



Multi-Agency Training Programme

2020-21

Contents	Page
Early Help Training Strategy (background, context, charging policy)	4
Course Information – Section 1 - The Early Help Assessment Process	
Early Help Assessment Training	5
Course Information – Section 2 - Tools and Techniques	
Motivational Interviewing: Communicating for Change	6
Neglect Toolkit	7
Outcome Star	8
Solution Focused Approach	9
Course Information – Section 3 - Issue-based Courses	
Adolescent to Parent Violence and Abuse (APVA) Workforce Briefing	10
APVA Toolkit	11
Anxiety Management with Children and Young People	12
Bereavement and Loss	13
Child Development	14
English Unlocked	15
Gambling Awareness	16
Healthy Parent Relationships	17
Hidden Sentence	18
Introduction to Attachment	19
Introduction to ADHD in Children and Young People	20
Introduction to Autism in Children and Young People	21
Introduction to Resilience in Children and Young People	22
Managing Low Mood and in Children and Young People	23
ROAR Training (Mental Health Approach for Primary Age Children)	24
Self Harm	25
SORTED Substance Misuse Training	26
Working with Sexual Orientation and Gender Identity	27
Young Carers: Identification and Awareness	28

**Additional training provided by Northumbria Healthcare's Integrated Wellbeing Service
(application via hlthimpr.training@nhct.nhs.uk or 01670 623096)**

	Page
● Child Safety and Accident Prevention	29
● Mouth Matters (oral health)	29
● Healthy Weight in Children: Brief Intervention	29
● Introduction to Sexual Health	30
● C-Card	30
● C-Card Refresher	30
● Supporting Parents and Carers to Facilitate Conversations around Growing Up, Puberty, Sex and Relationships	31
● Youth Mental Health Awareness	31
● Youth Mental Health First Aid	31

Training Strategy

This training offer is available to anyone working with children and families in Northumberland.

Attendance is free-of-charge for all delegates, but non-attendance without prior cancellation will be charged at a rate of £50 per half day, in accordance with the Northumberland Strategic Safeguarding Partnership charging policy.

The purpose of this programme is to provide workforce development opportunities for professionals across the statutory and voluntary sectors in order to support direct work with children, young people and families.

All courses are developed and delivered by local professionals as part of a partnership approach to sharing knowledge and expertise across agencies. Governance of the training programme is provided via the NSCB in order to ensure quality standards and application of local policies and procedures.

The underlying theme of the Early Help Training Strategy is 'enabling and supporting change' at three levels:

- in the lives of children and families
- in professional practice of individual staff
- in agency approaches to working with children and families.

The training programme is divided into four sections:

1. Process – when and how to use the Early Help Assessment process effectively
2. Tools and techniques – approaches and resources which can be used to facilitate change in a range of situations
3. Issue-based courses – to develop understanding and confidence to work with specific issues and recognise the role of specialist services in each area.

The programme has also been developed to support the objectives of Northumberland's Resilience Strategy, a partnership plan to address the health and emotional well-being of children and young people across the county.

For most of the courses in this brochure, application is via Learning Together (ncc.learningpool.com). For those learning events which have a different application process, this is outlined on the course information page.

NB: For health professionals, this Early Help training offer provides continuing professional development but does not meet the criteria for mandatory level 3 multi-agency safeguarding training which must still be accessed via the NSCB Multi-Agency Training Programme.

Early Help Assessment Training



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

A half day course for those who need training around the Early Help Assessment and the Outcomes Plan.

Target Group

Anyone who works with children and is likely to complete an Early Help Assessment.

Learning Outcomes:

- To gain an understanding and be confident in using the new Early Help Assessment.
- Understand the importance of Early Intervention and Early Help Assessments
- Confident in writing a good assessment
- Be creative in capturing the voice of the whole family and know how to record this
- The role of the Lead Professional
- Understand what a Team Around the Family meeting involves
- Understand how to complete the Action Plans
- Know how to get the best from team around the family meetings
- Be confident in applying learning

Please see available date/venues below:

Date/times	Venue
2 July 2020 13.30-16.30	Northumbria House, Manor Walks Cramlington NE23 6UR
6 July 2020 13.30-16.30	Hexham Children's Centre, Beaufront Ave, Hexham NE46 1JD
29 September 2020 9.30-12.30	Northumbria House, Manor Walks Cramlington NE23 6UR
6 October 2020 9.30-12.30	Lionheart Depot, Lionheart Enterprise Park, Alnwick NE66 2ES
9 November 2020 13.30-16.30	Prudhoe Children's Centre Broomhouse Lane, Prudhoe NE42 5FT
3 December 2020 9.30-12.30	Northumbria House, Manor Walks Cramlington NE23 6UR
26 January 2021 13.30-16.30	Northumbria House, Manor Walks Cramlington NE23 6UR
11 February 2021 13.30-16.30	Lionheart Depot, Lionheart Enterprise Park, Alnwick NE66 2ES
15 March 2021 13.30-16.30	Hexham Children's Centre, Beaufront Ave, Hexham NE46 1JD
25 March 2021 13.30-16.30	Northumbria House, Manor Walks Cramlington NE23 6UR

Motivational Interviewing: Communicating for Change



How to apply

Applications for this training should be made via

ncc.learningpool.com



Overview:

This half-day workshop will explore the motivational interviewing style of communication and consider how it can support professionals in the process of engaging with clients and facilitating change.

Target Group:

The children and families workforce across Northumberland

Learning Outcomes:

- Explore the theory of motivational interviewing
- Consider its relevance to the role of the delegates
- Reflect on how this approach can support clients to learn, adapt and change their behaviour

Please see available date/venues below:

Date/times	Venue
19 June 2020 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP
12 Nov 2020 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP
16 March 2021 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP

Neglect Toolkit Awareness



Applications for this training should be made via

ncc.learningpool.com



Overview:

This half day course will explore the 'Working with Neglect: Practice Toolkit' as a tool for intervention, assessment and onward referral, where indicated. It will provide participants with the opportunity to use the tool to measure, assess and target areas of neglect in order to support the families they are working with. To consider how the pilot of the neglect practice toolkit fits within the NSCB Multi-Agency Neglect Strategy

Target Group:

Children and families workforce across Northumberland, but particularly early help workers, family workers, community health staff and anyone likely to work with issues of neglect.

Learning Outcomes:

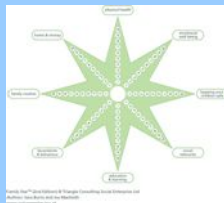
Identify concerns about parenting capacity that may contribute to neglect

- Use the practice toolkit as a tool for assessment and intervention in relation to families where there are concerns around child development.
- Explore how to engage collaboratively with parents/carers in responding to situations where neglect is identified.
- Develop action plans to work more effectively on a multi-agency basis with families where there are issues of neglect.

Please see available date/venues below:

Date/times	Venue
23 June 2020 9.30-13.00	West Hartford Fire Station, Cramlington NE23 3JP
10 November 2020 9.30-13.00	West Hartford Fire Station, Cramlington NE23 3JP

Outcome Star



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

The Outcomes Star™ is a unique suite of tools for supporting and measuring change when working with people.

Northumberland Children's Services, with partner organisations, have adopted this framework to support our work with young people and families as part of the Prevention and Early Intervention Strategy. Outcome Star is a tool to work directly with service users and also provides information which enables professionals to demonstrate measurable outcomes.

This half-day course will introduce professionals to the toolkit and equip them to work effectively with the Star model.

Target Group

Children and families workforce in Northumberland

Learning Outcomes:

- Become familiar with the Outcome Star process and the 'family' of stars available for use with particular client groups
- Explore use of the Family Star as a tool to work directly with service users to effect and measure change
- Consider the Journey of Change and its significance for action planning
- Identify good practice in use of the Star with clients

Please see available date/venues below:

Date/times	Venue
16 June 2020 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP
22 October 2020 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP
1 February 2021 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP

Solution Focused Approach



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This half-day course will explore the nature and purpose of solution focused practice and will provide delegates with the opportunity to develop skills in using this approach in professional practice

Target Group

The children and families workforce in Northumberland

Learning Outcomes:

- Define what is meant by 'solution focused approach'
- Identify situations where this approach can be used to best effect
- Explore and practise solution focused tools and techniques

Please see available date/venues below:

Date/times	Venue
23 September 2020 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP
12 January 2021 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP

Adolescent to Parent Violence and Abuse (APVA) Briefing



Applications for this training should be made via

ncc.learningpool.com



Overview

This 2-hour briefing will raise awareness of the nature and prevalence of APVA and consider our professional response to this difficult situation, including thresholds and criteria for referral to specialist support via the RESPECT programme.

Target Group

Anyone working with children and families in Northumberland

Learning Outcomes:

By the end of the course, delegates will be able to:

- Recognise signs and indicators of APVA
- Consider the issues for professionals working with APVA, including the impact on all family members
- Identify strategies for supporting parents and young people living with APVA
- Explore the thresholds and referral criteria for families to take part in the RESPECT programme

Please see available date/venues below:

Date/times	Venue
9 June 2020 10.00-12.00	West Hartford Fire Station Cramlington NE23 3JP
10 November 2020 10.00-12.00	West Hartford Fire Station Cramlington NE23 3JP

APVA Toolkit



Applications for this training should be made via

ncc.learningpool.com



Overview

This half-day course will build on the learning from the APVA Briefing by providing delegates with an opportunity to look at the tools and techniques promoted by RESPECT for working with families where adolescent to parent violence and abuse is present.

Target Group

Anyone working with children and families in Northumberland

Learning Outcomes:

By the end of the course, delegates will be able to:

- Define Adolescent to Parent Violence and Abuse
- Outline the background and context to this issue
- Identify tools and resources for working with families

Please see available date/venues below:

Date/times	Venue
13 October 2020 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP
11 January 2021 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP

Additional dates will be arranged in the north and west of the county during the year.

Anxiety Management in Children & Young People



Applications for this training should be made via

ncc.learningpool.com



Overview

This 4-hour course considers perspectives on anxiety in children and young people. The training is delivered by staff from the Primary Mental Health Service and the NCC Educational Psychology Service

Target Group

The universal children's workforce delivering an early intervention role or staff working directly in targeted services

Early Help teams, services represented in the Locality Hubs, school pastoral support staff / SENCOs, school nurses, health visitors, social workers and youth workers.

Learning Outcomes:

By the end of the course, delegates will be able to:

- Recognise the difference between normal worries and problematic anxiety
- Have an awareness of the different kinds of anxiety difficulties which can present in children and young people
- Apply knowledge in practice when an anxiety problem arises
- Have an awareness of wider local services that are available for young people with anxiety

Please see available date/venues below:

Date/times	Venue
20 October 2020 9.00-13.00	West Hartford Fire Station, Cramlington NE23 3JP
10 February 2021 9.00-13.00	West Hartford Fire Station, Cramlington NE23 3JP

Bereavement and Loss



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This half day course will provide delegates with the opportunity to consider the impact of bereavement and loss on children and young people and identify appropriate support strategies

Target Group

Anyone working with children and families in Northumberland

Learning Outcomes:

- Identify situations in which children and young people experience bereavement and loss
- Recognise the stages of grief and the implications of this for how we support children
- Consider factors which may affect the impact of bereavement
- Identify resources and strategies for supporting children experiencing bereavement and loss
- Recognise when additional specialist help may be required and how to access this

Please see available date/venues below:

Date/times	Venue
15 October 2020 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP
22 February 2021 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP

Child Development



Applications for this training should be made via

ncc.learningpool.com



Overview

This half-day course will provide delegates with the opportunity to identify key developmental milestones and consider the significance of child development theories to their professional practice.

Target Group

Anyone working with children and families in Northumberland

Learning Outcomes:

By the end of the course, delegates will be able to:

- Identify stages of children's development in relation to physical, cognitive, psycho-social, language and sexual development
- Consider the key theories relating to these domains of development
- Explore the implications of these theories for professional practice

Please see available date/venues below:

Date/times	Venue
23 June 2020 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP
14 January 2021 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP

English Unlocked



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

If staff are trained to speak English clearly, many more non-native speakers will understand them.

Training in cultural competency is crucial, but staff need communication skills too. Interpreters are costly and shouldn't be the default option for simple tasks. This training builds staff capacity and increases their ability to work with BAME communities

This half-day course will teach strategies for ensuring the most effective communication with clients who have limited English proficiency.

Target Group

Anyone working with children and families in Northumberland.

Learning Outcomes:

Delegates will have the opportunity to:

- Experience how it feels not to understand
- Learn skills and techniques to help with your communication with limited English language
- Practice these skills and get feedback

Please see available date/venues below:

Date/times	
11 June 2020 10.00-12.00	West Hartford Fire Station, Cramlington NE23 3JP

Gambling Awareness



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This 2-hour workshop, delivered by Gateshead's Gambling Support Service, will look at the nature and impact of gambling and how to provide help and support for individuals who are affected by this issue.

Target Group

Anyone working with children and families in Northumberland.

Learning Outcomes:

- Recognise the nature and prevalence of gambling
- Identify the causes of gambling, including the effect it has on the human brain
- Consider the impact of gambling on individuals and families
- Demonstrate how to use the GSAT screening tool
- Identify how to help and support individuals affected by gambling behaviour

Please see available date/venues below:

Date/times	
To be confirmed - dates will be circulated separately	

Healthy Parental Relationships



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

Disagreements and differences of opinion are normal in family life and only become a problem if they are unresolved or create ongoing tension between family members. This can often be exacerbated if parents are separated or divorced.

This one-day course has been developed locally, using materials from the government's Reducing Parental Conflict training programme. It will raise awareness of the impact of unresolved parental conflict on children and identify techniques for supporting parents to resolve differences in a healthy way. It will also emphasise the difference between parental disagreement and domestic abuse as these need very different approaches from professionals.

Target Group

Anyone working with children and families in Northumberland.

Learning Outcomes:

- Define a healthy parental relationship
- Consider the factors in family life which cause tension in parental relationships
- Identify strategies for resolving conflict in a healthy way
- Consider the impact of unresolved or unhealthy parental conflict on children

Please see available date/venues below:

Date/times
To be confirmed - dates will be circulated separately

Hidden Sentence



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This half day course will provide delegates with the opportunity to consider the impact of having a family member in prison or involved with the criminal justice system.

Target Group

Anyone working with children and families in Northumberland

Learning Outcomes:

- Identify the impact on children and families of having a family member involved in the criminal justice system
- Increase knowledge of the prison system
- Explore the range of existing support available
- Consider the implications of 'hidden sentence' for your own professional practice

Please see available date/venues below:

Date/times	Venue
9 July 2020 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP
25 January 2021 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP

Introduction to Attachment



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

There is now consistent evidence about the importance of a secure attachment relationship in the development of a child's emotional health and well-being. Early life experience, especially the early caregiver/child relationship has a significant impact on brain development.

Recognition and understanding of attachment issues and appropriate intervention is fundamental to children achieving their full potential, either by preventing difficulties arising or by building resilience where difficulties have already arisen.

The multi-agency Attachment and Resilience Training (ART) Group has developed a range of training to ensure the key messages of research are disseminated across the Northumberland Children's Workforce. The Introduction to Attachment provides a baseline of knowledge for anyone working with children, young people and families.

This course is provided as part of the Attachment and Resilience Training Strategy

Target Group

All professionals and carers who work directly with children and families.

Learning Outcomes:

- Develop an understanding of what is meant by attachment
- Recognise the impact of early experiences on the developing brain
- Identify the significances of this for the health and emotional wellbeing of the child

Date / Time	Venue
26 November 2020 9.30-13.00	West Hartford Fire Station, Cramlington NE23 3JP
2 March 2021 9.30-13.00	West Hartford Fire Station, Cramlington NE23 3JP

Introduction to Attention Deficit Hyperactivity Disorder



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This training will explore factors and behaviours which can cause difficulties with concentration. There will be opportunities to discuss and explore ADHD, including our understanding of this condition, medical research and NICE guidelines. Strategies which support the inclusion of young people will be shared.

Target Group

Anyone working with children, young people or families in Northumberland

Learning Outcomes:

- Develop a deeper understanding of the condition ADHD
- Identify factors which can cause difficulty with attention and concentration
- Consider current research around ADHD
- Explore useful strategies which can support the inclusion of young people with ADHD

Please see available date/venues below:

Date/times	Venue
12 June 2020 13.00-15.30	Adapt, Burn Lane, Hexham NE46 3HN
16 November 2020 13.00-15.30	West Hartford Fire Station, Cramlington NE23 3JP
17 March 2021 13.00-15.30	Bell View Centre, Belford NE70 7QB

Introduction to Autism in Children and Young People



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This session provides an introduction to Autistic Spectrum Disorders. Theoretical and practical aspects of ASD will be explored, to include useful tips and strategies.

Target Group

Anyone working with children, young people or families in Northumberland

Learning Outcomes:

- Provide a background to ASD and explore our own thoughts and understanding
- Identify useful strategies which can be used to support people who experience difficulties associated with autism and social communication needs

Please see available date/venues below:

Date/times	Venue
12 June 2020 9.30-12.00	Adapt, Burn Lane, Hexham NE46 3HN
16 November 2020 9.30-12.00	West Hartford Fire Station, Cramlington NE23 3JP
17 March 2021 9.30-12.00	Bell View Centre, Belford NE70 7QB

Introduction to Resilience in Children and Young People



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

Ever wondered why some children cope better with adverse experiences than others? This half-day course will provide delegates with the opportunity to consider factors which support and promote resilience, consider vulnerability factors and explore a framework for assessing and developing resilience

Target Group

Anyone working with children, young people or families in Northumberland

Learning Outcomes:

- Define what is meant by resilience
- Identify factors which impact on resilience in individual children
- Consider how to assess and actively promote resilience

Please see available date/venues below:

Date/times	Venue
18 June 2020 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP
23 November 2020 9.30-12.30	West Hartford Fire Station, Cramlington NE23 3JP
4 March 2021 9.30-12.00	West Hartford Fire Station, Cramlington NE23 3JP

Managing Low Mood in Children and Young People



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This 4-hour course considers perspectives on low mood and depression in children and young people. The training is delivered by staff from the Primary Mental Health Service and the NCC Educational Psychology Service.

Target Group

Anyone working with children, young people or families in Northumberland.

Learning Outcomes

- Consider the issues of low mood in children and young people.
- Identify how low mood may present.
- Explore strategies and resources to help young people who experience low mood.
- Recognise when more specialist help or treatment is required

Please see available date/venues below:

Date/times	Venue
16 June 2020 9.00-13.00	West Hartford Fire Station Cramlington, NE23 3JP
5 November 2020 9.00-13.00	West Hartford Fire Station Cramlington, NE23 3JP
4 March 2021 9.00-13.00	West Hartford Fire Station Cramlington, NE23 3JP

ROAR - Mental Health of Primary Age Children



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

Developed by Liverpool CAMHS, ROAR is a 1-day basic introduction to mental health, it adopts a CBT (Cognitive Behavioural Therapy) based approach. It is designed to be embedded as a whole school/setting approach to supporting mental health. Five areas are covered:

- An introduction to mental health
- Anxiety
- Low mood, depression and suicide
- Behaviour as communication
- Parental mental distress

Target Group

Anyone working with children or families with primary age children in Northumberland. Particularly relevant for school staff.

Learning Outcomes:

Learners will gain a basic understanding of mental health and some of the associated conditions as well as some resources and strategies designed to help young people struggling as a result of these needs.

Please see available date/venues below:

Date/times	
18 September 2020 9.30-16.30	West Hartford Fire Station, Cramlington NE23 3JP
19 October 2020 9.30-16.30	Bell View Centre, Belford NE70 7QB
3 February 2021 9.30-16.30	West Hartford Fire Station, Cramlington NE23 3JP

Self Harm



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This half-day course aims to widen the knowledge base about self harm for staff working directly with children and young people. It uses a strong evidence base and reflects the Northumberland Management of Self Harming and Suicidal Behaviour in Children and Young People (available on the NSCB webpage).

Target Group

All professionals and carers who work directly with children and young people including social care staff and school staff.

Learning Outcomes:

- Share their thoughts and concerns about self-harm
- Identify and explore their attitudes to self-harm
- Consider how these attitudes may impact upon their practice
- Been provided with up-to-date information about self-harm
- Consider how to talk to young people in a helpful way about self harming behaviour
- Discuss the Northumberland Procedure for Management of Self Harm and Suicidal Behaviour in Children and Young People

Date/times	Venue
6 July 2020 09:30-13:00	West Hartford Fire Station Cramlington, NE23 3JP
13 Nov 2020 09:30-13:00	West Hartford Fire Station, Cramlington NE23 3JP
9 March 2021 09:30-13:00	West Hartford Fire Station Cramlington, NE23 3JP

Sorted Substance Misuse Training



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

Sorted is the substance misuse service for young people within Northumberland. This half-day course will enable participants to find out more about substance use and young people and identify how to address some of these issues within their own practice.

Target Group

Anyone working with children, young people or families in Northumberland. This course is particularly suitable for those working with teenagers and their families

Learning Outcomes:

- Identify national and local trends in young people's substance use
- Explore why young people use substances
- Recognise signs and indicators of substance use
- Identify tools to use with young people
- Recognise how to access further support

Please see available date/venues below:

Date/times	Venue
16 July 2020 9.30-12.30	Northumbria House, Manor Walks, Cramlington, NE23 6UR
22 October 2020 9.00-12.00	Northumbria House, Manor Walks, Cramlington, NE23 6UR

Working with Sexual Orientation and Gender Identity



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

This half-day course has been developed in response to the increasing likelihood that professionals will be supporting children and young people who identify as lesbian, gay, bisexual, transgender or questioning (LGBTQ). It will provide delegates with the opportunity to develop their knowledge and understanding of these issues. Delegates will consider the lived experience of individual children/young people, the impact on families, exploring best practice and sources of support for this work.

Target Group

Anyone working with children, young people or families in Northumberland

Learning Outcomes:

- Explore myths and facts relating to LGBTQ identities
- Recognise issues that can emerge in families and settings when children and young people identify as LGBTQ
- Consider good practice when working with LGBTQ communities
- Identify local and national support and referral routes for children and families

Please see available date/venues below:

Date/times	Venue
29 September 2020 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP
12 February 2021 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP

Young Carers: Identification and Awareness



How to apply

Applications for this training should be made via

ncc.learningpool.com



Event Overview

Many children and young people have significant caring responsibilities for parents or other family members. This half-day workshop will focus on how to recognise and support young carers and consider the impact this role may be having on their own well-being and development.

Target Group

Anyone working with children, young people or families in Northumberland

Learning Outcomes:

- Define young carers and recognise their role in families
- Consider the effect of being a young carer on the individual child or young person
- Explore ways to talk to children and families appropriately and sensitively about caring responsibility
- Examine issues relating to safeguarding and confidentiality
- Identify local support services for young carers
- Consider resources for use with young carers

Please see available date/venues below:

Date/times	
1 October 2020 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP
20 January 2021 9.30-12.30	West Hartford Fire Station Cramlington NE23 3JP

Additional Training Provided by NHCT Integrated Wellbeing Service (IWS)

This training is provided free to anyone living or working in Northumberland

Child Safety and Accident Prevention

Applications (or further information) via hlthimpr.training@nhct.nhs.uk (01670 623096)

This training provides professionals working with families and parents/carers the knowledge and practical skills to address the leading causes of unintentional injuries among children. This interactive training includes demonstrations and visual materials to raise awareness of injury hazards and prevention measures that reduce the risk of unintentional injury, disability or death to young children.

Dates available on request.

Mouth Matters

Applications (or further information) via hlthimpr.training@nhct.nhs.uk (01670 623096)

This training will give participants basic knowledge and understanding in relation to the importance of oral health. Participants will gain an understanding of basic oral care and dental examinations.

Tuesday 2nd March 2021
10.00 am to 12.00 noon

Room 13, Education Centre, Wansbeck General Hospital, Woodhorn Lane, Ashington, NE63 9JJ

Healthy Weight in Children (0-19 yrs): Brief Intervention Training

Applications (or further information) via hlthimpr.training@nhct.nhs.uk (01670 623096)

This training offers age-related guidance and resources to enable you to undertake brief interventions with the parent/carers of children and young people. It offers a practical framework for supporting behaviour change and will enable you to undertake brief interventions focusing on healthy lifestyle changes for families and children including healthy eating, physical activity and an understanding of childhood obesity.

The course will give you the confidence and skills to initiate a conversation with parents/carers or young people about complex and sensitive issues such as lifestyle choices, healthy eating, childhood obesity and exercise. You will also gain knowledge of the support and signposting opportunities available within Northumberland.

Monday 18th May 2020
9.30 am – 12.00 noon

C Room 4, Northumbria Specialist Emergency Care Hospital, Northumbria Way, Cramlington, NE23 6NZ

Monday 21st September 2020
1.45 pm to 4.15 pm

Meeting Room 1, Education Centre, Hexham General Hospital, Corbridge Road, Hexham, NE46 1QL

Monday 16th November 2020
9.30 am to 12.00 noon

C Room 4, Northumbria Specialist Emergency Care Hospital, Northumbria Way, Cramlington, NE23 6NZ

Monday 1st February 2021
9.30 am to 12.00 noon

C Room 4, Northumbria Specialist Emergency Care Hospital, Northumbria Way, Cramlington, NE23 6NZ

Introduction to Sexual Health

Applications (or further information) via Hlthimpr.training@nhct.nhs.uk (01670 623096)

A stand-alone course aimed at anyone who works with young people under 25 yrs and in a position of either delivering sexual health education or advising young client groups.
There is an expectation that anyone who applies for C-Card training will have already completed this course

Wednesday 17th June 2020 9.15 am to 12.30 pm	Morpeth One-to-One Centre, Gas House Lane, Morpeth NE6 1SR
Wednesday 16th Sept 2020 9.15 am to 12.30 pm	Morpeth One-to-One Centre, Gas House Lane, Morpeth NE6 1SR
Wednesday 25th November 2020 9.15 am to 12.30 pm	Morpeth One-to-One Centre, Gas House Lane, Morpeth NE6 1SR

C-Card

Applications (or further information) via Hlthimpr.training@nhct.nhs.uk (01670 623096)

This training is aimed at anyone who works with young people aged 13 -25 years old, delivering C-Card, condom and sexual health information.

To attend C-Card training you must have completed the Introduction to Sexual Health course

Wednesday 17th June 2020 1.00 pm to 4.30 pm	Morpeth One to One Centre Gas House Lane, Morpeth, NE61 1SR
Wednesday 16th Sept 2020 1.00 pm to 4.30 pm	Morpeth One to One Centre Gas House Lane, Morpeth, NE61 1SR
Wednesday 25th November 2020 1.00 pm to 4.30 pm	Morpeth One to One Centre Gas House Lane, Morpeth, NE61 1SR

C-Card Refresher

Applications (or further information) via Hlthimpr.training@nhct.nhs.uk (01670 623096)

This refresher is aimed at anyone who works with young people aged 13-25 yrs, delivering c-card, condom and sexual health information.

To attend C-Card Refresher training you must have completed the Introduction to Sexual Health and C-Card training

Wednesday 13th May 2020 9.30 am to 1.00 pm	Morpeth One to One Centre Gas House Lane, Morpeth, NE61 1SR
Wednesday 14th October 2020 9.30 am to 1.00 pm	Room 3, Education Centre, Hexham General Hospital, Corbridge Road, Hexham, NE46 1QL

Supporting Parents and Carers to Facilitate Conversations around Growing Up, Puberty, Sex and Relationships

Applications (or further information) via Hlthimpr.training@nhct.nhs.uk (01670 623096)

Wednesday 15th July 2020 9.30 am to 12.00 noon	Morpeth One to One Centre Gas House Lane, Morpeth, NE61 1SR
Wednesday 7th October 2020 9.30 am to 12.00 noon	Morpeth One to One Centre Gas House Lane, Morpeth, NE61 1SR

Youth Mental Health Awareness

Applications (or further information) via Hlthimpr.training@nhct.nhs.uk (01670 623096)

Mental health problems affect about 1 in 10 children and young people. This introductory training raises awareness of young people's mental health. The course provides an overview of mental health problems, outlining some of the symptoms and effects, and explains what you can do to help individuals to feel supported and encouraged.

The course aims to promote positive mental health for children and young people

Please note: this training is not appropriate for mental health professionals

Thursday 11th June 2020 9.00 am to 5.00 pm	Bedlingtonshire Golf Club, Acorn Bank, Hartford Road, Bedlington, NE22 6AA
Thursday 24th September 2020 9.00 am to 5.00 pm	Bedlingtonshire Golf Club, Acorn Bank, Hartford Road, Bedlington, NE22 6AA

Youth Mental Health First Aid

Applications (or further information) via Hlthimpr.training@nhct.nhs.uk (01670 623096)

Youth Mental Health First Aid (YMHFA) is an internationally recognised training course that gives participants the knowledge, skills and confidence to support a young person who may be experiencing mental and emotional distress.

This two day training course is aimed at those who are working with individuals, groups or have line management/ supervisory responsibilities and wish to gain basic knowledge in relation to mental health.

Please note: this training is not appropriate for mental health professionals

Tues 6th & Wed 7th Oct 2020 9.15 am to 5.00 pm	Bedlingtonshire Golf Club, Acorn Bank, Hartford Road, Bedlington, NE22 6AA
Wed 24th & Thurs 25th Feb 2021 9.15 am to 5.00 pm	Bedlingtonshire Golf Club, Acorn Bank, Hartford Road, Bedlington, NE22 6AA