



Derby & Derbyshire

Emotional Health & Wellbeing








## Training & Events Newsletter – 04.06.21

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](mailto:Training.Events@derbyshire.gov.uk)







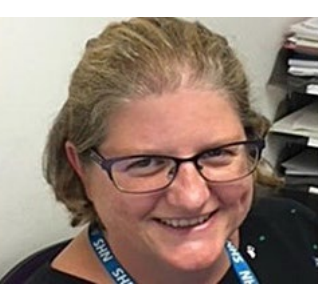




As some courses may be cancelled due to lack of bookings, please check [Derby & Derbyshire Emotional Health & Wellbeing](#) regularly.

	<p><b><u><a href="#">Relationships: Paving the way for transitioning into adulthood</a></u></b> Delivered by Lisa Cherry Tuesday 8 June 2021 - 14:00 to 16:00</p>
	<p><b><u><a href="#">The Science of Happiness: Coping with Adversity</a></u></b> Delivered by Professor Bruce Hood Tuesday 8 June 2021 - 16:00 to 17:00</p>
	<p><b><u><a href="#">The Science of Happiness: Coping with Adversity</a></u></b> Delivered by Professor Bruce Hood Thursday 10 June 2021 - 16:00 to 17:00</p>
 	<p><b><u><a href="#">Thinking Fast and Slow – What Influences the Decisions We Make</a></u></b> Hosted by Ian Kay Monday 14 June 2021 - 14:00 to 15:30 <b>This session is now fully booked, please join the waiting list</b></p>
	<p><b><u><a href="#">How to be a 'Well' Being</a></u></b> Delivered by Sanj Sandhu from Art of Brilliance Monday 14 June 2021 - 15:45 to 16:45</p>
	<p><b><u><a href="#">Talk Yourself Up: How to overcome Imposter Syndrome</a></u></b> Hosted by Jonathan Peach from Art of Brilliance Thursday 17 June 2021 - 13:00 to 14:00</p>

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	<p> <b>NEW</b></p> <p><b><u>The Happiness Survival Plan</u></b>  Delivered by Darrell Woodman from Art of Brilliance  Thursday 17 June 2021 - 15:45 to 16:45</p>
	<p><b><u>It's all about YOU (and the 'new normal')</u></b>  Hosted by Jason Todd from Art of Brilliance  Friday 18 June 2021 - 14:00 to 15:00</p>
	<p> <b>NEW</b></p> <p><b><u>Mental Wealth</u></b>  Delivered by Martin Burder from Art of Brilliance  Monday 21 June 2021 - 13:00 to 14:00</p>
	<p><b><u>Difficult Conversations and Positive Challenge</u></b>  Hosted by Lee Morris &amp; David Tomkinson from &amp;Partnership  Tuesday 22 June 2021 - 10:00 to 11:30  <b>This session is now fully booked, please join the waiting list</b></p>
	<p> <b>NEW</b></p> <p><b><u>The Impact of Covid-19 on Young People's Social and Emotional Wellbeing: How to Support Them in The 'New Normal'</u></b>  Delivered by Alice Hunt from Research in Practice  Thursday 24 June 2021 - 10:00 to 12:00</p>
	<p> <b>NEW</b></p> <p><b><u>The Impact of Covid-19 on Young People's Social and Emotional Wellbeing: How to Support Them in The 'New Normal'</u></b>  Delivered by Alice Hunt from Research in Practice  Thursday 24 June 2021 - 12:30 to 14:30</p>
	<p><b><u>Non-Directive Play Practice and the Importance of Play in the Pandemic</u></b>  Delivered by Dr Pete King, Swansea University  Friday 25 June 2021 - 10:00 to 12:00  <b>This session is now fully booked, please join the waiting list</b></p>



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	<p><b><u>Monthly Mindfulness</u></b>  Hosted by Martin Burder from 'Art of Brilliance'  Friday 25 June 2021 - 14:00 to 15:00</p>
	<p><b><u>Body Image and Perception</u></b>  Hosted by Tabitha Moore from First Steps Eating Disorders  Tuesday 29 June 2021 - 10:30 to 12:00</p>
	<p><b><u>Nutrition and Mood</u></b>  Hosted by Grace Taylor from First Steps Eating Disorders  Wednesday 30 June 2021 - 10:30 to 12:00</p>
	<p><b><u>Helping Teachers and Learners Flourish in and out of the Classroom</u></b>  Hosted by Will Hussey from Art of Brilliance  Wednesday 30 June 2021 - 15:45 to 16:45</p>
	<p>  <b><u>Mental Wealth</u></b>  Delivered by Martin Burder from Art of Brilliance  Monday 5 July 2021 - 13:00 to 14:00</p>
	<p><b><u>How to be a Happy and Healthy Effective Leader in Challenging Times</u></b>  Hosted by Jonathan Peach from Art of Brilliance  Tuesday 6 July 2021 - 15:45 to 16:45</p>
	<p><b><u>Talk Yourself Up: How to overcome Imposter Syndrome</u></b>  Hosted by Jonathan Peach from Art of Brilliance  Thursday 8 July 2021 - 10:00 to 11:00</p>
	<p><b><u>Monthly Mindfulness</u></b>  Hosted by Martin Burder from 'Art of Brilliance'  Friday 30 July 2021 14:00 to 15:00</p>



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## E-learning Opportunities

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### 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](mailto:training.events@derbyshire.gov.uk)

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## Now Live

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- 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’.
- 2- **Wellbeing Podcasts** - We have teamed up with ‘The Art of Brilliance’ to bring you short wellbeing podcasts, available on [derbyandderbyshireemotionalhealthandwellbeing.uk](http://derbyandderbyshireemotionalhealthandwellbeing.uk), selecting ‘Training & Events’, then ‘Events Resources’.

New June 2021 podcasts will include:

- New ways of working with Suzie Lavington
- Issues with parking! and What makes a soup? With Jason Todd



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