

Introduction

The coronavirus has impacted on everyone's daily lives. Many people will be experiencing feelings of anxiety, worry or indeed depression. It can be tricky to know how to support the people we work with through our Covid-19 response work. Connect 5 is a short on-line training course here to help you. Now more than ever we need to take steps to promote and protect mental health and wellbeing.

The programme underpins the principals of 'make every contact count' and will build on your skills and give you confidence to have conversations that will enable others to take proactive steps to build resilience and look after themselves.

Connect 5 course is delivered over three sessions and includes:

- Basic introduction and core understanding of mental health, mental wellbeing and how to signpost to local services and resources that enable people to help themselves.
- Building 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.
- Working collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last.

The course is aimed at anyone with an interest in improving their knowledge and understanding of mental wellbeing and whose role involves interaction with the public, or anyone who has the opportunity to give brief wellbeing advice. It is at an introductory level and focuses firmly on wellbeing as opposed to mental illness.

Connect 5 has been developed nationally by a partnership between Health Education England (HEE) Public Health England, Royal Society for Public Health and Stockport Council to roll-out the Greater Manchester Connect 5 training programme. All instructors have undergone specialist training.

This course is being funded by Public Health at Somerset County Council as part of the emotional health and wellbeing programme of work.

If you would like further information about the programme please contact: Louise Finnis, Public Health Specialist – mental health and neighbourhoods programme

L.Finnis@somerset.gov.uk

Participants MUST be available on all three dates to apply.	Module 1 Tuesday 09 November 2021 at 09.15 – 12.30	Please tick below if you can attend all 3 modules <input type="checkbox"/>
	Module 2 Tuesday 16 November 2021 at 09.15 – 12.30	
	Module 3 Tuesday 23 November 2021 at 09.15-12.30	
<p>Application forms to be sent in by 5pm on Thursday 28th October Confirmation emails will be sent out after the closing date advising whether a place has been allocated or not.</p>		
Venue	Online live training on Zoom, a link will be emailed to you prior to the training if successful.	
	<p>We ask all attendees to arrive on time and stay until the course completion time.</p> <p>We recommend people join at 15 minutes before the course time to sort out any technological issues.</p>	
Costs	<p>This half a day training is free of charge and funded by Public Health.</p> <p>Cancellations must be advised <u>5 working days before the training IN WRITING</u>. If you cancel after this, or do not attend on the day, there will be an administration charge of £25.</p>	

APPLICATION FORM:	
Name:	
Job Title (if applicable):	
Organisation:	
Landline No:	
Mobile No:	
Email Address:	
<p>Please clearly indicate any learning needs or special requirements you may have which will make the course easier for you to attend:</p>	

Supporting Statement - required

Please use the space provided to give a brief statement as to why you are interested in attending this course and its relevance to your daily work.

The Small Print – Please Read and Tick!

Please be aware that returning an application form **DOES NOT** automatically mean that you are given a place on the course. Application forms should be returned by the dates given above and you will be informed after that date by email whether you have been allocated a place.

Cancellation fee of £25 applies.

I confirm that I have read, understand and agree with the terms above: > ☐

Send completed application to: publichealthtraining@somerset.gov.uk in Microsoft Word Format only

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Notification regarding the processing of any personal data supplied on this form

Data Controller – Somerset County Council

Data Protection Officer contact – informationgovernance@somerset.gov.uk

Purpose for processing – application and mailing list for courses

Data Retention – this data will be retained for a period of 5 years to meet evaluation requirements

Your Rights – You have the right to ask Somerset County Council to a copy of your data, the right to rectify or erase your personal data, and the right to object to processing. However, these rights are only applicable if the Council has no other legal obligation concerning that data. You also have the right to complain to the regulator, <https://ico.org.uk/>