Network for Practices Ltd

www.networkforpractices.co.uk

Trainer Information

Lynn Walworth has almost 40 years of nursing experience, latterly working as an Advanced Nurse Practitioner & Independent Prescriber in a small rural practice since 2008. Lynn enjoys all aspects of working in primary care and the enormous variety it brings; in particular clinical interests include medicines management, dermatology, paediatrics, encouraging self-care by empowering patients and more recently a passion for mental health well-being especially in the workplace

Lynn has always enjoyed teaching and having completed the Mental Health First Aid (MHFA) course in 2016 Lynn was motivated and inspired to become an Instructor and has now completed the 7 day MHFA Instructor programme which is accredited by the Royal Society of Public Health. A key skill is being a positive role model for mental health and demonstrating an open, non-judgmental and flexible attitude with the ability to create a safe environment and reduce stigma.

Our acceptance of your booking brings into existence a legally binding contract between us on the following Terms & Conditions - *If places are booked but cancelled before payment has been made or a candidate DNAs, the fee will remain due. Cancellations will attract a refund if the course is subsequently fully booked. To avoid any confusion, we ask that Cancellations are by email only. We will make every effort to resell the cancelled place. Where places are free a £25 charge will be applied to cancellations/DNAs. Payment is required within 30 days from date of invoice.*

Mental Health First Aid Course (Adult)

2 Days

Date:	**5th & 12th June 2020**	
Times:	**0930-1630** *(0900 Registration)*	
Venue:	**Priory Road Medical Centre, Swindon, SN3 2EZ**	
Places available:	**12**	
Fee/s:	**NfP Members**	**£145**
	Non Members	**£195**

This workshop is suitable for: All Staff interested in becoming a Mental Health First Aider

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis https://mhfaengland.org/individuals/adult/2-day/

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended our Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

What will I learn?

Two Day - Mental Health First Aiders

A practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support

How will attending an MHFA course help?

Research and evaluation shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues

Booking Information - To book a place/s email
bookings@networkforpractices.co.uk