



inspire

wellbeing, ability, recovery

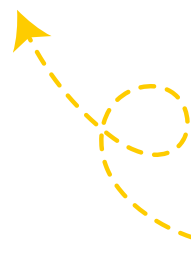
OVERVIEW OF COMMUNITY TRAINING

www.inspirewellbeing.org/training



CONTENTS

- 03** ABOUT OUR SERVICES
- 04** INTRODUCTION TO SELF-CARE // IMPORTANCE OF SLEEP
- 05** ALCOHOL & OTHER DRUGS // DUAL DIAGNOSIS
- 06** FOOD AND MOOD // FINDING BALANCE
- 07** COMPASSION/EMPATHY FATIGUE // MENTAL HEALTH AWARENESS
- 08** MENTAL HEALTH IN LATER LIFE // MENTAL HEALTH AND MENOPAUSE
- 09** UNDERSTANDING HOARDING // CHALLENGING BEHAVIOURS
- 10** MANAGING STRESS AND ANXIETY // SUICIDE AWARENESS
- 11** INTRODUCTION TO NEURODIVERSITY



Click on a topic
to bring you to
the page



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About our services

At Inspire, our Community Training Programme features a range of training, workshops and awareness raising sessions. We cover a wide range of topics from condition specific training through to awareness raising on self care for mental and emotional wellbeing.

We can adapt our training to the needs of your group / organisation while keeping the key learning objectives at the heart of each session. Our staff will work with you to ensure our training meets your needs.

Our workshops are interactive with activities, discussion and games and to encourage participants to engage and reflect on the delivery topics. But we also understand that topics can be sensitive so our trainers are empathetic, non-judgemental and supportive ensuring that everyone's wellbeing is at the core of our training workshops.

Here's the details:

- We aim to keep sessions as low cost as possible to non-for-profit community and voluntary sector organisations.
- We can run sessions for staff or people your organisation supports and can be flexible for groups with specific needs
- Sessions are typically 3 hours long but can be modified if required. We will aim to be flexible with timings.

"Finding out different coping mechanisms for dealing with our own mental health as staff working in a very chaotic environment"

Mental Health Awareness, The Welcome Organisation

"Thank you for sharing your wealth of knowledge! Excellent course and I'm feeling much more confident in this area now"

Neurodiversity Awareness, National Trust staff member

"Enjoyed the session and I feel it is important for staff to take the time to think about this area - both personally and for our service users. The session allowed for this well"

Self-Care, Disability Action

"Very well presented, Very Friendly, felt really comfortable discussing"

Sleep & Self-Care, Depaul Cloverhill Family Service



TRAINING COURSES

An Introduction to Self-Care

Session Duration: 3 hours

Discover the power of self-care in our transformative training session designed to help you prioritise your wellbeing. Learn practical strategies to manage stress and nurture your mental, emotional, and physical health.

In this workshop we will:

- Increase awareness and understanding of self-care
- Explore seven areas of self-care
- Discuss common barriers and ways to overcome
- Learn practical self-care strategies to build resilience



Understanding the Importance of Sleep

Session Duration: 3 hours

Sleep is crucial for maintaining good health and wellbeing at all stages of life. Yet, in today's demanding and distracting world, many of us find it challenging to get the quality rest we truly need.

In this workshop we will:

- Gain an understanding of the impact of sleep on physical and mental functioning
- Recognise the importance of our sleep environment
- Explore our own attitudes towards sleep
- Increase understanding of sleep hygiene
- Discuss how relaxation and other active techniques can help us improve our sleep quality

Alcohol & Other Drugs (and how to support others)

Session Duration: 3 hours

In this workshop we will explore the various motivations behind drug and alcohol use, highlight their significant impact on our mental health and overall wellbeing, as well as how to seek support effectively.

In this workshop we will:

- Enhance our understanding and awareness of alcohol and other drugs, including prescription medications
- Recognise possible signs of substance use
- Address the potential harm caused by alcohol and substance abuse on both physical and mental health
- Gain awareness of available support systems to minimise harm
- Explore effective methods to support others and referral pathways

Dual Diagnosis

Session Duration: 3 hours

Dual Diagnosis is the occurrence of a mental illness alongside substance misuse. This workshop will explore the complex, multiple needs of people with mental health issues and problematic substance misuse.

In this workshop we will:

- Define the term 'Dual Diagnosis'
- Understand Dual Diagnosis's importance within a Human Rights context
- Explore a range of common mental health issues and factoring in the behavioural impact of these disorders
- Gain understanding of the potential impacts on someone with diagnosed Dual Diagnosis
- Learn how to develop an effective strategy for supporting an individual with this diagnosis
- Identify barriers to collaboration between mental health and substance services and strategies to help overcome them

Food and Mood

Session Duration: 3 hours

Join us for an enlightening session exploring how the foods you eat can impact your mental health. Learn practical tips for incorporating mood-boosting food into your diet with an awareness of the role of the gut brain connection in mental clarity and health.

In this workshop we will:

- Discuss societal impact on how we view food and mood
- Explore how mood can impact food choices
- Consider the key foods that increase mental wellbeing
- Increase awareness of the gut brain axis
- Explore the role of probiotics and prebiotics
- Consider some key mental health disorders
- Explore what can help

Finding the Balance

Session Duration: 3 hours

Parents lead busy lives, and this workshop will delve into the various roles they take on and how this can affect their wellbeing. An effective way to understand this impact is through the "compare and despair" theory. The training will focus on addressing this theory and highlight ways to promote wellbeing by engaging in effective self-care.

In this training workshop we will:

- Identify key issues that impact on our wellbeing
- Discuss how food, comparing ourselves to others and masking our emotions impacts on our wellbeing
- Discuss easy ways to promote wellbeing



Introduction to Compassion/ Empathy Fatigue

Session Duration: 3 hours

Are you feeling emotionally drained from constantly supporting others? Empathy fatigue, also known as compassion fatigue, can impact anyone in caregiving roles. Join our interactive training session to explore what empathy fatigue is, how it affects your wellbeing, and practical strategies to manage and prevent it.

In this workshop we will:

- Identify key signs of compassion/empathy fatigue
- Differentiate between compassion/empathy fatigue and burnout
- Identify the 4 stages of compassion/empathy fatigue
- Examine personal signs of compassion/empathy fatigue
- Explore strategies for coping with compassion/empathy fatigue

Mental Health Awareness

Session Duration: 3 hours

This session provides participants with an opportunity to consider what we really mean by 'mental health' and how we can look after our mental health and strengthen our overall wellbeing.

In this workshop we will:

- Discuss what is meant by mental health and mental ill-health
- Identify the signs and symptoms of stress and mental health issues.
- Gain awareness of common mental illnesses
- Recognise challenges such as stigma and the effect it has on mental health
- Explore ways to support your wellbeing and strengthen emotional resilience.
- Discuss the CHIME Framework in supporting recovery.
- Provide sources of support and information.



Mental Health in Later Life

Session Duration: 3 hours

Aging brings unique challenges and opportunities, particularly regarding mental health and well-being. Join us for an insightful training session focused on understanding the mental health needs of older adults. We will explore the common mental health issues that can arise in later years, such as depression, anxiety, and cognitive decline, and discuss practical strategies for maintaining mental wellness.

In this training workshop participants will:

- Develop understanding of key mental health challenges
- Recognise early warning signs
- Explore strategies for promoting mental health and well-being
- Gain insight into approaches that enhance overall quality of life
- Identify and access appropriate mental health resources and support services for older adults.

Mental Health and Menopause

Session Duration: 3 hours

Menopause and perimenopause can bring about significant physical changes, yet many women undergoing this stage of life are unaware of its mental health implications. Symptoms like anxiety, depression, and other psychological challenges are common but often misunderstood, leading to incorrect interventions.

In this workshop we will;

- Increase understanding of the different stages of menopause.
- Explore the importance of addressing stigma
- Identify common life transitions
- Discuss the variety of menopausal symptoms and their potential impact on mental wellbeing.
- Discover methods to help navigate your personal menopausal journey.



Understanding Hoarding Behaviours

Session Duration: 3 hours

Begin to unlock the keys to effective hoarding management with our Introduction to Hoarding Disorder course. Designed for mental health professionals, social workers, and care givers, this course delves into the psychology of hoarding. It includes evidence-based intervention strategies and practical tools for supporting individuals in decluttering their lives.

In this workshop we will:

- Learn the criteria for hoarding disorder
- Explore common reasons for hoarding
- Describe the typical profile of someone who hoards
- Recognise the consequences of hoarding
- Explore ways to support service users
- Develop understanding of the importance of language when working with individuals who display hoarding behaviours

Understanding Challenging Behaviours

Session Duration: 3 hours

Encountering challenging behaviours from others is something we all experience at some point. This workshop is designed to equip participants with the necessary skills, techniques, and understanding to comprehend, prevent, and de-escalate challenging behaviours effectively.

This workshop aims to help participants to:

- Increase understanding of challenging behaviours
- Recognise the impact of precipitating factors
- Raise awareness of personal safety for staff and volunteers
- Build confidence in responding to challenging behaviour
- Increase knowledge of support available when responding to challenging behaviour
- Recognise the importance of post incident support



An Introduction to Managing Stress & Anxiety

Session Duration: 3 hours

Everyone experiences stress and anxiety in their lives. However, when it negatively affects your life, health and overall wellbeing, it's crucial to address it promptly.

In this workshop we will:

- Explore factors contributing to stress and anxiety
- Discuss stress and anxiety and how they differ
- Explore active techniques to reduce stress and anxiety and build emotional resilience

Suicide Awareness

Session Duration: 3 hours

Suicide is a growing concern, with preventable deaths occurring daily. Educating ourselves about suicide is crucial in preventing further losses. This training course will equip you with the knowledge, skills, and confidence to assist individuals facing suicidal thoughts.

In this training workshop participants will:

- Gain awareness of the prevalence of suicide and the contributing risk factors
- Identify warning signs
- Develop your understanding of key communication skills
- Learn ways to support individuals in emotional distress or having suicidal thoughts
- Increase awareness of ethical and legal obligations
- Acknowledge the importance of self-care for emotional resilience
- Sign-post to support services and resources in your community

Please note that completing the course might be challenging, so having support systems in place is advisable. This course is not recommended for those recently bereaved or are feeling mentally unwell.



Introduction to Neurodiversity

Session Duration: 3 hours

Neurodiversity is a term that describes the diverse ways in which people's brain's function. It refers to individuals whose cognitive processes differ from what is considered normal or typical. In promoting inclusivity, it is crucial to recognise and respect the varied and unique perspectives and interactions neurodivergent individuals have with the world.

This training workshop will:

- Enhance awareness of neurodiversity
- Foster a deeper understanding of neurodiversity
- Delve into the medical and social models in relation to neurodiversity
- Expand knowledge of neurodivergent conditions
- Develop awareness of some of the challenges faced by neurodivergent individuals
- Explore potential workplace adjustments to support the integration of neurodivergent individuals



Partnership Working

At Inspire we know that true innovation lies in collaboration and we are committed to working in partnership with our community and voluntary sector partners. If you are a community-based organisation who would like to enhance the mental health and wellbeing of the people who use your services and those who support them through training or developing resources, please get in touch. We are happy to discuss potential partnership opportunities that would include seeking external funding for projects. Inspire have a wealth of experience in the coproduction of projects, from initial concept through to applying for funding and delivery, working in partnership with a range of stakeholders to make ideas come to life. If you would like to discuss this more, please get in touch with the team



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Contact

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#TeamInspire

For more information about our services visit:
www.inspirewellbeing.org/training

     /InspireWBGroup