

**Free Mental Health Training in B&NES, Swindon and Wiltshire**

The Connect 5 Programme is an accessible, evidenced based training that is relevant to the whole of the public facing workforce. It provides participants with skills and competencies that build confidence in having conversations about mental health and wellbeing. It presents tools to empower others to take proactive steps to build resilience and look after themselves. **Connect 5 takes the position that we don’t need to be mental health specialists to support those who are experiencing emotional and mental health problems.**

The course is accredited by the Royal Society of Public Health and courses are delivered by a range of local accredited trainers. It is a modular course with up to 3 sessions available, how many sessions you cover will depend on your role.

Connect 5 complements other training including Making Every Contact Count (MECC)

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|  | What will it cover?  | Who is this for?  |
| Session 1 (1/2 day) Brief Advice  | Develop your core understanding of mental health, mental wellbeing and how to signpost to local services and resources that will enable individuals to help themselves.  | Anyone with an interest in improving mental wellbeing Anyone whose role involves interaction with the publicAnyone who has the opportunity to give brief wellbeing advice.  |
| Session 2 (Full day)Brief Wellbeing Intervention  | Build your skills and confidence to work with and improve the mental health and wellbeing of others. Including, how to support greater insight into experiences of stress and distress and how to help people take first steps to make themselves feel better.  | Those with the opportunity, through their working practice, to engage in brief interventions.  |
| Session 3 (Full day)Integrated Wellbeing Intervention  | Advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last.  | Those with the opportunity, through their working practice, to engage in brief interventions over an extended period of time. |

**See course dates for Bath & North East Somerset below**

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|  | Course  | Venue |
| Session 1 (1/2 day) Brief Advice | **Wednesday 12th September 10.00am – 13.30 pm**Apply:-<https://www.eventbrite.co.uk/e/copy-of-connect-5-session-1-12th-september-2018-tickets-45757207038>  | Bath College Boardroom – Somer Valley Campus, Wells Road, Radstock, BA3 3RW |
| **Tuesday 16th October 9.30am – 13.00** Apply:-<https://www.eventbrite.co.uk/e/copy-of-copy-of-connect-5-session-1-16th-october-2018-tickets-45756390596>  | The Winter Garden Room – St Martin’s Hospital, Midford Road, Bath, BA2 5RP |
| **Thursday 15th November** **13.00 – 16.30**Apply:-<https://www.eventbrite.co.uk/e/copy-of-copy-of-connect-5-session-1-15th-november-2018-tickets-46190512065>  | The Brunswick Room, Guildhall, High Street, Bath BA1 5AW |
| **Wednesday 5th December 2018. 9.30 - 13.30** Apply:-<https://www.eventbrite.co.uk/e/connect-5-session-1-5th-december-2018-tickets-46357588796>  | The Community Space(Above Keynsham Library)Market WalkKeynsham, BS31 1FS |
| **Wednesday 9TH January 2019. 13.00 – 14.30**. Apply:-<https://www.eventbrite.co.uk/e/copy-of-copy-of-connect-5-session-1-9th-january-2019-tickets-46191034628>  | The Community Space(Above Keynsham Library)Market WalkKeynsham, BS31 1FS |
| **Wednesday 6TH February 2019. 9.30am – 13.00 pm** Apply:- <https://www.eventbrite.co.uk/e/connect-5-session-1-6th-february-2019-tickets-46191313462n>  | The Aix en Provence Room, Guildhall, High Street, Bath BA1 5AW |
| **Wednesday 13th March 2019. 9.30 am – 13.00 pm** Apply:- <https://www.eventbrite.co.uk/e/connect-5-session-1-13th-march-2019-915-1300-tickets-46360581748>  | The Aix en Provence Room, Guildhall, High Street, Bath BA1 5AW |
| Session 2 (Full day)Brief Wellbeing Intervention | **Friday 14th September 2018. 9.30am – 16.30pm.** Apply:- <https://www.eventbrite.co.uk/e/connect-5-session-2-14th-september-2018-915-1630-tickets-46356251797> | The Brunswick RoomGuildhall, High Street, Bath BA1 5AW |
| **Tuesday 23rd October 2018. 9.30 am – 16.30pm** Apply:-<https://www.eventbrite.co.uk/e/connect-5-session-2-23rd-october-915-1630-tickets-46357945864>  | Bath College Boardroom – Somer Valley Campus, Wells Road, Radstock, BA3 3RW |
| **Tuesday 30th October 2018. 9.30am – 16.30pm** Apply:- <https://www.eventbrite.co.uk/e/connect-5-session-2-30th-october-2018-915-1630-tickets-46358008050>  | CURO The Maltings, River Place, Lower Bristol Road, Bath, BA2 1EP |
| **Friday 18th January 2019. 9.30 am – 16.30pm** Apply:-<https://www.eventbrite.co.uk/e/connect-5-session-2-18th-january-2019-915-1630-tickets-46518430879>  | CURO The Maltings, River Place, Lower Bristol Road, Bath, BA2 1EP |
| **Additional session 2 dates to be announced for late 2017 and early 2018** |
| Session 3  (Full day)Integrated Wellbeing Intervention | **Tuesday 20th November 2018. 9.30am – 16.30pm** Apply:-<https://www.eventbrite.co.uk/e/connect-5-session-3-20th-november-2018-tickets-46359447355>  | CURO The Maltings, River Place, Lower Bristol Road, Bath, BA2 1EP |
| **Wednesday 12th December 2018. 9.30am – 16.30pm.** Apply:-<https://www.eventbrite.co.uk/e/connect-5-session-3-12th-december-2018-tickets-46359795396>  | Bath College Boardroom – Somer Valley Campus, Wells Road, Radstock, BA3 3RW |
| **Thursday 17th January 2019. 9.30am – 16.30 pm** Apply:-<https://www.eventbrite.co.uk/e/connect-5-session-3-17th-january-2019-tickets-46359923780>  | The Aix en Provence Room, Guildhall, High Street, Bath BA1 5AW |
| **Friday 8th February 2019. 9.30 am – 16.30 pm.** Apply:- <https://www.eventbrite.co.uk/e/connect-5-session-3-8th-february-2019-tickets-46518486044>  | Kaposvar RoomGuildhall, High Street, Bath BA1 5AW |
| **Additional session 3 dates to be announced for early 2019** |

For further information contact Clare Laker: clare\_laker@bathnes.gov.uk