



NORTHERN LOCALITY COMMUNITY NETWORKS

Training & Awareness Schedule for Emotional Wellbeing & Suicide Prevention 2023/2024

These training opportunities have been funded by Public Health Agency and are offered Free of Charge to people who live and/or work in the Northern Locality

Additional criteria may apply for certain sessions.

To register your interest please contact:

Suicide Prevention Development Officer	Area covered	Community Network	Email	Telephone Number
Hannah Graham	Ballymena Ballymoney Larne Moyle Coleraine	Northern Area Community Network	spdo@nacn.org	028 2177 2100
		Causeway Rural & Urban Network	spdo@nacn.org	028 7034 4934
Laura McCaughey	Antrim Newtownabbey Carrickfergus	Impact Network NI	laura@impactnetworkni.org	028 9447 8645
Denise Doherty	Magherafelt Cookstown	Cookstown & Western Shores Area Network	denise@cwsan.org	028 8773 8845





Project supported by the PHA

**Northern Locality Community Networks
TRAINING & AWARENESS SCHEDULE FOR
EMOTIONAL WELLBEING, & SUICIDE PREVENTION
2023/2024**

Ref.	Title	Delivery Agent	Date	Venue	Time
SP01	Mood Matters for Adults <i>What is mental health/things that affect mental health/ mental health illness and problems/signs and symptoms of stress and depression/looking after your mental health/where to get help if you need it/how Aware can help</i>	AWARE NI	17 TH May 2023	Oakfield Community Centre Carrickfergus	11-1pm
SP02	Domestic Violence Awareness <i>Raise awareness of the different types of domestic abuse and the services available in the local area to support those affected.</i>	Women's Aid	26 th May 2023	Ballymena Library	11-12.30pm
SP03	Mindset <i>Mindset is a Mental & Emotional Health & Wellbeing Awareness programme for young people, 14 – 17 years and adults. To raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing</i>	Action Mental Health	31 st May 2023	Bellaghy Hub Complex	10-1pm
SP04	The Psychology of Resilience <i>How to Cultivate Resilience within ourselves</i>	Mood Watchers	7 th September 2023	ZOOM	10-11.30 am



<p>SP05</p>	<p>Skill of Listening</p> <p><i>This workshop will examine and discuss the skill of active listening. We need to be aware of part played, not just by our ears, but also our eyes and heart. We will look at how we communicate to others that we are listening</i></p>	<p>ZEST NI</p>	<p>7th September 2023</p>	<p>The White House Newtownabbey</p>	<p>7-9pm</p>
<p>SP06</p>	<p>Healing Power of Play</p> <p><i>This training session will open a safe place for professionals to reflect and explore current practices unique to their setting. Using therapeutic techniques each professional will explore problems creatively and come together with peers to look at what is already working well and what could be done better - building a bridge between.</i></p>	<p>Way Maker Child Therapy</p>	<p>14th September 2023</p>	<p>Stiles Community Centre Antrim</p>	<p>7-9pm</p>
<p>SP07</p>	<p>Importance of Compassion</p> <p><i>This workshop examines the essential role that compassion plays when working with those who are self-harming. There is a brief overview of self-harm and then an analysis of compassion and empathy. What they are and how they work.</i></p>	<p>ZEST NI</p>	<p>11th October 2023</p>	<p>Sheskburn Recreation Centre Ballycastle</p>	<p>6.30-8.30pm</p>
<p>SP08</p>	<p>Making the Most of Your Money</p> <p><i>This session supports employees with financial tips, advice, and actionable activities to support their Financial Health. Your team will hear from an expert Financial Advisor, giving advice on savings, credit, debt, mortgages, sickness and benefits, and wills and trusts.</i></p>	<p>Kith and Kin</p>	<p>12th October 2023</p>	<p>Stiles Community Centre Antrim</p>	<p>7-9pm</p>



<p>SP09</p>	<p>Making the Most of Your Money</p> <p><i>This session supports employees with financial tips, advice, and actionable activities to support their Financial Health. Your team will hear from an expert Financial Advisor, giving advice on savings, credit, debt, mortgages, sickness and benefits, and wills and trusts.</i></p>	<p>Kith and Kin</p>	<p>17th October 2023</p>	<p>Cookstown Community Centre</p>	<p>10-12pm</p>
<p>SP10</p>	<p>Making the Most of Your Money</p> <p><i>This session supports employees with financial tips, advice, and actionable activities to support their Financial Health. Your team will hear from an expert Financial Advisor, giving advice on savings, credit, debt, mortgages, sickness and benefits, and wills and trusts.</i></p>	<p>Kith and Kin</p>	<p>Monday 9th October 2023</p>	<p>Ballygally Community Hall</p>	<p>6.30-8.30pm</p>
<p>SP11</p>	<p>Coping on Difficult Days</p> <p><i>Understanding grief in children and young people. Impact of a traumatic death on children, young people and their families. What is grief, and how best to support the grieving family.</i></p>	<p>Barnardo's</p>	<p>23rd November 2023</p>	<p>ZOOM</p>	<p>6.30-8.30PM</p>
<p>SP12</p>	<p>Living Life to the Full</p> <p><i>This six-week programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried, or depressed and learn simple practical skills to help you cope with life's challenges.</i></p>	<p>AWARE NI</p>	<p>Starting 15th January 2024</p> <p>Continues:</p> <p>22nd, 29th Jan</p> <p>5th, 19th, and 26th Feb 24</p>	<p>ZOOM</p>	<p>7-9pm</p>
<p>SP13</p>	<p>Hoarding</p> <p><i>The aim of the session is to raise awareness of hoarding and the hope is for workers/families/friends to have more empathy, knowledge and understanding around hoarding.</i></p>	<p>Specialist Cleaning NI</p>	<p>16th January 2024</p>	<p>Ballymena North Business and Recreation Centre</p>	<p>11-12.30pm</p>



<p>SP14</p>	<p>Reflect, Relax & Recharge</p> <p><i>This workshop is all about you, your self-care and better management of work and life stress. We will share with you wellbeing practices to include in your daily wellbeing and self-care routine. These include Guided Relaxation, Mindfulness, Emotional Mastery and Reflections on Values and Gratitude. All with a little sprinkle of fun and laughter.</i></p> <p><i>This workshop incorporates the Take 5 steps towards Emotional Wellbeing: Connect, Be active, Take notice, Keep learning and Give.</i></p>	<p>North Star Wellbeing</p>	<p>17th January 2024</p>	<p>Granaghan Resource Centre</p> <p>Swatragh</p>	<p>10-12pm</p>
<p>SP15</p>	<p>Sleep Hygiene</p> <p><i>Join a Master Class on Sleep with Johann Callaghan Sleep Success Coach, Topics Covered include Developing a consistent bedtime routine, Creating a sleep-conducive environment, Strategies for dealing with sleep problems and Managing stress and anxiety</i></p>	<p>Johann Callaghan</p>	<p>18th Jan 2024</p>	<p>ZOOM</p>	<p>7.30-9pm</p>
<p>SP16</p>	<p>AWARE KIDS /TEENS</p> <p><i>This workshop is tailored for children to explore creative mindfulness, breathwork, yoga, stories, games, arts/crafts, massage, meditation and much more. To help promote and raise awareness, connection and acceptance of our thoughts, feelings and emotions in a safe, confidential, heart centred and fun-loving space. Bringing calm and connection to their minds and bodies and connecting and building relationships with others</i></p>	<p>Happy Minds Grateful Hearts</p>	<p>13th Feb 2024</p>	<p>Randalstown Community Hall</p>	<p>Ages 3-7: 6-7pm</p> <p>Ages 8+: 7-8pm</p>



SP17	<p>Compassion Fatigue Awareness</p> <p><i>This Resiliency workshop will contain burn out, compassion fatigue, secondary wounding and vicarious trauma. It is designed for anyone working with or caring for people who have experienced trauma.</i></p>	Wave Trauma Centre	7 th Feb 24	ZOOM	10am
SP18	<p>AWARE KIDS /TEENS</p> <p><i>This workshop is tailored for children to explore creative mindfulness, breathwork, yoga, stories, games, arts/crafts, massage, meditation and much more. To help promote and raise awareness, connection and acceptance of our thoughts, feelings and emotions in a safe, confidential, heart centred and fun-loving space. Bringing calm and connection to their minds and bodies and connecting and building relationships with others</i></p>	Happy Minds Grateful Hearts	7th Feb 2024	Causeway Rural and Urban Network Coleraine	7pm
SP19	<p>AWARE KIDS /TEENS</p> <p><i>This workshop is tailored for children to explore creative mindfulness, breathwork, yoga, stories, games, arts/crafts, massage, meditation and much more. To help promote and raise awareness, connection and acceptance of our thoughts, feelings and emotions in a safe, confidential, heart centered and fun loving space. Bringing calm and connection to their minds and bodies and connecting and building relationships with others</i></p>	Happy Minds Grateful Hearts	8 th Feb 2024	Learning Lodge Magherafelt	3:30pm
SP20	<p>Social Media and Mental Health</p> <p><i>This online 2 hr talk will examine: The evolution of social media, The intention of the creators in addicting</i></p>	ZEST NI	13 th March	ZOOM	7-9pm



	<p>users, <i>The impact of the addiction with statistical evidence, The psychical, psychological and emotional effect of social media use and Tips for controlling our use of these media.</i></p>				
SP21	<p>Understanding Self Harm</p> <p><i>This workshop examines the behaviour of self-harm in terms of what circumstances may have started the behaviour, how those situations make the person feel and how the feelings manifest in self-harming behaviour. It will also look at the impact of alcohol use on self-harming and suicidal behaviours.</i></p>	ZEST NI	20 th March 2024	Heaney Centre Bellaghy	10-1pm
	<p>Creative Take 5 Steps to Wellbeing Sessions</p> <p><i>Taster sessions to introduce the Take 5 Steps to Wellbeing through various activities.</i></p>	Various	<p>Allocated on FCFS basis.</p> <p>One off sessions available, facilitated over 1–2 hours. Resources provided.</p>		
	<p>ASIST (Applied Suicide Intervention Skills Training)</p> <p><i>This is a certified interactive course that requires participants who are willing to engage in role play etc. This two day course helps all kinds of care givers learn suicide first aid intervention. The emphasis is on helping a person to stay safe and seek further help</i></p>	Various	<p>Allocated on FCFS basis.</p>		
	<p>Connections Link Life</p> <p><i>The Connections mental health & suicide prevention curriculum is trauma and attachment informed. It encourages learners to understand themselves and others more holistically and enables us all to more effectively support someone in emotional distress more competently. It helps us understand ourselves more fully and helps us recognise the need to fortify our own mental health and resilience through</i></p>	Fresh Minds Education	<p>Allocated on FCFS basis.</p>		



	<i>meaningful emotional health practices and selfcare.</i>		
	safeTALK <i>Certified training programme that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.</i>	Various	Allocated on FCFS basis.

To register your interest, you must complete the attached booking form or request one from:

Suicide Prevention Development Officer	Area covered	Community Network	Email	Telephone Number
Hannah Graham	Ballymena Ballymoney Larne Moyle	Northern Area Community Network	spdo@nacn.org	028 2177 2100
	Coleraine	Causeway Rural & Urban Network	spdo@nacn.org	028 7034 4934
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Further information will be required upon confirmation of booking.



TRAINING EXPRESSION OF INTEREST FORM

Training reference number			<p><i>Our training courses are free to attend, and places are limited.</i></p> <p><i>If you secure a place, we will email you directly.</i></p>
Training Date			
Training Venue			
Training Time			

To be completed by the Applicant – All sections must be completed if applicable

Name	
Job title	
Organisation	
Address	
Contact E-mail	
Tel no.	

To be completed by Line Manager/Director - if appropriate

Name			
Job title			
Email			
Tel no.			
Applicant Signature		Date	
Line Manager Signature		Date	

Please return your completed form to your local Suicide Prevention Development Officer.

Please note this course is funded by Public Health Agency.