



TRAINING PROGRAMME For Members of the Public



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About us

Mid and North Powys Mind (MNP Mind) was founded in 1989 and has provided advice, support, activities and services to people, to improve their mental health and wellbeing, since then. In 2019 we expanded our field of operations from Mid Powys and incorporated the north of the county so we are now able to offer services from Llanwrtyd Wells to Llanfyllin and from Machynlleth to Presteigne.

Enabling

We provide support and learning that enables and empowers people.

Innovative

We try out new approaches, aiming to lead the field with new ideas.

Independent

We develop our own values and principles.

Transparent

We are honest and open about our business, our services, our policies and our practices.

Responsive

Internally we listen to our clients, volunteers, staff and directors. We evaluate our services, review our policies and practices regularly and respond to needs. Externally we consult and work with partners to address local or national needs and developments.

Safe

We provide a safe and healthy workplace for staff and volunteers. We put policies in place for clarity and protection of staff, volunteers, clients and directors. Our services help to keep members safe in a confidential environment.

Inclusive

No-one will be turned away and we will try different ways to reach out to those who need us.

Respect

We respect our clients, volunteers, staff and community and their individual needs and beliefs.

Why choose us?

All the training we deliver is informed by our experience of being a leading deliverer of mental health services and wellbeing training in Mid Powys for many years. Each of our sessions is delivered by a trainer who is experienced, knowledgeable, highly trained and who understands your needs.

We keep our training sessions small, which means they are interactive.

On average, 6-8 people attend each of our courses. We use a variety of teaching techniques - group discussion, handouts, trying exercises ourselves, powerpoint, videos, etc. The tutor will spend time ensuring everyone feels at ease and settles into each session comfortably - lots of people feel nervous at the start and that is totally okay. The tutor will cover the importance of confidentiality at the start of the course, so you can feel safe to share your own experiences - we do encourage you to do this as you will get more out of the sessions that way and we all want to learn from you too!

“I use the techniques I learned on the course all the time”

“The course was enjoyable and very interesting. It gave me a greater understanding and is helping me work through my emotions and my unhealthy coping strategies.”

“I cannot thank the staff at Mid and North Powys Mind enough, the help and support I have received has been invaluable and I have learned life-long skills to help and support me for life.”

About our Courses

Our training programme runs twice a year, throughout Spring/Summer and again in Autumn/Winter.

Most of our popular courses are repeated a few times during the year. Details of all dates and times of our current courses can be found on our website or on Facebook:

www.mnpsmind.org.uk/what-we-do/training-and-courses/

www.facebook.com/mnpowysmind

Spring Training 2021		
Managing Depression	11. 11. 21 - 18. 11. 21 11 - 12pm Thursdays 8 week course	Online using Zoom Free
Mums Matter	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	Online using Zoom Free
Mums Matter - In Person	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course
Emotional Resilience (using Resilience & Commitment Therapy)	18. 11. 21 - 25. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	Online using Zoom Free
Building Self Worth	18. 11. 21 - 25. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	Online using Zoom Free
Mums Matter - In Person	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course
Self relaxation for a Happier You	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	Online using Zoom Free
Stress & Anxiety Management	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	Online using Zoom Free
A Beginners Guide to CBT (Cognitive Behavioural Therapy)	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	Online using Zoom Free
Tai Chi - In Person	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course
Facebook Wellbeing Broadcasts	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course	11. 11. 21 - 18. 11. 21 10.30 - 12.00 Tue, 1. 12pm, 8. 12pm, 15. 12pm 8 week course

Booking Essential!
 Contact: Mind Powys Health Service, Mind Powys, 11. 11. 21 - 18. 11. 21
 Tel: 01531 82449 or Email: info@mnpsmind.org.uk
 Registered Charity Number: 103088

90% of attendees felt they had a greater understanding of their mental health.

Courses are usually delivered over 2-3 hours. Some run in the day and some run in the evening. Most follow a two to six week format.

We deliver over 20 courses a year, in person and online via Zoom.

For People - The courses in this brochure are designed for those wishing to improve their own wellbeing and mental health - with the exception of MHA and MHFA, which are open to professionals.

“The course was excellent and extremely well presented. I have not only gained more understanding of how I tick but it will help me in my volunteering”

How to book a course

Booking is essential and is easy to do, please contact us in the following ways:

Email: admin@mnpmind.org.uk

Phone: 01597 824411

Facebook: [@mnpowysmind](https://www.facebook.com/mnpowysmind)



Mental Health Awareness

(MHA)

Course Overview

This course is for anyone who would like a better understanding of their own mental health.

Course Content

- What is a mental health problem?
- Statistics, stigma and issues that impact.
- The main models of understanding mental health problems.
- Signs and symptoms of common mental health problems.
- Treatment & support options.

“I’ve found the course very useful and informative, the trainer was very good and helped a lot. “

Mindfulness

Course Overview

Mindfulness offers easy to follow techniques to help find relaxation and some peace of mind whenever there are feelings of stress or worry.

Course Content

When our attention is focused into the present we become aware of a stable space, where we feel calmer, can see more clearly and make more satisfying choices. The course will help you bring your attention out of autopilot and into the present.

Course Objectives

- To shift focus from mental activity to a calmer place
- To have more choice in how we feel
- To help regain a sense of your own connection
- To feel more resilient and empowered



Mental Health First Aid (MHFA)

Course Overview

A 2-day course teaching some basic mental health first aid skills.

Course Content

- How to recognise when a person might need help and the best way to approach them.
- How to save a life by learning basic suicide intervention skills.
- **What protects your own and other people's mental health.**



Learning Outcomes

- How to apply the 5 steps of MHFA.
- How to respond if you believe someone is at risk of suicide.
- How to give immediate help until professional help is available.
- What to say and do in a crisis.
- The importance of good listening skills.
- Understanding recovery from mental health problems.
- Understanding the connection between mental health problems and alcohol and drugs.
- Understanding the connection between mental health problems and discrimination.
- A basic overview of common mental health problems.



“The course was intense but insightful, the trainers created a safe and comfortable place to share experiences and to learn from one another. Would **highly recommend.”**

Assertiveness

Course Overview

To help participants develop the confidence to use assertiveness techniques to get themselves heard.

Course content

Participants will look at the way they communicate with others and whether they use passive, aggressive or assertive characteristics. Participants will try out different assertive techniques to see if they are more effective.

Learning Outcomes

To understand:

- What assertiveness is
- The difference between passive, aggressive and assertive characteristics
- What has happened in their lives that have led to them using these characteristics
- Different assertiveness techniques
- What positive and negative enquiry is
- When people pleasing is detrimental to our mental health
- What the barriers are to using assertiveness techniques
- That being selfish is healthy

90% of course attendees said they felt more confident as a result of this course.

Anger Management

Course Overview

We aim to help participants to understand their anger and find ways to manage it.

Course Content

Participants will look at their own anger, the triggers, the patterns and how to use it constructively.

We look at breaking negative emotional cycles and learning ways to manage anger effectively.



THRIVE

THRIVE stands for Time, Healing, Resilience, Interdependence, Vivacity and Emancipation.

Time

Safe ways to take a balanced look at our lives so far, the important factors that can affect us over time including turning points, telling your story, timelines and tools to help move forward.

Healing

Ways in which people survive and heal from difficult experiences and important factors that help and hinder this process.

Resilience

Looking at tools to help you build your resilience and manage difficult emotions.

Interdependence

There is often too much emphasis within some services placed on people acquiring independent living skills without exploring social skills and connections beyond day services.

Vivacity

Going beyond 'getting through the day' to really enjoying life.

Emancipation

What it might be like to be free from mental health services and the trauma of difficult life experiences?

“More challenging than other recovery centred courses. More reflective, and ultimately more **optimistic.”**

What does the course involve?

We'll be learning in a group of up to 8 people. It may take a while to feel at ease in the group, but it's really helpful to learn with and from others. You don't have to share anything you are not comfortable with but there will be plenty of opportunities to talk as part of a whole group, in pairs or small groups and to work on your own.

There will be handouts of the key information, copies of the slides and a small piece of homework at the end of each session.

Who is the course for?

Anyone looking to 'thrive' again after not just a mental health problem, but any difficult period in life. Occasionally the time may not be right to attend a course, for example if you're going through a time of crisis.

People that have attended the course before have reported:

- Informative and refreshing look at mental health from a social, rather than medical standpoint. Seeing symptoms as ways to cope with difficult life events, rather than part of an illness.
- Full of practical tools, exercises and resources
- It can be hard to look at difficult past life experiences but there are safe ways to do this and it is important in order to see things more objectively and move on.
- Helps people to take ownership and control and also to plan for the future.

Managing Depression

Course Overview

To help participants to understand and manage their depression.

Course Content

Participants will look at their own depression and practical ways they can manage and reduce their symptoms. We will look at physical and mental symptoms, how we can help ourselves and prevent relapse.

Learning Outcomes

To understand:

- Different types of depression
- Physical and mental symptoms
- **NAT's and stopping them**
- Things that help
- Creating manageable goals
- Preventing relapse
- Where to find help
- Relaxation techniques

85% of course attendees said they felt happier about themselves after completing the course

Building Self-worth

Course Overview

Understanding self-perception and building self-esteem.

Course Content

Participants will look at their own feelings of self worth, increase their personal confidence and learn how to be kind to themselves. We look at internal and external influences that effect how we feel about ourselves and cultivate personal self acceptance.

Learning Outcomes

To understand:

- Self esteem and self worth
- Setting personal boundaries
- People pleasing
- Self confidence
- External influences and how they affect us
- What personal skills, talents and abilities we have
- Building a strong support network
- Media & self-worth



Motivation for Change

Course Overview

To help participants to understand, manage and be motivated for change.

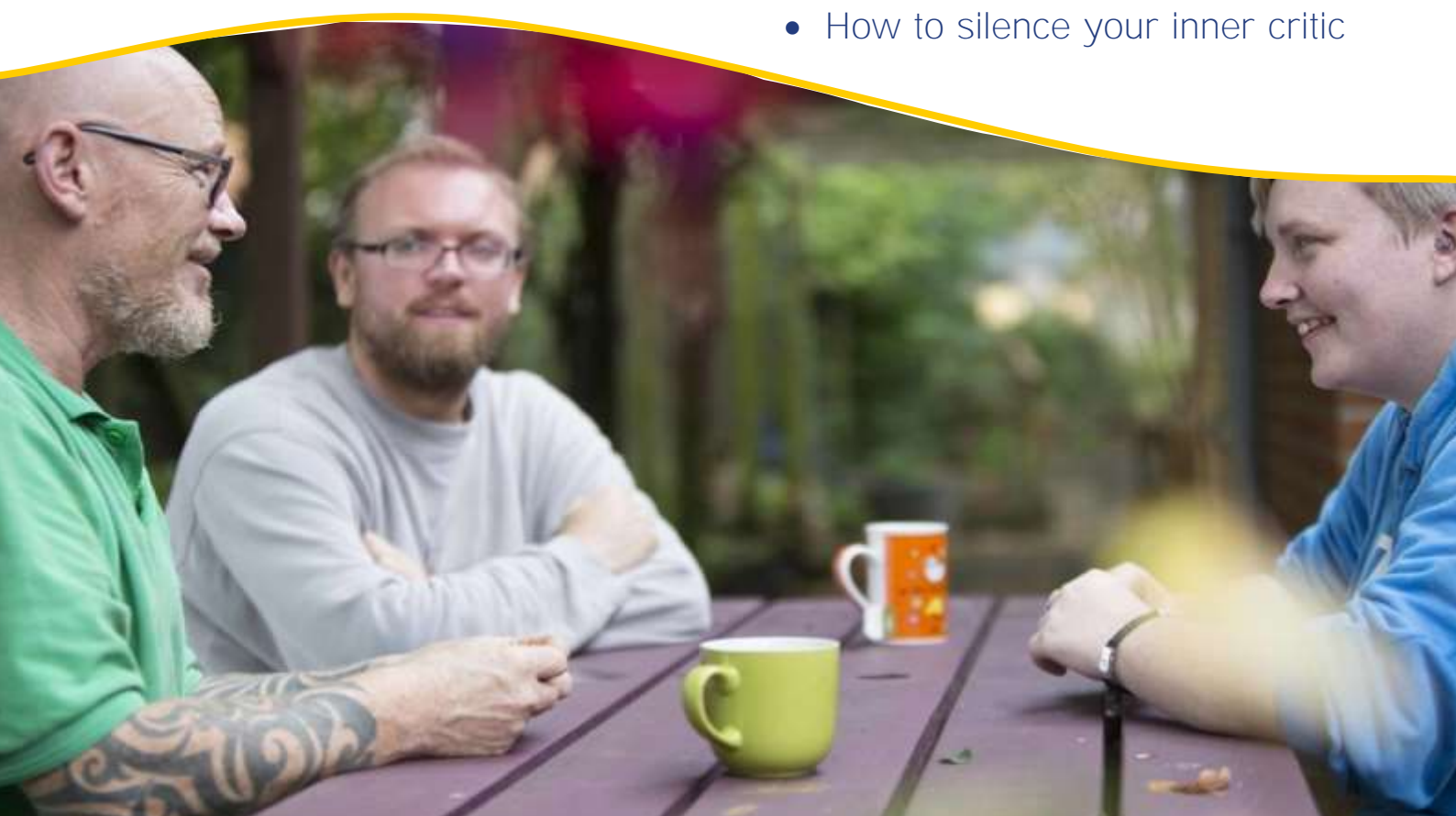
Course Outline

To look at change and how it's inevitable in our lives. Finding ways to manage change out of your control and keep up your motivation to change what is in your control.

Learning Outcomes

To understand:

- What change is
- How change has affected our lives
- How change can be managed and controlled
- What it is you really want to change
- Identifying obstacles
- Developing a wellbeing plan
- How to break behaviour chains
- How to stay motivated
- How to silence your inner critic



Stress & Anxiety Management

Course Overview

This course teaches ways to avoid stress, build resilience and feel calmer. These simple techniques will also help increase your energy and improve your concentration.

Learning Outcomes

To understand:

- What is stress, anxiety and depression
- Patterns of stress
- What are our tension triggers
- How to break down problems
- How we react to stressful times
- How to find a balance
- NATs and how to challenge them
- What can help
- Self monitoring
- How relaxation can help

“Stress and Anxiety Management was a very good course - enlightening and helpful. Excellent trainer”

Pain & Fatigue Management

Course Overview

This group course is suitable for anybody over 16 years of age who is experiencing chronic pain or fatigue or any condition where these are a symptom.

Course Content

During this course you will become familiar with helpful tools and strategies that you can use to help you to cope better with your symptoms.

You'll learn about tracking your symptoms, setting goals, pacing your daily activity and using Acceptance and Commitment Therapy (ACT) tools including mindfulness and compassionate self-care to help you in your daily life.

98% of people attending courses at Mid & North Powys Mind said they had a positive experience.

Keeping Mentally Fit

Course Overview

Keeping physically fit is important, but so is keeping mentally fit. This course gives you a tool kit of ways to build up your mental health.

Learning Outcomes

To understand:

- Why keeping mentally fit is as important as keeping physically fit
- What is needed to keep yourself mentally fit
- How to declutter your mind - NATs
- What are your triggers
- How to challenge unhelpful thoughts



Self-Hypnosis for Recharging and Healing

Course Overview

This group course teaches self-hypnosis to calm your mind, relax your body and feel at ease and comfortable within yourself.

Course Content

Self-hypnosis uses guided relaxation, inward concentration, and focused attention to achieve a heightened state of awareness.

In this naturally occurring state, a person may focus his or her attention to make positive changes.

95% of people felt their mental health had improved as a result of attending the course

Coping with the symptoms of the Menopause

Course Overview

This course will help you to gain an understanding of the physical and mental aspects of the experience of the menopause.

Course Content

To help you to check and understand your symptoms and look at treatment options that help. To encourage women to explore together how our symptoms affect us and share good practise and tips to help each other.

The course also looks at emotional resilience during the menopause and how CBT techniques can help.



Change your Thinking for a Happier You

Course Overview

The course covers negative self-talk, what we control, emotions and feelings, finding the positive in adversity, living life on life's terms and observing self work.

Course Content

We talk through the concepts and participants are set weekly homework and challenges. Each week the course builds on the previous sessions to bring about a different way to approach life and finding inner happiness, strength and calmness.



Emotional Resilience

Course Overview

Learn ways to build mental wellbeing to guard against the possible negative effects of future difficult life events.

Course Content

We will look at what how and where in our bodies we feel and recognise our emotions and how we tend to respond to each of them. We will look at how we deal with strong emotions, the need to respond to them in some way and how to respond to them in more controlled and balanced way.



Intro to CBT

Course Overview

This course is for anyone who wants to learn more about Cognitive behavioural Therapy and how these skills can help you day to life.

Course Content

This course will cover the basics of what CBT is - the relationship between how you think and how you behave. The course will help you to recognise your common thinking patterns and suggest tools and techniques you can use to help you respond in a better way.



Tai Chi

Course Overview

This course teaches beginners and those with more experience, tai chi. As well as providing a supportive place to practice.


Course Content

We have an on-going group ran by our tutor every other week and two very experienced volunteers in the week between - enabling the group to run every week. A small charge is made towards venue costs. Wear **loose and comfortable clothing to attend. We also run 'taster' sessions.**

Tai chi is great for relaxation, balance, stretching out the body and stress reduction.





 mind
Mid and
North Powys
Canolbath a
Gogledd Powys

We are Mid and North Powys Mind.

We provide information, support, activities and training to anyone ages 16+ in Mid and North Powys with an interest in mental health and well-being.

Mid and North Powys Mind

Crescent Chambers

South Crescent

Llandrindod Wells

LD1 5DH

01597 824411

admin@mnpmind.org.uk

www.mnpmind.org.uk

Registered charity number: 1167840

 mind Mid and North Powys Canolbath a Gogledd Powys