Practical skills to support your physical and mental wellbeing while building resilience.

Lifelong learning
Training prospectus

We offer a wide range of fully subsidised health improvement, health education and public health training. All courses are completely **free** for anyone living or working in County Durham.

Part of:

Commissioned by:

Provided by:

Who we are and what we offer

Our training is designed to help people build their confidence, knowledge and practical skills in a variety of health and community-focused topics. Whether you are a professional, volunteer, or a member of the community, you'll find learning opportunities that support your personal development and the work you do.

We provide both accredited and non-accredited courses in a friendly, relaxed and interactive environment, making sure everyone feels welcome and supported.

Training is available in a range of formats to suit different needs:

- In-person sessions delivered in community venues across County Durham
- Online sessions delivered live via Microsoft Teams, making it easy to join from home or work
- Group bookings where we can deliver a course directly at your workplace or community setting (minimum group size: eight people)

Want to book your place on a course?

Email us on cdda-tr.cbs@nhs.net.

well being for life

Meet the team

Sarah-Louise Armstrong, Capacity Building Training Officer

Hello, I'm Sarah-Lou. I joined the Wellbeing for Life Capacity Building team in January 2024 and love the variety of the role and the chance to work with so many different people. I am passionate about making training accessible, engaging, and always improving.

Before this, I spent six years delivering first aid training across the region, something I still enjoy. I also bring a clinical background as a former Midwife, and I am completing a master's in public health. I bring all of these experiences with me into my role as trainer.

Nik Corton, Capacity Building Training Officer

I joined the training team in December 2023 after transitioning from seven years of self-employment running four businesses in weight management and physical activity.

My diverse career includes law, teaching, and varied roles such as counsellor, trustee, gym and trampoline coach, rat catcher and more. I've worked across all levels, from managing a Law Centre to entry-level roles, shaping my understanding of people and inequality.

I'm delighted to work for Wellbeing for Life in a mutually supportive, driven team. I'm excited about future collaboration, community engagement, and the growth of the training and Capacity Building team. I look forward to connecting with you, soon!

Bill Oxbrough, Capacity Building Training Officer

Hi, I'm Bill, and I've been part of Wellbeing for Life since 2020. I've held roles as a Volunteer Officer and Community Wellbeing Hub Volunteer Officer, where I developed a strong understanding of volunteer development and the communities we support across County Durham. I now work as one of the Training Officers, bringing this experience into my current role.

I specialise in delivering Making Every Contact Count (MECC) and MECC Gambling sessions, which I run regularly within workplaces and communities. I'm passionate about supporting people to have meaningful conversations that can positively impact health and wellbeing.

Before joining Wellbeing for Life, I spent 24 years with Royal Mail, followed by 15 years at Groundwork, an environmental charity. I even had a year working for a Member of Parliament, which certainly kept things interesting. I'm really enjoying being part of the training team and helping people build confidence, skills, and a bit of wellbeing along the way.

Sarah Stocks, Capacity Building Administrator

I support the trainers on a daily basis, assist with scheduling and run the team inbox. I manage learner bookings for training and external training requests.

I have worked for a property management company for several years handling the daily running of the office, and also for an enforcement company in arrest support services.

Training courses and awareness sessions

Wellbeing services courses

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National courses

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Course details

Achieving Better Sleep

Three hours | Online and face-to-face

Good sleep is essential for both mental and physical wellbeing, yet it's something many of us struggle with. This session explores common barriers to quality sleep and provides practical ideas to help you create healthier sleep habits.

Throughout the session, we explore:

- what constitutes good or restorative sleep
- how to develop daily routines, ahead of bedtime, that work for you
- creating a calm sleep environment for better rest
- building and maintaining habits that support long-term sleep quality

Together, these approaches help support healthier sleep patterns and improved wellbeing in everyday life.

Adult Mental Health First Aid

Two days | Face-to-face

The Mental Health First Aid (MHFA) course empowers Mental Health First Aiders (MHFAiders®) to play a critical role in supporting people's mental health and creating healthy working environments.

The accredited two-day course will equip MHFAiders® with:

- the knowledge and skills to spot signs of a person experiencing poor mental health
- the confidence to be able to support themselves and others
- the support to feel empowered and motivated to carry out their role

This course is ideal for anyone who'd like to gain the knowledge and skills to spot the signs of someone experiencing poor mental health, be confident to start a conversation, and signpost them to appropriate support.

MHFAiders® receive three years of certification and are invited to join the Association of Mental Health First Aiders® – England's first and only membership body for MHFAiders. As well as access to ongoing learning and expert support, members gain the benefits of being part of a national movement for better mental health.

Adult Mental Health First Aid Refresher

Four hours | Face-to-face

Mental health should be treated equally to physical health – and just like physical first aid, MHFA England recommend Mental Health First Aiders take the MHFA Refresher course every three years to ensure your mental health knowledge, awareness, and skills are up to date.

This four-hour course is designed for individuals who are already certified Mental Health First Aiders or who have completed a Level 3 Qualification in Mental Health First Aid and will support you by:

- renewing your skills
- updating your knowledge of mental health support
- giving you the chance to practise applying the Mental Health First Aid action plan

By maintaining mental health knowledge, awareness, and skills with regular Refresher training, Mental Health First Aiders can continue to support themselves and others confidently and effectively, with the potential to improve and save lives.

An Insight into Menopause

Three hours | Online and face-to-face

This training provides a practical introduction to the menopause, exploring:

- what is meant by menopause, perimenopause and early menopause
- who is affected
- the common signs and symptoms
- the range of treatment options available

The session also examines the impact of menopause in the workplace and outlines how reasonable adjustments can be used to make the workplace more accessible for those experiencing menopause-related symptoms.

Assertiveness for Everyday Confidence

Three hours | Online and face-to-face

This practical three hour session helps you understand what assertiveness really is - and how it differs from passive or aggressive behaviour.

The workshop will help you to:

- build practical assertiveness skills
- communicate clearly
- set healthy boundaries
- handle everyday situations with more confidence.

You'll learn simple techniques to stay respectful, reduce conflict, and feel more in control at work and beyond.

Basic Diabetes Awareness

Three hours | Online and face-to-face

This session provides a clear introduction to Type 1, Type 2 and pre-diabetes, helping to build a better overall understanding of the condition.

It covers:

- early signs and symptoms to be aware of
- how lifestyle choices can influence risk
- key information around prevention
- potential short- and long-term complications

The session also offers clear, practical information to help anyone develop a stronger understanding of diabetes and its impact on health.

Basic Mental Health Awareness

Three hours | Online and face-to-face

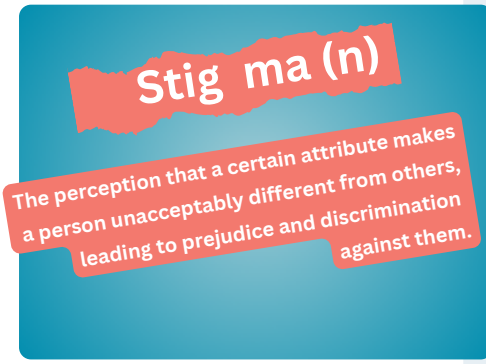
This session provides a clear, easy-to-understand introduction to mental health and mental wellbeing.

You will learn how to:

- maintain positive mental health
- recognise early signs of poor mental health
- understand common mental health conditions and their symptoms
- challenge common myths and stigma around mental health
- identify and signpost to reliable sources of support and help

This session is suitable for anyone who wants to build their knowledge and understanding of mental health and related conditions.

Challenging Mental Health Stigma and Discrimination



Three hours | Online and face-to-face

The aim of this workshop is to build skills, knowledge, understanding and confidence for anyone who is, or would like to be, involved in challenging mental health stigma and discrimination within their organisation or community.

After completing this online workshop, learners will be able to:

- explain what mental health stigma and discrimination are
- understand and describe the impact of stigma and discrimination, including its wider consequences for individuals and communities
- identify practical ways to challenge stigma and discrimination safely and effectively
- explore key tips for keeping safe and looking after their own wellbeing when challenging stigma and discrimination

Overall, the workshop supports learners to feel more confident and prepared to challenge stigma and discrimination in a thoughtful, informed and supportive way.

Communication Skills for Positive Behaviour Change

Three hours | Online and face-to-face

This session offers an introduction to communication techniques that encourage positive behaviour change.

You will learn how to:

- use active listening skills to build rapport
- support others to explore their own motivations
- guide conversations that encourage confidence and change

Together, these skills help create supportive conversations that encourage positive behaviour change in a respectful and empowering way.

This course is designed for anyone working in roles that support people to improve their health, wellbeing and quality of life.

Energy Drinks: Caffeine, Sugar, and Your Body

One hour and 30 minutes | Online and face-to-face

This short and informative session introduces:

- what energy drinks are
- the ingredients they typically contain
- the recommended guidelines for both caffeine and sugar intake

It explains how caffeine and sugar affect the body and explores how these substances interact with alcohol, offering practical strategies to help reduce energy-drink consumption.

Everyday Movement and Physical Activity

Three hours | Online and face-to-face

This friendly, interactive session is ideal for anyone who wants to become more active, or to support others to make healthy physical activity lifestyle changes.

The session focuses on physical activity of all types and at all levels, from everyday movement such as walking, gardening and housework, through to more structured activities. It highlights why even small amounts of movement matter, and explores common barriers that can make getting started or staying active feel challenging.

By the end of the session, you will feel more confident in:

- choosing activities that suit your lifestyle, interests and current ability
- setting realistic and motivating goals
- monitoring your activity levels safely
- developing simple ways to build more movement into everyday routines
- progressing at your own pace

No specialist equipment – or Lycra – required!

Making Every Contact Count (MECC)

Two hours | Online and face-to-face

This session introduces the core ideas behind Making Every Contact Count (MECC) and shows how everyday conversations can support positive behaviour change.

You will learn how to:

- use simple, practical techniques to start wellbeing conversations
- understand what helps people make and sustain change
- explore trusted resources to signpost others to information on smoking, alcohol, mental health, finances and more

The session supports learners to feel more confident in having meaningful conversations that help others access the support they need to improve their wellbeing.

MECC Gambling Harms

Two hours | Online and face-to-face

This session explores how gambling-related harms can affect individuals, families and communities.

It helps you to:

- recognise early signs of gambling-related harm
- understand why some gambling products are particularly high-risk
- use MECC (Make Every Contact Count) principles to have supportive, non-judgemental conversations with confidence
- signpost people to specialist support, encouraging prevention and early intervention

These approaches support participants to feel more confident in using everyday conversations to identify concerns early and help reduce the impact of gambling harms.

Mental Health Awareness for Line Managers

Three hours | Online and face-to-face

Line managers play a key role in creating a healthy, supportive, positive workplace.

This course will help you to:

- recognise signs of poor mental health at work
- start supportive conversations with greater confidence
- reduce stigma within your team
- create a positive and open workplace culture
- understand your role in reducing stress in the workplace and supporting staff wellbeing
- gain awareness of reasonable adjustments and how they can be applied to support staff effectively

By bringing these elements together, the course helps line managers play an active and positive role in supporting mental health and wellbeing at work.

Resilience: Tools for Challenging Times

Three hours | Online and face-to-face

This reflective, interactive session will help you to understand the meaning of resilience and how you can apply tools and strategies to strengthen it.

You will explore how to:

- recognise our natural responses to change
- recognise your personal strengths
- focus on what you can and cannot influence
- build healthy coping strategies
- understand the importance of your support networks

The session concludes by bringing these elements together, helping you feel able to maintain your wellbeing and respond positively through challenging times.

Simple Steps to Healthier Eating

Three hours | Online and face-to-face

This session gives simple, clear advice on healthy eating in the UK.

It uses the Eatwell Guide to explain:

- the main food groups
- portion size recommendations
- how to read food labels - including traffic-light labels

It also talks about common challenges people face when trying to eat well, the link with obesity, and easy food swaps that can help improve everyday eating habits.

Stress Awareness

One hour and 30 minutes | Online and face-to-face

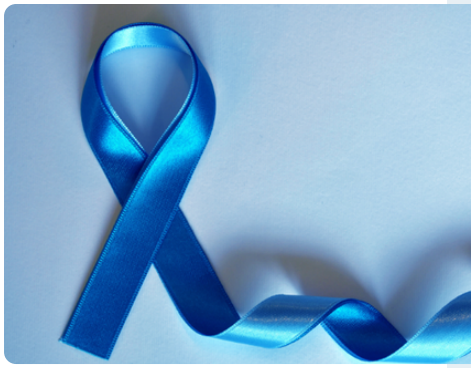
This 90 minute session helps you to understand the difference between pressure and stress, how to spot your own early warning signs, and what can trigger stress.

You'll explore:

- simple, practical ways to reduce day to day pressure and build a sense of balance
- how stress can affect your thoughts, feelings and behaviour, and ways to minimise its negative effects
- basic mindfulness techniques that can be used to manage stress more effectively in everyday situations

Overall, the session helps build awareness of stress and introduces simple techniques to support wellbeing in everyday situations.

Suicide Awareness



Three hours | Online and face-to-face

This session helps people talk more openly about suicide. It explores the local picture in County Durham, explains why stigma can make it harder for people to ask for help, and provides simple, practical guidance on how to start a caring and supportive conversation with someone about suicide.

The aim is to:

- build confidence in talking about suicide in a calm, sensitive and non-judgemental way
- increase understanding of suicide, stigma, and why open conversations can make a difference
- help people feel more able to notice when someone may be struggling and to reach out appropriately and supportively

This session is suitable for anyone who would like to feel more confident and informed about talking openly and supportively about suicide.

Contact the Capacity Building Team

To book a place on any of our training courses, or to enquire about future courses, please get in touch with the team.

If you are an organisation or have a group of eight or more people, you can also contact us to arrange in-person training at a time and place that works best for you (where possible).

Sessions are available in community venues, online, or at your workplace for groups.

cdda-tr.cbs@nhs.net

Adult Wellbeing Services

www.yourwellbeingservices.uk/lifelong-learning

All of our training and awareness sessions are fully funded by Durham County Council and therefore **free to attend** for anyone living or working in County Durham.

Part of:

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