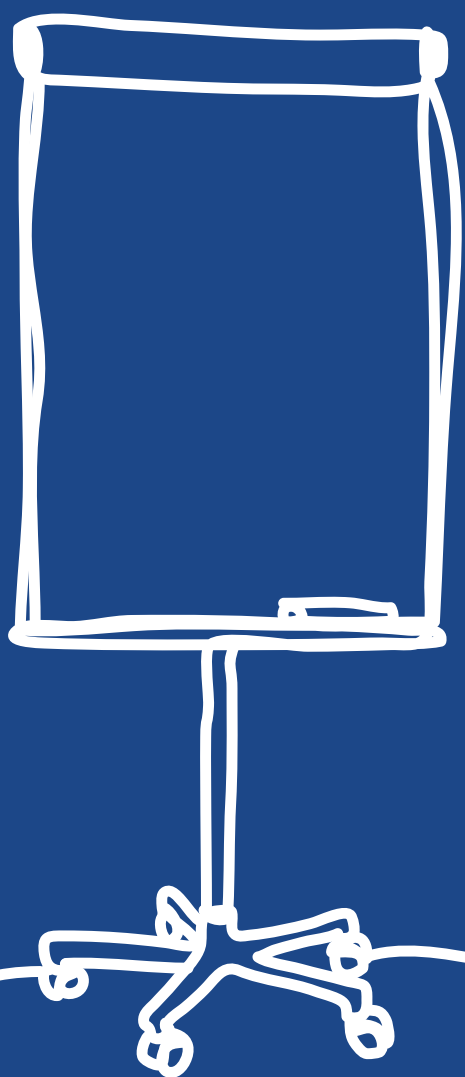


Open Access Employer Training 2018



Mental
health courses
from only
£50pp

Why train with us?

- » Short, focused courses relevant for commercial, public & third sector organisations.
- » Increase employee understanding of mental health issues & how to support colleagues, customers & service users.
- » Build emotional resilience & skills for dealing with stress.
- » Don't have the budget to train a group of staff in house? Our open-access training is a lower cost option.

How does it work?

1. Choose from our range of bite-sized, half day, one day and longer courses. Dates are available throughout 2018 at our base in Hulme.
2. Download a booking form from http://www.manchestermind.org/Employer_Training.php
3. Complete your form, giving the name and date of the course and learner details and return to training@manchestermind.org
4. We will contact you within three working days to confirm your place on the course.

We can come to you!

Our trainers can come to your workplace at a date to suit you.

Groups of up to 12 learners at a fixed price.

Half Day Courses

Mental Health Awareness

Who is it for?

All employees and volunteers.

Learner outcomes

- » Increased knowledge & awareness of mental health issues.
- » Understand how to communicate sensitively and effectively.
- » Awareness of how to support & signpost colleagues, customers & service users.

2018 dates

Tuesday 20th March 9:30am-12:30pm
Tuesday 26th June 9:30am-12:30pm
Tuesday 16th October 9:30am-12:30pm

Wellbeing at Work

Who is it for?

All employees and volunteers.

Learner outcomes

- » Understanding and building emotional resilience.
- » Strategies for dealing with stress & negative thinking.
- » Practical exercises including mindfulness and CBT.

2018 dates

Tuesday 20th March 1:30pm-4:30pm
Tuesday 26th June 1:30pm-4:30pm
Tuesday 16th October 1:30pm-4:30pm

One Day Courses

Managing Mental Health in the Workplace

Who is it for?

All line managers, HR and Occupational Health specialists, trade union staff and representatives.

Learner outcomes

- » Increased knowledge & awareness of mental health issues.
- » Understand how to support and talk with an employee whilst at work, off work and returning.
- » Understand 'reasonable adjustments'
- » Reflect on your organisation's current practice

2018 dates

Tuesday 6th November 9:30am-4:30pm
Includes a free lunch from our social catering business Good Mood Food

Mental Health Awareness and Supporting Young People

Who is it for?

Suitable for staff with no previous training in mental health, but who need to support young people aged 15-25 who are at risk, vulnerable or experiencing poor mental health, as part of their work or volunteering role.

Learner outcomes

- » Increased knowledge & awareness of mental health issues.
- » Recognising the early signs of poor mental health
- » Understand 'reasonable adjustments'
- » Offering support whilst maintaining professional boundaries

2018 dates

Tuesday 17th July 9:30am-16:30pm
Includes a free lunch from our social catering business Good Mood Food

Mindfulness for Stress

8 week course 2 hours per week

Who is it for?

All employees and volunteers, particularly those who have experienced rapid change or who work in a high-pressured environment.

Learner outcomes

- » A reduction in stress levels, better sleeping patterns, reduced anxiety, as well as improved mood and overall wellbeing.
- » All course attendees are supported to establish a regular mindfulness practice.

2018 dates

September 2018 start
Tuesday 11th September 4:30pm-6:30pm
final session 30th October
at Zion Community Centre,
339 Stretford Road,
Hulme, Manchester M15 4ZY

“A really beneficial course that helps you in mind, body and soul.”



Location & prices

Sliding scale fees

	Half day courses	One day courses
» Private/commercial sector	£200 per person	£400 per person
» Public sector	£150 per person	£300 per person
» Educational sector	£75 per person	£150 per person
» Third sector/charity/ small business (up to £500k turnover)	£50 per person	£100 per person

(all prices exclusive of VAT, but inclusive all materials and refreshments)

Mindfulness for Stress

Please see our website for prices including concessionary places.

<https://www.manchestermind.org/our-services/training-learning/mindfulness-for-stress/>.

Location & getting here

All our courses take place at either:

	Zion Community Centre 339 Stretford Road Hulme M15 4ZY	Kath Locke Centre 123 Moss Lane East Manchester M15 5DD
On foot	Situated on Stretford Road in a prime location overlooking Hulme Park, we are a 15-minute walk from Oxford Road Station.	Situated on the corner of Moss Lane East and St Mary's Street, the centre is a 5 minute walk from Princess Parkway.
By bus	The following bus services run regularly at ten minute intervals from Piccadilly Gardens and take 10 minutes to get to the Hulme Library stop, which is three buildings down from the Zion Community Centre. Buses: 250, 256 and 263.	The following bus services run regularly at ten minute intervals from Piccadilly Gardens and take 15 minutes to get to the Chichester Road stop (opp. Loreto College), which is a 2 minute walk from the Kath Locke Centre. Buses: 85, 86.
By car	There is ample street parking locally, with Pay and Display parking enforcements.	Limited onsite parking; some street parking locally with Pay and Display enforcements.

To book

Visit our website to download a booking form:

http://www.manchestermind.org/Employer_Training.php

Or email us: training@manchestermind.org

Manchester Mind is an independent local mental health charity which delivers advice, information and support to thousands of young people and adults every year.

Our vision is of a city that promotes good mental health and that treats people with mental health issues positively, fairly and with respect.

If you'd like to find out more or to get involved, please get in touch.

For more information about employer training courses from Manchester Mind please visit our website or email us.

telephone 0161 769 5732

email training@manchestermind.org

twitter [@manchestermind](https://twitter.com/manchestermind)

website [http://www.manchestermind.org/
Employer_Training.php](http://www.manchestermind.org/Employer_Training.php)