified Counsellor and Supervisor who trained mainly in the Gestalt, Existential and Person-Centred approaches. She combines her work for the Rape and Sexual Abuse Support Centre with her private practise as a Trainer, Counsellor, and Supervisor.

If you wish to apply for a place on this training please complete the Joint Training Booking Form and return to:
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Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 SMS: 07824 537413
Drug Awareness & Harm Reduction
SADAS Substance Misuse and Mental Health Programme

<table>
<thead>
<tr>
<th>Date</th>
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<th>Venue</th>
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<tbody>
<tr>
<td>29</td>
<td>October</td>
<td>10.00 – 16.30</td>
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<tr>
<td>2015</td>
<td></td>
<td>Octagon, Christ Church, Jubilee Square, Woking, Surrey, GU21 6YG</td>
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</tbody>
</table>

**Appropriate for:** All Professionals and Support Workers working with people who experience difficulties as a result of continued substance misuse and who would like to gain an insight into how substance misuse affects the wider community. Suitable for carers.

**Aims and objectives**

- to make drugs more understandable
- to decrease fear and increase confidence to talk to people about drugs their use and what to do when scenarios
- put drugs into perspective alongside the other risks in everyday life
- decrease stigmatisation, fear, anxiety and ignorance around drugs their use and the people who use them
- To gain a greater understanding of harm reduction and how this can be applied within different treatment settings and recovery models.
- Gain an insight into how drugs and alcohol adversely affect communities and service users.
- To consider treatment options available for service users and support mechanisms for those communities affected.
- To explore the harm reduction/minimisation models around injecting drug users.
- To discuss alcohol pathways and how harm reduction/minimisation applies.

**This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.**

**Facilitator**

Haydn Morris has been working with drug users for over 30 years, as an outreach worker he worked in shared care provision setting up syringe exchange schemes, running a CDAT and working with clients and as a Chief Executive been responsible for delivering services across the realm of drugs, alcohol and mental health and working with clients.

Paul Gower a Drug and Alcohol Recovery Worker with SAdAS with extensive knowledge of substance use, treatment options and recovery models - I am a registered drug and alcohol professional with the Federation of Drug and Alcohol Professionals (FDAP).

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If you wish to apply for a place on this training please complete the Joint Training Booking Form and return to:

E mail: surreyjointtraining@learningenterprise.co.uk

Surrey Health & Social Care Joint Training Partnership

Tel: 01932 723885 (24hr Voicemail)  Fax: 01932 723884  SMS: 07824 537413
Raising Awareness of Addictive Thinking and Substance Misuse Issues

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>20 November</td>
<td>10.00 – 16.30</td>
<td>Skylight, Christ Church, Jubilee Square, Woking, Surrey, GU21 6YG</td>
</tr>
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</table>

**Appropriate for**
Allied professionals and health or social care professionals/support workers/volunteers/emergency service staff from any agencies working with people who experience difficulties as a result of continued substance use. Suitable for carers.

**Introduction**
To develop `best practice` skills and utilise harm reduction philosophies

**Aims**
To raise awareness of the difficulties faced by individuals whose lives are affected by addiction and substance misuse.

**Objectives**
- To question possible personally held pre-conceived beliefs, prejudices or judgments around addictions and substance misuse.
- To learn how to work effectively with this challenging client group.
- Identify support networks available to individuals who experience difficulties managing their respective problems.
- To show empathy and understanding whilst also maintaining firm, professional boundaries.
- Support sustained recovery by recognising common co-morbid mental health problems (depression and anxiety disorders) that have a high prevalence in those experiencing substance misuse issues.

This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.

**Facilitator :** Paul Hallawell
I have worked in the substance misuse field for twelve years and have experience of working in a dual-diagnosis outreach team. I have also been a drug and alcohol counsellor since 2001 and a counselling supervisor for eight years. I have facilitated structured and open support groups for service users and currently facilitate SMART recovery groups in the community. I am a development worker for The Surrey Harm Reduction Outreach Team which is an adult service for individuals experiencing difficulties around substance misuse.

If you wish to apply for a place on this training please complete the Joint Training Booking Form and return to:
E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 SMS: 07824 537413
Working with Emotions

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<th>Date</th>
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<tr>
<td>04</td>
<td>December 2015</td>
<td>10.00 – 16.30 Octagon, Christ Church, Jubilee Square, Woking, Surrey, GU21 6YG</td>
</tr>
</tbody>
</table>

**Appropriate for:** anyone working with adults whose emotions impact on their health and wellbeing. Suitable for carers.

**Introduction:** In our work to support behaviour change we often overlook the role of emotions/feelings. A complex subject that many people do not know how to raise or discuss but which are central to both physical and psychological wellbeing. Helping people to understand their emotions is an essential element in supporting people to make and sustain behaviour change.

**Aims:** To develop knowledge and understanding of how emotions impact on health and wellbeing

**Learning outcomes:**

**By the end of the session participants will have:**
- Discussed a range of emotions and how they impact on health and wellbeing
- Identified how emotions/feelings are experienced
- Discussed the connections between emotions, thoughts and behaviours
- Practiced strategies and techniques to help service users/clients to identify and develop their emotional health

This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.

**Facilitator:** Jane Ward BSc (Hons) Psychology, MSc Education Management, Diploma in Training Management (ITD). Jane started her career in addictive behaviors in 1983 with the NHS. During the last 31 years she has had broad experience of direct client-work, workforce development, management, service development, consultancy and research, within both the statutory and voluntary sectors.

If you wish to apply for a place on this training please complete the Joint Training Booking Form and return to:

E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail)  Fax: 01932 723884  SMS: 07824 537413
Introduction to Motivational Interviewing

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<tr>
<td>15</td>
<td>January 2016</td>
<td>10.00 – 16.30 Skylight, Christ Church, Jubilee Square, Woking, Surrey, GU21 6YG</td>
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</table>

**Appropriate for:** anyone whose work or volunteering involves helping and supporting people to change their behaviour. Suitable for carers.

**Introduction:**
Motivational interviewing (MI) is a person-centred approach where the responsibility for change is with the client/service user. The worker’s role is to help people resolve their ‘ambivalence’ and to increase a person’s motivation so that change arises from within the person rather than being imposed – it is the client/service user that presents the arguments for change not the worker.

MI is widely used in services related to behaviour change e.g. smoking, drinking, drug use, offending, sexual health, healthy weight, exercise, but can be applied to a range of other behaviours.

**Aims:** To develop knowledge and stage 1 skills in the theory and practice of motivational interviewing

**Learning outcomes**
By the end of the session participants will have;

- Discussed a model of how people change their behaviour and maintain their goals
- Discussed the four principles of motivational interviewing
- Practised assessing motivation to change
- Practised stage 1 skills to build motivation by helping people explore their ambivalence

This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.

**Facilitator:** Jane Ward BSc (Hons) Psychology, MSc Education Management, Diploma in Training Management (ITD). Jane started her career in addictive behaviours in 1983 with the NHS. During the last 31 years she has had broad experience of direct client-work, workforce development, management, service development, consultancy and research, within both the statutory and voluntary sectors.
Evidence based Nutrition and Mental Health

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**Appropriate for:** Mental Health workers and all other professionals/support workers, working with mental health and substance misuse issues. Suitable for carers.

**Introduction**
Western diets have been debased in recent decades and though the science is unequivocal in supporting the fact that a nutrient depleted diet will impact mental health and exacerbate symptoms of depression and addiction, clinical awareness lags behind the evidence base.

**Aims**
To explore the dietary shifts that have occurred, the foods and nutrients that optimise mental health and those that exacerbate symptoms of depression and addiction.

**Objectives**
- To consider the dietary needs of the brain, from uterus to senior citizen
- To gain insights into the relationship between diet, everyday exposure to environmental chemicals and the incident of mental health issues
- To explore practical dietary advice and strategies for behavioural change, tailored to accommodate the challenging, unmotivated individual
- A look at the impact pharmaceutical interventions can have on an individual's nutrient status, and how side effects can be minimised

This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.

**Facilitator:** Eleanor Strang (BSc Nut Med Dip ION) is a Nutritional Therapist working at the Crofton Health Centre in Woking. My interest in food and its ability to both support and challenge our physiology began with motherhood. Frustration with the understandable limitations of primary care and their need to resort to quick-fix pharmaceutical intervention to ameliorate symptoms, rather than explore causality, motivated a return to study that would become life-changing.

If you wish to apply for a place on this training please complete the Joint Training Booking Form and return to:
E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail)  Fax: 01932 723884  SMS: 07824 537413
Legal Highs

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Appropriate for: Mental health workers and all other professionals/support workers working with people with mental health and substance misuse issues. Suitable for carers.

Introduction: Use of legal highs are on the increase with alarming consequences both on individuals and the community. The mental health of those who are using these substances is suffering and it has become a mind field of confusion for workers in the field.

Aims: To increase understanding and knowledge of legal highs.

Objectives:

To improve knowledge of the issues relating to legal highs

- What are they?
- What effects do they have?
- Who is using them?
- How are they different to illicit substances?
- Prevalence of legal highs and the consequences of this.
- Legal issues relating to legal highs.

This course is run by Catalyst, formerly SAdAS, the Southern Addictions Advisory Service.

Facilitator:

Justin Goldring. I am a qualified counsellor and have been working in the field for a number of years. Currently I am a Recovery Worker with Catalyst (formerly SADAS) offering brief interventions to people with substance use issues. I have taken on the role of researching the use of legal highs which is becoming more prevalent, confusing and disturbing. I am involved in out reach work with people who are using legal highs and believe that it is important that those of us in the health and social care sector remain aware of this subject.

If you wish to apply for a place on this training please complete the Joint Training Booking Form and return to: E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 SMS: 07824 537413
Working with Issues Around Sexual Identity and with the Lesbian, gay, bisexual and transgendered population in Surrey

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Appropriate for: All Professionals and Support Workers working with the LGBT population in Surrey. Suitable for carers.

Introduction
How big is the LGB&T population in Surrey? Do we effectively meet the needs of this part of the population? A population that is so often invisible.

Aims
To look at how services can more easily meet the needs of the LGB&T population of Surrey, bust some of the myths, stereotypes and assumptions affecting this population and highlighting how heterosexism pervades.

Objectives
- To raise awareness of the LGB&T’s existence
- To Highlight some of the specific needs when accessing services
- To understand how somebody’s sexual orientation is key to staying healthy
- How monitoring can improve service provision

Facilitator: Ian Cole is a development worker for gay men with Virgincare. I have held the post for many years and have gained a good set of networks within the LGB&T population of Surrey. I have a Masters in Public Health and Health Promotion. The LGB&T population is a group that is still openly discriminated against within society. I have been working with many organisations to challenge this over the years and have made some good progress. Training other professionals is one of the key ways of changing a culture of discrimination. Prior to this role I have worked within the ambulance service and the adults with learning disability field. I will be providing the training with the support of Outline, which is a local volunteer run LGB&T telephone and e-mail support service providing support to the population of Surrey and they have been in existence for approx 14 years and their service is being used even more today than it used to be.

If you wish to apply for a place on this training please complete the Joint Training Booking Form and return to:
E mail: surreyjointraining@learningenterprise.co.uk
Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 SMS: 07824 537413
Dementia & Sight Loss

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<th>Date</th>
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<tr>
<td>09 November 2015</td>
<td>10.00 – 16.00</td>
<td>Large Training Room, Farnham Hospital</td>
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Appropriate for:

The course is aimed at anyone with an interest in learning how to support people with vision impairment and how dementia care can relate to this. It is appropriate for carers.

Overview:

A day’s course enabling people to identify how support people who may have both sight loss and dementia.

Aims:

- Recognise when clients who have dementia also have a sight impairment
- Understand the needs of clients who have a vision impairment and also dementia.
- To increase confidence when supporting these clients.

Objectives:

By the end of the training participants will have knowledge of:

- Different types of dementia
- Different types of eye conditions
- How to support people with both conditions

Facilitator:

David Smith

If you wish to apply for a place on this training please complete the Surrey Health & Social Care Training Booking Form and return to:

E mail: surreyjointtraining@learningenterprise.co.uk
Surrey Health & Social Care Joint Training Partnership
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 Text: 07824537413
Mental Health First Aid Lite

Mental Illness costs businesses in the UK around £1200 per employee. By increasing awareness among your staff and taking steps towards staff well-being, you can improve performance and reduce costs associated with absence.

Mental Health First Aid England) have developed a short course for businesses aimed at improving mental health awareness. It will be delivered by Employment Support Retraining Agency, as part of the Surrey Time to Change campaign

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<td>03 Sep</td>
<td>09.30 – 12.30</td>
<td>Large Training Room, Farnham Hospital</td>
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<tr>
<td>07 Oct</td>
<td>09.30 – 12.30</td>
<td>Raven Housing Trust, Redhill</td>
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<td>11 Nov</td>
<td>09.30 – 12.30</td>
<td>Unum, Dorking</td>
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<td>24 Feb</td>
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<td>Epsom TBC</td>
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<tr>
<td>23 Mar</td>
<td>09.30 – 12.30</td>
<td>Raven Housing Trust, Redhill</td>
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The aims and objectives of this 3 hour course are to:

- Outline the impact of mental ill health in the workplace and the business case for promoting workforce mental health
- Introduce participants to types of mental health problems and signs to look out for
- Provide practical guidance on how to raise the issue of mental health with an employee, how to support an individual in distress and how to introduce reasonable adjustments
- Outline the impact of stigma and discrimination
- Give participants the opportunity to learn from people with experience of mental illness and stigma

Who is the course suitable for?

The course is open to anybody with an interest in staff welfare. It is part of the national Time to Change campaign supported by the Department of Health. For more information visit [www.time-to-change.org.uk](http://www.time-to-change.org.uk)
This course is suitable for staff from any Surrey based organisation, and for carers, volunteers and the general public.

The training is interactive and includes input from people with direct experience of dealing with mental ill health at work. Participants will receive a certificate of attendance and a manual with further information and resources.

The course is delivered by Jane Cattermole, General Manager at ESRA Ltd and an accredited MHFA Instructor

What people have said about the course;

- I feel line managers and HR representatives would really benefit from attending this course.
- (I will now) be more open minded when dealing with mental health issues
- Deeper understanding of how to support them into work or help them to keep their job.
- That mental health problems vary, can be treated and with the right help can get people back to work effectively.
- Great pace and instilled confidence to speak up and ask questions. Great examples. Really opened my eyes.
- The whole session was very good and informative
- Great course – will discuss with my HR team.
- Reinforced that what we are doing is working/good

This course is being hosted by the Surrey Health & Social Care Training Partnership.

If you wish to apply for a place on this training please complete the Booking Form below and return to:

The Surrey Health & Social Care Training Partnership, C/o The Learning Enterprise, Staff Development Centre, St Peters Hospital, Guildford Road, Chertsey, Surrey KT16 0QA.

E mail: surreyjointtraining@learningenterprise.co.uk
Tel: 01932 723885 (24hr Voicemail) Fax: 01932 723884 SMS: 07824 537413
SURREY HEALTH & SOCIAL CARE
TRAINING PARTNERSHIP

Mental Health Awareness

In collaboration with Surrey County Council and Surrey NHS organisations, First Steps have developed a short course aimed at improving mental health awareness in the community as part of the national Time to Change campaign.

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<tr>
<td>22 July</td>
<td>09.30 – 12.30</td>
<td>Chapel, High Cross Church, Camberley</td>
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<tr>
<td>21 August</td>
<td>09.30 – 12.30</td>
<td>Conference Room, Dorking Halls</td>
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<td>14 September</td>
<td>13.00 – 16.00</td>
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<td>15 October</td>
<td>09.30 – 12.30</td>
<td>Blue Room, High Cross Church, Camberley</td>
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<td>24 November</td>
<td>09.30 – 12.30</td>
<td>Staff Development Centre, Chertsey</td>
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<td>13 January</td>
<td>13.00 – 16.00</td>
<td>Guildford Institute</td>
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<tr>
<td>15 February</td>
<td>13.00 – 16.00</td>
<td>Large Training Room, Farnham Hospital</td>
</tr>
<tr>
<td>18 March</td>
<td>13.00 – 16.00</td>
<td>Holy Trinity Church, Redhill</td>
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This 3 hour course is suitable for anybody who works with people who may be at risk of developing depression, anxiety or any other mental illness, or anyone interested in learning about mental health and emotional well-being. The course is suitable for staff from any Surrey based organisation, and for carers, volunteers and the general public.

The aims and objectives of this 3 hour course

Mental Health Awareness training provides an engaging, interactive and safe forum to learn the truths about mental health, dispel some myths and look at ways of promoting good emotional health for both staff and clients.

This training is facilitated by staff from the First Steps service and covers:

- Relationships and differences between mental health and emotional well-being
- An accurate picture of mental health issues amongst different groups (e.g. men, young people, BME) in this country
- An overview of common mental illnesses and what it might feel like to the person experiencing them with a focus on the impacts of stigma and discrimination on mental illness and recovery
- How to talk about issues and offer support to somebody in emotional distress both at home and at work
- Protecting your own mental health
- Information on local services and sources of support
- Information on how you can challenge stigma and discrimination and how to start personal/organisational pledge actions

The course is open to anybody with an interest in mental wellbeing. It is part of the national Time to Change campaign supported by the Department of Health. For more information visit www.time-to-change.org.uk
First Steps Mental Health Awareness Training
– part of the Surrey Time to Change campaign

Everybody will experience emotional distress whilst 1 in 4 people will be diagnosed with a mental illness in any given year. With that in mind, it is easy to see that everyone will have experience of mental illness either first hand or from a friend or family member. Yet many people still view mental illness and emotional distress as a flaw or weakness in a person’s character. With prevalence so high, it is vital that every organisation have a good awareness of mental health for both its staff and clientele, if they are to reach their full potential.

Who are First Steps?

First Steps is an NHS-led service offering friendly, evidence-based advice and information on mental health and emotional issues. Our aim is to help individuals, communities and local services to improve their knowledge and understanding of mental health and emotional well-being.
**SURREY HEALTH AND SOCIAL CARE**  
**JOINT TRAINING PARTNERSHIP**

**BOOKING REQUEST FORM**

**PLEASE FILL IN FORM IN CAPITALS TO ENSURE CORRECT BOOKING DETAILS**

<table>
<thead>
<tr>
<th>Name: (in CAPITALS please)</th>
<th>If Representing an Organisation</th>
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<td>Organisation:</td>
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Do you have any special requirements to enable you to participate fully in this workshop? (e.g. dietary or mobility needs)

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<th>Are you a:</th>
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<tr>
<td>☐ Service User</td>
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<td>☐ Carer (family / friend)</td>
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**If you are from an organisation, which type of organisation do you represent:**

<table>
<thead>
<tr>
<th>Local NHS/NHS Trusts</th>
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<tr>
<td>Ashford &amp; St Peters Hospital NHS Trust</td>
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<td>Central Surrey Health</td>
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<td>First Community Health &amp; Care</td>
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<td>Frimley Park Hospital NHS Trust</td>
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<td>☐ Charity - employing less than 250 staff nationally</td>
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<tr>
<td>☐ Charity - employing more than 250 staff nationally</td>
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<tr>
<td>☐ Housing Association</td>
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<tr>
<td>☐ Care home, nursing home or domiciliary care</td>
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<td>☐ Hospice</td>
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<td>☐ Private Organisation</td>
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<td>☐ Voluntary Organisation - employing less than 250 staff nationally</td>
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<td>☐ Voluntary Organisation - employing more than 250 people nationally</td>
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**Equality and Diversity Monitoring**

In order to comply with our Equality and Diversity Policy, please complete this part of the form as part of your booking. A record will be kept and information collected for equality and diversity monitoring will be kept strictly in accordance with the Data Protection Act 1998 and Code of Practice.

<table>
<thead>
<tr>
<th>Gender:</th>
<th>Date of Birth:</th>
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Please tick to indicate an appropriate response:

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<td>☐ Bangladeshi</td>
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<tr>
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<tr>
<td>☐ White and Black African</td>
<td>☐ African</td>
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<td>☐ White and Asian</td>
<td>☐ Any other Black background</td>
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<td>☐ Any other mixed background</td>
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<tbody>
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<td>☐ I would prefer to not say</td>
</tr>
<tr>
<td>☐ Any other ethnic group</td>
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I agree to attend the whole event.

Applicants signature: ............................................. Date: ......................

NAME IN CAPITALS:...........................................................................................................

**CONFIRMATION BY LINE MANAGER/EMPLOYER IF REQUIRED**

I confirm that this member of staff will be given training leave to attend on the date(s) specified.

Name of Line Manager (Block capitals): .................................................................

Manager's e-mail address:.................................................................

Signature: .................................................................. Date: ............................

Please return this form fully completed via E mail, Fax or Post to:

**By E mail:**  surreyjointtraining@learningenterprise.co.uk

**By Fax:**  01932 723884

**By Post:**  Surrey Health & Social Care Joint Training Partnership
The Learning Enterprise
Staff Development Centre
Guildford Road
Chertsey
Surrey KT16 0QA

**Tel:**  01932 723885 (24hr Voicemail)

PLEASE NOTE: YOUR BOOKED PLACE WILL BE CONFIRMED BY AUTOMATED EMAIL OR BY LETTER SENT FROM THE “AT LEARNING” TRAINING ADMINISTRATION SYSTEM
Partner Courses

Please Note: The following courses are not run or administered by Surrey Joint Training. Please contact the relevant facilitators identified within the course information. If in doubt, contact us and we will put you in touch.
“BECAUSE CARERS COUNT”

This popular multi agency introductory course provides a thought provoking insight into the difficulties carers face in looking after a family member or friend. With the introduction of the Care Act 2014 and Children & Families Act 2014 from April 2015, there is a need for an ever increasing focus on supporting carers, whether you work in health, social care or the independent/voluntary sector. Book your place now to keep up to date with new thinking and best practice in working with carers.

**Course content:**

- Understanding carers’ need for equality of opportunity and support
- Understanding your legal duties towards carers in the context of the Care Act 2014 and Children & Families Act 2014
- Latest facts and figures about carers and the impact of caring
- Hearing directly from carers themselves about the difficulties they face and how they would like to be supported
- Establishing effective relationships with carers and understanding their viewpoint
- Learning about services available to carers in Surrey

Each session is facilitated by a trainer who has worked extensively with carers, alongside two carers who will bring their own perspective to the day.

**Who should attend?**

“Because Carers Count” is open to anyone working with carers (including young carers and parent carers) from a variety of professional backgrounds and experience. This can include managers or planners of services, front line staff working in health or social care or people more indirectly involved. All can gain a greater understanding of carers’ issues and what our legal responsibilities are to carers in the light of new legislation.

**To book a place:**

Simply complete the application form and return by email or post at least 2 weeks before the date of the session. If you do not receive a confirmation you can attend, please check with the Training office (Tel: 01883 62 62 64; email: Training@actionforcarers.org.uk)
PLEASE PRINT CLEARLY WITH FULL CONTACT DETAILS and send this form to: 
Training@actionforcarers.org.uk

Name: ...
Job Title: ...
Organisation: ...
Address: ...
Post Code: ...
Tel: ...
Email: ...

PLEASE INDICATE BELOW WHICH SESSION YOU WISH TO ATTEND
(Limited Places are available on a First Come - First Serve basis)

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>Friday, 18th Sept</td>
<td>Astolat, Burpham</td>
</tr>
<tr>
<td>Tuesday, 26th Jan</td>
<td>NASUWT, Milestone</td>
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<tr>
<td>Wednesday, 21st Oct</td>
<td>YMCA, Guildford</td>
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<tr>
<td>Wednesday, 10th Feb</td>
<td>Woodhatch Centre,</td>
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<tr>
<td>Wednesday, 25th Nov</td>
<td>Cobham Curve, Cobham</td>
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<tr>
<td>Thursday, 3rd March</td>
<td>Astolat, Burpham,</td>
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<tr>
<td>Thursday, 3rd Dec</td>
<td>Christ Church, Woking</td>
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</tbody>
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(9.30 AM – 3 PM - Lunch & Refreshments included)

Do you have any special access/dietary needs (other than vegetarian) to enable you to participate?

(Please contact us as above to discuss details so that we can accommodate you fully).

**PLEASE NOTE:** You will receive an email confirmation that your place has been booked depending on availability. Joining details will also be sent to you by email only.

The training session is free of charge but if you find you cannot attend after booking a place, please inform us as soon as possible, so that your place can be reallocated, otherwise a cost is incurred by us.
Think Carer, Think Family:
Our roles in supporting carers and the whole family

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<tr>
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<td>Woodhatch Centre, Reigate</td>
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<tr>
<td>Tuesday, 8th December 2015</td>
<td>Astolat, Burpham, (near Guildford)</td>
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<tr>
<td>Thursday, 28th January 2016</td>
<td>Christchurch, Woking</td>
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<tr>
<td>Wednesday, 24th February 2016</td>
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Registration and refreshments will be from 9.15 am. Finish 4pm.

**Context:** The Care Act 2014 came into force on April 2015 and strengthens the way in which adult carers are supported within communities across the health and social care sector. This workshop will explore how the Act and accompanying guidance makes carer’s legal rights stronger and how the Children & Families Act 2014 addresses our legal responsibilities towards young carers and parent carers. It will examine your role in ensuring those legal rights are upheld for families and how you can take a more ‘whole family’ approach so as to prevent carer breakdown and ensure a stable environment for the cared for adult or child.

This workshop provides staff with the opportunity to build on their basic understanding of carer and whole family working issues. Ideally those attending should have either attended the Because Carers Count Programme ([Training@actionforcarers.org.uk](http://Training@actionforcarers.org.uk)) and/or have completed the e-learning “Carer Aware” Course ([http://surreycc.elumos.net/public/](http://surreycc.elumos.net/public/))

**Appropriate for:** Practitioners from across the statutory, independent and voluntary sector who have contact with carers and the wider family in their health and social care practice.
Aim: Facilitated by both Carer and trainer, this full day workshop will help staff from across the health and social care sector to consider together their role and responsibilities in supporting carers and the whole family.

Learning Outcomes:-

By the end of the workshop you will be able to:

- Recognise the importance of taking a ‘whole family’ approach to supporting carers of all ages and the cared for person
- Describe what it means in practice to take a whole family approach
- Describe the new legal rights of adult carers and young carers introduced by the Care Act 2014 and Children & Families Act 2014
- Understand each other’s roles and responsibilities in relation to adult carers and young carers
- Give an overview of relevant joint protocols and Surrey assessment tools that support whole family working
- Enable adult carers and young carers, to access appropriate support, including early intervention and prevention services.

There is no charge for these workshops. Refreshments including lunch will be provided.

If you wish to apply for a place on this training please complete the attached booking form and return to:

E mail: Training@actionforcarers.org.uk
Hasu Ramji
C/o Action for Carers (Surrey)
Mellbreak, Tydcombe Road, Warlingham, Surrey CR6 9LU

Tel: 01883 626264

Closing date: Apply as soon as possible – available on a First Come First Serve basis.
**Think Carer, Think Family**  
**Making it Real for Families and Young Carers**  
Training Workshops (Sept 2015 - March 2016)

PLEASE FILL THE FORM IN CAPITALS TO ENSURE CORRECT BOOKING DETAILS

<table>
<thead>
<tr>
<th>Name:</th>
<th>Your contact address:</th>
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<tbody>
<tr>
<td>Job Title:</td>
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<tr>
<td>Organisation:</td>
<td>Postcode:</td>
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<td>Email:</td>
<td>Tel:</td>
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*Do you have any special requirements to enable you to participate fully in this workshop? (e.g. dietary or mobility needs)*

Please book me a place – My 1\textsuperscript{st} & 2\textsuperscript{nd} choices are as follows:

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Registration and refreshments from **9.15 am. Finish at 4pm.** Lunch is included.

Limited Places available on a First Come - First Serve Basis.

*You will receive an email confirmation that your place has been booked based on your 1\textsuperscript{st} preference unless advised otherwise.*

No additional papers will be sent in advance (so please make a note in your diary).

Please return this form to: Email:  
**Training@actionforcarers.org.uk**

Any enquiries about booking a place, please ring 01883 626264 and state which training course you are enquiring about.
Cookery Leader Training

This exciting course consists of two days of training and mentoring for people who are passionate about good food and want to set up and run cookery clubs and food related community activities.

The course costs £160 but Surrey Joint Training have a partnership arrangement with Community Chef which provides FREE subsidised places for organisations and groups with a community focus. Please note this course is not designed for carers.

A large number of people have accessed this training in recent years and have given it very positive reviews. Attendee’s with free subsidised places include staff from children’s centres, Sure Start Centres, housing associations, care homes, day centres, youth workers, school staff, care support workers, outreach workers, sheltered care staff, volunteers and nursery nurses.

The aim of the training is to empower and motivate people to promote good food, health, well-being and a sustainable food system within communities.

This course will help you:
- Improve your own cookery skills and knowledge.
- Expand your understanding of food, health and environmental issues.
- Work effectively with others and share your enthusiasm for good food.
- To plan and run a cookery course, club or other community food project.
- Explore local, national and global food issues.

Places on the course are very limited and booking is essential.

Next course: 15th & 16th December, 2015

Course Duration: 2 Days

Cost £160 (FREE subsidised places are available for Surrey community care organisations and charities funded through Surrey Joint Training)

Facilitator Robin van Creveld, Community Chef

To book a place:
For more course dates, and to find out if you are eligible for a subsidised place, please contact the facilitator via: Tel: 07766 526217

Also available: Networking and Mentoring Programme (see flyer)

email: robin@communitychef.org.uk www.communitychef.org.uk
TWO DAYS OF TRAINING & MENTORING FOR PEOPLE WHO ARE PASSIONATE ABOUT GOOD FOOD & WANT TO SET UP & RUN COOKERY CLUBS & FOOD RELATED COMMUNITY ACTIVITIES

COOKERY LEADER TRAINING

'The overall aim of the training is to empower & motivate you to promote good food, health, wellbeing & a sustainable food system within your communities.'

This training will help you to:

★ IMPROVE YOUR OWN COOKERY SKILLS & KNOWLEDGE

★ EXPAND YOUR UNDERSTANDING OF FOOD, HEALTH & ENVIRONMENTAL ISSUES

★ WORK EFFECTIVELY WITH OTHERS & SHARE YOUR ENTHUSIASM FOR GOOD FOOD

★ PLAN & RUN A COOKERY COURSE, CLUB OR COMMUNITY FOOD PROJECT

★ EXPLORE LOCAL, NATIONAL & GLOBAL FOOD ISSUES

The next two day course is scheduled for:

15 & 16 Dec 2015
Woking, Surrey

Limited places & booking is essential.

To book or for more information about the training contact
Robin Van Crevel
07766525217
robin@communitychef.org.uk
www.communitychef.org.uk

The training costs £160
We have a limited number of free & concessionary places available. Contact us to find out if you’re eligible.
First Steps workshops for mental and emotional well-being

A relaxed and friendly talk on each topic, focusing on ways of maintaining and improving emotional well-being

<table>
<thead>
<tr>
<th>Topic</th>
<th>Sandy Hill Bungalow</th>
<th>Three Central</th>
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</thead>
<tbody>
<tr>
<td>Coping with frustration and anger</td>
<td>Tues 15 September 2015 6.30 to 8.30pm</td>
<td>Mon 2 November 2015 6.30 to 8.30pm</td>
</tr>
<tr>
<td>Stress at work and at home</td>
<td>Tues 22 September 2015 6.30 to 8.30pm</td>
<td>Mon 9 November 2015 6.30 to 8.30pm</td>
</tr>
<tr>
<td>Low mood</td>
<td>Tues 29 September 2015 6.30 to 8.30pm</td>
<td>Mon 16 November 2015 6.30 to 8.30pm</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Tues 6 October 2015 6.30 to 8.30pm</td>
<td>Mon 23 November 2015 6.30 to 8.30pm</td>
</tr>
<tr>
<td>Self-esteem</td>
<td>Tues 13 October 2015 6.30 to 8.30pm</td>
<td>Mon 30 November 2015 6.30 to 8.30pm</td>
</tr>
<tr>
<td>Communication and assertiveness</td>
<td>Tues 20 October 2015 6.30 to 8.30pm</td>
<td>Mon 7 December 2015 6.30 to 8.30pm</td>
</tr>
</tbody>
</table>

No need to book or provide personal details. JUST TURN UP!

If you require any additional assistance, or for directions, please contact us on:

0808 801 0325
www.firststeps-surrey.nhs.uk
Email: first.steps@nhs.net

Surrey Emotion Gym courses are provided free of charge and open to all, including Virgincare and Surrey CC staff, staff from other social care organisations, carers and volunteers.
RSPH Level 2 Healthier Food and Special Diets Award

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>05 &amp; 12 October 2015</td>
<td>09.30 – 16.00</td>
<td>Spelthorne Council Offices, Knowle Green, Staines upon Thames, TW18 1XB</td>
</tr>
<tr>
<td>22 &amp; 29 February 2016</td>
<td>09.30 – 16.00</td>
<td>Quadrant Court, 35 Guildford Road, Woking, Surrey, GU22 7QQ</td>
</tr>
</tbody>
</table>

Both days need to be attended

Appropriate for:

The Royal Society for Public Health (RSPH) Level 2 certificate Healthier Food and Special Diets 2-day training course is a valuable and highly regarded qualification appropriate for all those involved in catering, food and health-related occupations, and also to carers, community workers, fitness trainers and other individuals who have a role in promoting healthy diets. People from all types of catering provision are welcome, including carers and volunteers. The course would be appropriate as part of lifestyle education for people of all ages, especially for young people and is relevant for anyone wanting to understand the key food-related health issues and how to plan a balanced diet.

Max no: 20

Cost: From £50 (exam fee)

Aims:

To give a good understanding of the basic principles of nutrition which underpin the production of healthy meals and preparation of special diets, and the key role of nutrition in health. It will teach how to plan healthy and nutritious meals and cater for people who need special diets for cultural, religious, ethical or personal reasons.

Learning outcomes:

- **Understand the principle of balanced diets, by being able to:**
  - Outline current government nutritional guidelines for a healthy diet.
  - State the sources of essential nutrients
  - Describe the impact of diet on health
  - Describe catering practices that help maintain the nutritional value of food.

- **Understand how to plan and provide special diets, by being able to:**
  - Outline the main features of special diets
  - Describe the impact of special diets on health
  - Describe catering practices to be considered when planning and providing meals for those on special diets.

Facilitators: Royal Society for Public Health qualified trainers

Award: Delegates must attend both days. Those who complete the course and pass the short exam on day-2 will achieve an RSPH level 2 award certificate.

Applications: To reserve a place please contact Kate Bailey, Senior Trading Standards Officer on 01372 371792 or email kate.bailey@surreycc.gov.uk