



June 2018 Free Making Every Contact Count MECC training

This course is about supporting people to make the most of every opportunity they have to start up a conversation about health with the people they meet through their work and broader lives. Telling people to change unhealthy behaviour is unlikely to be successful; instead MECC provides the skills to work in a different way, encouraging brief interventions that can lead to longer term change. See flyer attached.



Exam stress

As young people across B&NES get closer to the GCSE and A' level exam period, their stress levels and those of their parents and carers may be rising. See flyer below for a short set of tips for families that may provide some help. Please share widely.



Youth Mental Health First Aid

This heavily subsidised two day course is for suitable for anyone working with or supporting children and young people aged 8-18. It teaches the skills needed to spot the signs of mental health issues in a young person and builds confidence to offer first aid and knowledge to signpost to further support needed. The course won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening. See flyer attached.



Blue Light training 15th March

There are some places available, come along to improve your skill in supporting treatment resistant drinkers See flyer attached



Introducing Lizzie Henden, Public Health Specialist

A new role has been appointed, funded by NHS England and hosted by Virgin Care, for a Public Health Specialist with a specific remit for health inequalities in Screening and Immunisations.

This post is part of 12 month project with NHS England commissioners, local commissioners, communities and primary care. The role will include promoting routine NHS screening and immunisation programmes to increase uptake in the local population through public health community promotion and health prevention activities. The core purpose of this role is to reduce health inequalities. The programme will be delivered sensitively to meet the needs of the local population, especially those persons who are considered vulnerable and may find services hard to reach.

Contact details: Lizzie.Henden@virginicare.co.uk 01225 831494/ 07976918750



MMR

MMR is a safe and effective combined vaccine that protects against three separate illnesses; Measles, Mumps and Rubella (German Measles) – in a single injection. The full course of MMR vaccination requires 2 doses. Children and adults (born after 1970) can have the vaccine at any age on the NHS if they missed one or both doses when they were younger. Anyone who hasn't had 2 doses can visit their GP and receive their catch up immunisations. Anyone not sure if they're fully immunised can also contact their General Practice. Please help us to promote the MMR vaccination, a variety of posters and leaflets can be downloaded or ordered through the DH Order line: <https://www.orderline.dh.gov.uk> (type in measles into the keyword box).



Annual NHS Health Check Event

The cardiovascular disease prevention training day on 1st March was cancelled because of the snow and severe weather warning. The event is going to be rescheduled for late April and Cathy McMahon will contact those already booked onto the course when the new date has been confirmed. As a reminder, the training is aimed at Health Care Assistants & Practice Nurses. General Practitioners and Practice Managers are also welcome.



MHFA England

Day 1: 04/06/2018 09:00 - 17:00

Title: Youth Mental Health First Aid (YMHFA) - 2 Sessions

Venue: Ammerdown Conference Centre, Ammerdown Park, Radstock, Bath BA3 5SW

Trainer: Gill Welsh

Director of Public Health Award

Youth Mental Health First Aid (YMHFA) - 2 Sessions

**Spot the signs of mental health issues in young people
Don't delay applying - limited number of places available!**

Outline

This two day course is suitable for anyone working with or supporting children and young people aged 8-18. It teaches the skills needed to spot the signs of mental health issues in a young person and builds confidence to offer first aid and knowledge to signpost to further support needed.

This 2 day course won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening. The focus will be on:

- Raising awareness of mental health issues
- Reducing stigma and discrimination
- Promoting the recovery of good mental health

For more details about the course content please contact clare_laker@bathnes.gov.uk

This course is being organised by B&NES Public Health Team and is not a part of the Government's offer to provide a one day YMHFA course to one member of staff from all secondary schools in England.

For further information on this offer <https://mhfaengland.org/mhfa-centre/schools-programme/>

Description

The training will include:

- Definition of mental health
- Child and adolescent development
- Common youth mental health disorders
- Preventing mental health issues
- Promoting wellbeing and protective factors

Outcome

Participants will be:

- More confident to identify mental health issues
- Able to provide comfort and support for children and young people experiencing problems
- Skilled in empowering children and young people to access appropriate help

Audience

School and College staff - pastoral heads, SENCOs, teachers, support staff including school nurses, working with children and young people aged 8-18

Children and family services

Youth Workers

Booking Information

Please book your place via The Hub or contact Deborah_carter@bathnes.gov.uk

For non-council staff including Virgin Care and Bath College please complete the paper form previously emailed or request a copy from Deborah_carter@bathnes.gov.uk

Cost: £85 (heavily subsidised rate for Bath & North East Somerset) this includes participants pack.

Lunch and refreshments included please advise if you have any dietary or access needs.

Programme

Day 1 04/06/2018 09:00 - 17:00

Title: Youth Mental Health First Aid (YMHFA) - 2 Sessions
Venue: Ammerdown Conference Centre, Ammerdown Park, Radstock, Bath BA3 5SW
Trainer: Gill Welsh, CAMHS Participation Lead

Day 2 05/06/2018 09:00 - 17:00

Title: Youth Mental Health First Aid - Day 2
Venue: Ammerdown Conference Centre, Ammerdown Park, Radstock, Bath BA3 5SW
Trainer: Gill Welsh, CAMHS Participation Lead

Code: DPH-0618-T001

Price per delegate: £85.00

Sign up deadline: 04/06/2018