



For better
mental health

PLYMOUTH & DISTRICT MIND MENTAL HEALTH TRAINING BULLETIN—December 2012

Stress and anxiety—the scourge of Europe?

In early September 2012, in a keynote speech to an international mental health conference in Siauliai (Lithuania), Jim White, Consultant Psychiatrist, from NHS Scotland, said that 38 per cent of the population of the European Union suffer from a mental health problem. He noted that what he termed the 'usual suspects', middle class women, are good at going to their doctors and accessing services. Hard to reach groups are generally not seen by services. Working class men across Europe have the most stigma about this issue and are one of the hardest groups to reach.



Richard Wakerell, Training Officer, and Graham Nicholls, Financial Training Officer, attended this conference. It concluded a two year project in which simultaneously with partners in Poland, Greece, Lithuania and Slovenia, Plymouth and District Mind for the first

time delivered a six month long community based Mental Health course. While travel is often said to broaden the mind, it can also bring much needed perspective.

In our work with European partners, we have discovered that in 2005 stress was experienced by 22 per cent of European Union workers. In the United Kingdom in 2008 it was noted that one in six working adults experience diagnosable mental health problems. In Austria, stress is the leading cause of early retirement. This information has been gleaned from working with Pro Menthe in Linz on another European project.

(Continued overleaf)

City and Guilds success

At the end of September 2011, Plymouth & District Mind started delivery of the City & Guilds Level 3 Certificate in 'Working in Community Mental Health Care.' This course consists of eight units and offers weekly guided learning over six months. Twenty people signed up to do the course. Fifteen people

completed successfully in spring 2012.

We congratulate Alison Morris, Christine Watchman, Donna Parker, Gina Buckland, Jason Davis, Jessica Schmidt, Joel Dalais, Kate McEvoy, Linda Dodd, Lisa Taylor, Liz Hand, Lynn Pashby, Vikki West, Zannah Hatton and Oznur

Filiker for all of their hard work. The high quality of their work was noted by the external assessor for City & Guilds.

Plymouth and District Mind hope to run this course again if sufficient students enroll. If you are interested, please contact us for further details.

Training dates for early 2013

- > Four Mental Health First Aid courses (see over)
- > Mental Health Awareness—14th February and 16th April 2013
- > Promoting Well Being in the Workplace—Jury's Inn 5th March 2013
- > For further details please call us on
- > 01752 513693

In House or Bespoke training?

We are delighted to take our training out into the community. It can also be a cost effective option for businesses and services which saves time and money for them. For further information and competitive rates contact us on 01752 513693 or email:

training@plymouthmind.org.uk

Follow us on the web

<http://www.plymouthmind.org.uk>
<http://www.plymouthmind.com/info>

For all training enquiries
▶ phone **01752 513693**

Email address:
training@plymouthmind.org.uk

Promoting Well Being in the Workplace— Tuesday 5th March 2013 (9.30 –4.15)



Stress and anxiety the scourge of Europe? (Continued)

All of this gives a useful sense of perspective. Stress and anxiety are problems in work places across all of Europe. It might be usefully described as the modern day scourge of Europe. More than ever it means that to stay ahead of the game, businesses and services of all sorts need to address this issue and not relegate it to the 'too hard to tackle' tray.

Promoting Well Being in the Workplace— Tuesday 5th March 2013 at the Jury's Inn, Plymouth.

This course is intended for managers from all sections of the community. It develops recognition of unhealthy workplaces. It will help you to get the best out of your staff team by covering the key principles of promoting and maintaining a healthy workplace. It will help you review the way you support staff to remain

in work if they become anxious or distressed. The course starts at 9.30 a.m. and ends at 4.15 p.m. Unlimited tea/ coffee & snacks will be available all day. Lunch will be provided.

Course Fees –per person
£67 Voluntary and community groups
£97 Statutory and Public Sector
£147 Private Sector

For further details, contact Richard Wakerell on 01752 513693

*'Very good overall.
Have gained much
more knowledge &
understanding of
mental health first
aid which I will use
in the future'*

Evaluation from
October 2012
Mental Health First
Aid course

Mental Health First Aid—two day courses



Mental Health First Aid courses will be delivered in the first floor training room at Plymouth & District Mind on the following dates:

16th & 17th January
5th & 6th February
27th & 28th February
19th & 20th March

All courses will run from 9.00 a.m. to 5.00 p.m. Refreshments will be provided throughout the day. Lunch is not included.

Cost—£25 for residents of Plymouth or for people who work in Plymouth. This price has been subsidised by

Public Health, Plymouth as part of Mental Health Awareness for people living and working in Plymouth.

Course fees for people outside Plymouth
£97 Voluntary and community groups
£147 Statutory & Public Sector
£197 Private Sector

Introduction to Mental Health Awareness 14th February & 16th April 2013

This popular introductory course covers all of the basic issues that help advisors or front line workers develop the confidence to work effectively with service users or customers who have mental health issues. The course will be held in our first floor training room at. It starts at 10.00 a.m. and

ends at 4.00 p.m. The course fee includes lunch and refreshments throughout the day.

Course Fees –per person
£67 Voluntary and community groups
£97 Statutory and Public Sector
£147 Private Sector

HOW TO BOOK

For all of our courses, please complete a training booking form and email it to us or post it to

Training,
Plymouth & District Mind,
8 Woodside,
Greenbank,
Plymouth.
PL4 8QE



LOTTERY FUNDED