

Training Menu

TRAINING FROM THE MIND SKILLS AND OPPORTUNITIES CENTRE

The Mind Skills and Opportunities Centre is part of the mental health charity Mind in Taunton and West Somerset. The centre provides training in topics related to mental health which may be of interest to:

- People who have experienced mental health problems or emotional distress and for carers, family members and friends.
- Mental health care workers.
- Professionals and volunteers who come into contact with clients experiencing emotional distress.
- Anyone interested in mental health issues or personal development.



One Day Workshops

EXPLORING MENTAL HEALTH

Tuesday 5 September 10am – 4pm
Thursday 21 September 10am – 4pm

Participants will explore a range of key topics such as stigma, stereotypes, recovery and promoting positive mental health. Co-trainers who have experienced emotional distress will share and discuss issues involved in an informed and genuine way as part of the workshop. Cost £75

LEARNING MORE ABOUT DEPRESSION

Tuesday 12 September 10am – 4pm

This workshop aims to give participants a better understanding of depression and takes a look at techniques to manage this condition. This course is for those who experienced depression and for those who live with or know a person with depression. Cost £75

LEARNING MORE ABOUT ANXIETY

Tuesday 19 September 10am – 4pm

More than 1 in 10 people are likely to have a disabling anxiety disorder at some stage in their life. Participants will explore the personal experience of anxiety in relation to life events and look at coping strategies. This course is for those who experience anxiety and for those who live with or know a person with anxiety. There will be discussion times and an opportunity to learn from others in the group. Cost £75

LISTENING SKILLS

10 hours / 2 days, Tuesday 26 September & 3 October

Being listened to is of major importance and active and empathic listening is a skill that we can all develop for people who experience emotional or mental distress. There will be opportunities for delegates to take part in listening skills exercises. Cost £125

Courses

MANAGING MIDLIFE – A COURSE FOR WOMEN

10 hours (5 days of 2 hours)*

Mid life can be a challenging time for women. This is a course where women work together to develop strategies to get the most from their lives. This course is aimed at women aged 40-60 years. Cost £125

SPORTS BUDDIES TRAINING

30 hours / 10 week course*

A course for those who wish to use their love of sport to volunteer to develop the skills to support someone experiencing emotional distress. The course will cover mental health awareness, listening skills, understanding fitness, adapting sports and good practice. £250 or free for volunteers

LISTENING TO PEOPLE EXPERIENCING ILLNESS OR INJURY

30 hours / 10 week course*

Physical injury or illness can have a profound affect on the body and the emotions. This course is for those who have had this experience or those who support or care, and who wish to develop listening skills to help others. Cost £250

* denotes course starts in October. Tel 01823 289948 for more details

SUPPORTING PEOPLE IN EMOTIONAL DISTRESS – OCN LEVEL 2

30 hours / 10 week course starting Thursday 5 October, 10am – 12.30pm per week

This considers models of mental health, listening skills and information and sign posting. You will explore your own notions of Good Mental Health, practice listening skills, hear 'experts' describing their own experience of mental distress and meet agencies that can offer support to those in distress. This course is suitable for people wishing to work in a paid or voluntary role with those in emotional distress. Cost £250