



Derby & Derbyshire









Emotional Health & Wellbeing

Training & Events Newsletter – 20.05.21

All courses are fully funded by NHS Derby and Derbyshire CCG

To view further information, please click on the session title

If you have any queries, please email Training.Events@derbyshire.gov.uk

	<p><u>Difficult Conversations and Positive Challenge</u> Hosted by Lee Morris & David Tomkinson from Partnership Tuesday 25 May 2021 - 10:00 to 11:30 This session is now fully booked, please join the waiting list</p>
	<p> NEW <u>Body Image and Perception</u> Hosted by Tabitha Moore from First Steps Eating Disorders Tuesday 25 May 2021 - 10:30 to 12:00</p>
	<p> NEW <u>Nutrition and Mood</u> Hosted by Grace Taylor from First Steps Eating Disorders Wednesday 26 May 2021 - 12:30 to 14:00</p>
	<p><u>An Introduction to Positive Behaviour Support</u> Hosted by Charles Lynn Friday 28 May 2021 - 09:30 to 12:00 This session is now fully booked, please join the waiting list</p>
	<p><u>Non-Directive Play Practice and the Importance of Play in the Pandemic</u> Delivered by Dr Pete King, Swansea University Friday 28 May 2021 - 10:00 to 12:00</p>
	<p><u>Monthly Mindfulness</u> Hosted by Martin Burder from 'Art of Brilliance' Friday 28 May 2021 - 14:00 to 15:00</p>














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	 <p><u>Reconnecting with Your Teenager After Exams</u> For Parents and Carers of Secondary School aged Children Hosted by Martin Burder from Art of Brilliance Wednesday 2 June 2021 - 10:00 to 11:00</p>
	 <p><u>Helping Your Teenager Build Resilience for the Next Phase of Life</u> For Parents and Carers of Secondary School aged Children Hosted by Martin Burder from Art of Brilliance Wednesday 2 June 2021 - 13:00 to 14:00</p>
	 <p><u>Supporting your Children in the 'New Normal'</u> For Derby and Derbyshire Parents and Carers Delivered by Will Hussey from Art of Brilliance Tuesday 8 June 2021 - 13:30 to 14:30</p>
	<p><u>Relationships: Paving the way for transitioning into adulthood</u> Delivered by Lisa Cherry Tuesday 8 June 2021 - 14:00 to 16:00</p>
 <p>For Better. For Good.</p>	<p><u>The Science of Happiness: Coping with Adversity</u> Delivered by Professor Bruce Hood Tuesday 8 June 2021 - 16:00 to 17:00</p>
 <p>For Better. For Good.</p>	<p><u>The Science of Happiness: Coping with Adversity</u> Delivered by Professor Bruce Hood Thursday 10 June 2021 - 16:00 to 17:00</p>
	<p><u>It's all about YOU (and the 'new normal')</u> Hosted by Jason Todd from Art of Brilliance Friday 11 June 2021 - 14:00 to 15:00</p>
	<p><u>Thinking Fast and Slow – What Influences the Decisions We Make</u> Hosted by Ian Kay Monday 14 June 2021 - 14:00 to 15:30 This session is now fully booked, please join the waiting list</p>














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	 <p><u>How to be a 'Well' Being</u> Delivered by Sanj Sandhu from Art of Brilliance Monday 14 June 2021 - 15:45 to 16:45</p>
	<p><u>Talk Yourself Up: How to overcome Imposter Syndrome</u> Hosted by Jonathan Peach from Art of Brilliance Thursday 17 June 2021 - 13:00 to 14:00</p>
	<p><u>It's all about YOU (and the 'new normal')</u> Hosted by Jason Todd from Art of Brilliance Friday 18 June 2021 - 14:00 to 15:00</p>
	<p><u>Difficult Conversations and Positive Challenge</u> Hosted by Lee Morris & David Tomkinson from &Partnership Tuesday 22 June 2021 - 10:00 to 11:30 This session is now fully booked, please join the waiting list</p>
	<p><u>Non-Directive Play Practice and the Importance of Play in the Pandemic</u> Delivered by Dr Pete King, Swansea University Friday 25 June 2021 - 10:00 to 12:00</p>
	<p><u>Monthly Mindfulness</u> Hosted by Martin Burder from 'Art of Brilliance' Friday 25 June 2021 - 14:00 to 15:00</p>
	 <p><u>Body Image and Perception</u> Hosted by Tabitha Moore from First Steps Eating Disorders Tuesday 29 June 2021 - 10:30 to 12:00</p>
	 <p><u>Nutrition and Mood</u> Hosted by Grace Taylor from First Steps Eating Disorders Wednesday 30 June 2021 - 10:30 to 12:00</p>











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	<p> NEW</p> <p><u>Helping Teachers and Learners Flourish in and out of the Classroom</u></p> <p>Hosted by Will Hussey from Art of Brilliance Wednesday 30 June 2021 - 15:45 to 16:45</p>
	<p> NEW</p> <p><u>Let's Do This Together! Supporting Children in the 'New Normal'</u></p> <p>Hosted by Will Hussey from Art of Brilliance Thursday 1 July 2021 - 15:45 to 16:45</p>
	<p> NEW</p> <p><u>How to be a Happy and Healthy Effective Leader in Challenging Times</u></p> <p>Hosted by Jonathan Peach from Art of Brilliance Tuesday 6 July 2021 - 15:45 to 16:45</p>
	<p><u>Talk Yourself Up: How to overcome Imposter Syndrome</u></p> <p>Hosted by Jonathan Peach from Art of Brilliance Thursday 8 July 2021 - 10:00 to 11:00</p>
	<p><u>Monthly Mindfulness</u></p> <p>Hosted by Martin Burder from 'Art of Brilliance' Friday 30 July 2021 14:00 - 15:00</p>



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E-learning Opportunities

National Autistic Society Autism E-learning modules

We still have a few licenses left for our range of autism e-learning modules hosted by the National Autistic Society:

- [Understanding Autism](#)
- [Autism, Stress and Anxiety](#)
- [Autism: Supporting Families](#)
- [Safeguarding Autistic Children](#)
- [Women and Girls on the Autism Spectrum](#)

This training is open to parents and carers as well as professionals working with autistic children in Derbyshire and Derby City. If you work with a child who you think may have autism, or who has (or is awaiting) a diagnosis, please click to view the flyers above and decide which module/s would be useful to you. Each module covers a different autism theme and you can apply to do as many as you like.

Please note: all licenses for autism modules must now be redeemed within 30 days of being allocated. (After you redeem a license, you still have 6 months to complete it).

Mental Capacity Act and DOLS E-learning course


Fully funded by NHS Derby and Derbyshire CCG and delivered online by 'Careskills Academy', this Level 2 and 3 CPD certified e-learning course will introduce you to **the Mental Capacity Act (MCA) and Deprivation of Liberty Safeguards (DOLS)** and can be done any time.

This course will:

- Outline the **Mental Capacity Act 2005 (MCA)**
- Explain the term 'capacity' and identify who is affected by the legislation
- Explore the five statutory principles of the MCA and good practice in supporting an individual to make decisions
- Describe the two-stage test for assessing capacity and who should be involved in the capacity assessment
- Explain the role of the Mental Capacity Advocate, the Court of Protection and the Lasting Power of Attorney
- Outline and examine the **Deprivation of Liberty Safeguards (DOLS)**
- Explore the meaning of the term 'deprivation of liberty'
- Explain the difference between restriction, restraint and deprivation of liberty
- Outline the purpose of the DOLS and how to make an application if an individual is being deprived of their liberty.

To apply for a licence (allocated on a first come, first served basis), [click this link](#) to complete the booking form and email it to training.events@derbyshire.gov.uk

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Now Live

- 1- **Partner Training** – From Autism to Mental Health and Wellbeing, explore the training available through partner organisations. Click on ‘Professionals’, ‘Parent/Carer’ or ‘Child/Young person’, then ‘Partner Training’. **Latest addition:** ‘Introduction to Kooth and Qwell’ for schools, parents/carers and professionals.
- 2- **Wellbeing Podcasts** - We have teamed up with ‘The Art of Brilliance’ to bring you short wellbeing podcasts, available on derbyandderbyshireemotionalhealthandwellbeing.uk, selecting ‘Training & Events’, then ‘Events Resources’.



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