



Mental health training and wellbeing support for organisations working with older people in Leeds June - December 2021

Thanks to funding from Leeds City Council, Leeds Older People's Forum has developed a programme of training and support for staff working with older people. It offers training and information to help you offer mental health support to your members or service users, alongside support for you and your colleagues' own mental health.

Our partners across the city have expressed concerns around the mental health of older people as we ease out of lockdown; anxiety about how to adapt to the new situation, grief for lost friends and lost opportunities, and worry things may all change again to name a few.

As we ease out of lockdown restrictions it feels extremely important to support staff in their roles and also provide relevant information to help them do the job confidently.

Over the next six months we have planned a series of training opportunities to help equip those working with older people to best support them. Training is detailed over the page but ranges from Compassion Fatigue (how can we best support ourselves to support others) to Mental Health First Aid.

Booking is essential, [please book here](#). Training is free to attend but spaces are limited. Please only book dates you are able to attend, and let us know as soon as you can if you can no longer attend.



Always available - support for you (remember you need to be feeling ok too) and to help you to support others

Supporting conversations with Older People

The Better Conversations team are offering a free elearning package aimed at staff working with older people. It will give you some time out to reflect on the impact on you and others in your day-to-day conversations.



- Where can you add value to your conversations?
- What matters most to you when building a relationship?
- How do you feel after a difficult conversation?

To see feedback from others and to book a session, [please follow this link](#).

If there is sufficient interest and demand following individual use they may be able to offer some online discussion opportunities.

Check-in

West Yorkshire and Harrogate Health and Care partnership have a campaign and wellbeing hub called Check-in, which encourages everyone to check in with themselves and with colleagues. It offers access to online resources and a staff support helpline which is free of charge and separate from organisational health provision so people can access it confidentially. This is available to staff in the voluntary as well as the statutory sector.



View the [animation](#) or go to their [website](#) for more information.

The information for Check-in is available as a printable flier (login to register for a resource pack) which you can use so those in your organisation who can't access online material easily can get the details in confidence.

Mindwell

Mindwell is the mental health website for Leeds. It can help you to find information about support in the city, and different ways to take care of your members' mental wellbeing. It is a very comprehensive resource, written in a very easy to read way so you don't need to be a mental health professional to use it.



We recommend the ['For professionals' pages](#) as a starting point.

We are also delighted to be working with Mindwell to create dedicated pages for older people, so that older people can seek relevant information for themselves.

Training Support - giving you skills to help others

About the mental health training courses we are offering

Compassion Fatigue: recognising it and responding to it

Dates:

[Monday 28th June 09.30am - 12.30pm](#)

This session will help you look at the reasons why you may be experiencing the symptoms of compassion fatigue.

The symptoms can include feeling very anxious, having trouble sleeping, feeling very irritable or over emotional or feeling detached and unemotional.

The course will share with you some tools and resources that will help you to respond to the symptoms and strengthen your emotional resilience.

delivered by [EFTraining](#)

Bereavement and Loss training

Dates:

[Wednesday July 7th 10.00am - 1.00pm](#)

[Thursday 23rd September 1:30pm - 4.30pm](#)

[Thursday 18th November 1:30pm - 4.30pm](#)

Quotes from previous participants:

“ I had no idea what to say previously, but felt I would be able to show empathy and kindness after the training and have more awareness of how to react to clients when they open up about their circumstances. ”

“ I found the theory really interesting and relevant on a work and personal level. ”

“ As a bereavement counsellor I have already had significant training. I have still learned so much, which will help me further. ”

delivered by [Leeds Bereavement Forum](#).

Mental Health Awareness Training

2 sessions over 2 days, please note you should attend BOTH sessions.

Dates:

[Thursday 5th & Friday 6th August 9.00am - 1.00pm](#)

[Tuesday 28th & Wednesday 29th September 9.00am - 1.00pm](#)

The course aims to demystify mental health, challenge the perceptions and stigma which surrounds it and to increase understanding on a range of mental health conditions and mental health treatments.

It will help you to:

- Increase understanding of mental health through challenging perceptions and stigma
- Explore different models of mental health
- Increase knowledge and understanding of a range of mental health diagnoses
- Gain an awareness of mental health treatments and coping strategies

The course is led by [Leeds Mind](#).

Mental Health First Aid

2 sessions over 4 days, please note you should attend all four sessions.

On completion of the “2 day” course, each delegate will receive a certificate to show they are a Mental Health First Aider.

Dates:

[Tuesday 2nd and Tuesday 9th November 9.00am - 2.00pm](#)

[Tuesday 16th and Tuesday 23rd November 9.00am - 2.00pm.](#)

Adult MHFA is an internationally recognised accredited training course designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

This two-day course will teach delegates how to listen, reassure and respond to people experiencing mental ill health and equips delegates with the confidence and practical skills to guide people towards appropriate support.

Aims:

- Deeper understanding of mental health and the factors that can affect people’s wellbeing
- 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

Day 1:

Understanding of mental health; stigma and discrimination; alcohol, drugs and mental health; mental health first aid for depression and suicidal crisis.

Day 2:

Mental health first aid for: anxiety disorders; personality disorders; eating disorders; self-harm; psychosis; schizophrenia and bipolar disorder.

The course is led by [Leeds Mind](#).

Mental Health training June - November 2021

Date and time	Title (please click to book)
Monday 28th June 09.30 - 12.30	Compassion Fatigue: recognising it and responding to it
Weds July 7th 10.00 - 13.00	Bereavement and Loss training
Thursday 5th & Friday 6th August 9.00am - 1.00pm. Please note you should attend BOTH sessions.	Mental Health Awareness Training (2 sessions over 2 days)
Thursday 23rd September 1:30pm - 4.30pm	Bereavement and Loss training
Tuesday 28th & Wednesday 29th September 9.00am - 1.00pm. Please note you should attend BOTH sessions.	Mental Health Awareness Training (2 sessions over 2 days)
Tuesday 2nd and Tuesday 9th November 9.00am - 2.00pm. Please note you should attend BOTH sessions.	Mental Health First Aid (2 sessions over 2 days)
Tuesday 16th and Tuesday 23rd November 9.00am - 2.00pm. Please note you should attend BOTH sessions.	Mental Health First Aid (2 sessions over 2 days)
Thursday 18th November 1:30pm - 4.30pm	Bereavement and Loss training

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