




<p><b>Course Title</b></p>	<p>Mental Health First Aid Champions Training Course Become an MHFA Champion</p>				
<p><b>Course Description</b></p>	<div style="text-align: center;">  </div> <p>This one-day mental health awareness and skills course (formally MHFA Lite) qualifies you as an MHFA Champion, an additional support to mental health first aiders. This course is ideal for organisations who wish to train their employees to support existing mental health first aiders (MHFA), as well as empowering individuals to increase their own wellbeing and reduce stigma. This course focuses on mental health in the workplace and associated strategy and legislation. To gain the full skill set of a MHFAider you should attend the two-day course (available at Cambourne 19<sup>th</sup> &amp; 20<sup>th</sup> March 2022). There is a minimum age of 19 to enrol on an Adult MHFA course.</p> <p>This one-day mental health awareness and skills course qualifies you as an Adult MHFA Champion. MHFA Champions have:</p> <ul style="list-style-type: none"> <li>• An understanding of common mental health issues</li> <li>• Knowledge and confidence to advocate for mental health awareness</li> <li>• Ability to spot signs of mental ill health</li> <li>• Skills to support positive wellbeing</li> </ul>				
<p><b>Start Date</b></p>	<p>2<sup>nd</sup> Oct 2021</p>	<p><b>Day &amp; Time</b></p>	<p>Saturday 9.30am – 5.00pm</p>	<p><b>Venue</b></p>	<p>Comberton Village College</p>
<p><b>Tutor Details</b></p>	<p><b>Jenny White</b> has been delivering training for nearly 10 years. Her background is in corporate HR where she completed her CIPD qualifications, then more latterly in nursing, spending five years on a general Paediatric ward in Cambridge. The two careers combined make her a personable and knowledgeable trainer. Jenny set up the Bridge First Aid in 2014 after leaving the NHS and has expanded the business to meet demands. Jenny is currently training in Equine Facilitated Therapy. She is qualified to deliver all regulated First Aid courses and also fully qualified to deliver Mental Health First Aid which she says is a privilege. Jenny has also completed the Applied Suicide Intervention Skills Training (ASIST) which trains frontline staff in early intervention. Basic skills really do save lives.</p>				

<b>No. of wks</b>	1	<b>Terms</b>	1
<b>Fee</b>	<b>FREE*/£70</b> (see eligibility criteria below)	<b>Concessionary Fee</b>	<b>FREE*/£58</b> (see eligibility criteria below)
<b>Course Level:</b>	Mixed ability		X
	Level 1, Level 2 (equiv. to GCSE / NVQ2)		
	Level 3 Equivalent GCE A Level		
<b>Skills or qualifications needed for entry into the class</b>		None	
<b>Course aims &amp; objectives</b>			
<p><b>What to expect:</b>  We limit numbers to 16 people per course in order that the instructor can provide sufficient support to all participants. The day includes a mix of presentations, group discussions and workshop activities. You will get an MHFA manual to keep and refer to whenever you need it. When you complete the day you will receive a certificate to verify that you are an MHFA Champion.</p> <p><i>“The course helped me evaluate the support I have given in the past (when my work colleague experienced mental ill health) and provided information to help me improve the way I support people in future.”</i></p> <p><b>Learning outcomes:</b></p> <p><b>Session 1</b></p> <ul style="list-style-type: none"> <li>• About Mental Health First Aid</li> <li>• About mental health and stress in the workplace</li> <li>• Stigma and discrimination</li> <li>• Depression</li> <li>• Anxiety disorders</li> <li>• Other mental health issues (eating disorders, self-harm, psychosis)</li> <li>• Early warning signs of mental ill health</li> <li>• Alcohol, drugs and mental health</li> </ul> <p><b>Session 2</b></p> <ul style="list-style-type: none"> <li>• Applying the Mental Health First Aid action plan</li> <li>• Action 1: Approach the person, assess and assist with any crisis</li> <li>• Suicide</li> <li>• Action 2: Listen and communicate non-judgementally</li> <li>• Action 3: Give support and information</li> <li>• Action 4: Encourage the person to get appropriate professional help</li> <li>• Action 5: Encourage other supports</li> <li>• Recovery</li> <li>• Building a mentally healthy workplace</li> <li>• Action planning for using MHFA</li> </ul>			

<b>Progression – after this course what might you do next?</b>	
<p>These will be discussed during the training as will depend on individual preferences. However, you may wish to progress to the Mental Health First Aid accredited course, which is to be held on 19<sup>th</sup> &amp; 20<sup>th</sup> March 2022 at Cambourne Village College, please see our website for details. You can also visit <a href="https://www.thebridgefirstaid.co.uk/home">https://www.thebridgefirstaid.co.uk/home</a> to read more about implementing Mental Health First Aid into your own organisation and progression.</p>	
<b>How progress &amp; success will be recorded</b>	
<p>Completion of exercises throughout the training.</p>	
<b>Additional course costs (e.g. visits, materials, books, equipment)</b>	
<p>None. Student Manual and workbooks, action card and certificate are included in the course fee and valued at £20 per learner.</p>	
<b>Materials/equipment required for first class</b>	<p><b>You must bring photographic ID to the class</b></p> <p>Please bring a packed lunch and drink (we are unable to provide refreshments on site at weekends).</p>
<b>Contact for further information</b>	<p>Adult Education: 01223 264721 <a href="mailto:commed@combertonvc.org">commed@combertonvc.org</a></p>

### **Funding**

This course is funded through the Adult Education Budget allocated by the Cambridgeshire and Peterborough Combined Authority (CPCA) or the Education and Skills Funding Agency (ESFA) and part financed by the European Social Fund (ESF) programme. This funding is managed by Cambridgeshire County Council, Adult Learning and Skills. A short video covering the background of ESF, what it does, how it helps and who benefits is available on the European Union website:

<http://ec.europa.eu/esf/home.jsp>

### **Eligibility criteria \***

In order to qualify for a FREE place on this course, you must be eligible for us to claim funding to cover the costs. The eligibility criteria is as follows:

- Aged 19 or older on 31 August 2021
- You are a citizen of a country within the European Economic Area (EEA) or other countries determined within the EEA, including those with bilateral agreements such as Switzerland, or have settled status or the Right of Abode in the UK, **AND**

have been ordinarily resident in the EEA or other countries determined within the EEA, including those with bilateral agreements such as Switzerland, for at least the previous 3 years on the first day of learning

- you must fully complete an enrolment form
- you must complete a feedback form

If you do not qualify for a free course, then you can attend by paying the relevant fee.

### **Enrolment and Payment**

Please enrol at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. **Please assume the class is running once payment has been received, unless you hear to the contrary.**

We would appreciate payment of fees over the telephone by debit card to avoid contact, however, if that is not possible then we will accept cheque or cash.

By Phone: 01223 264721

Email: [commed@combertonvc.org](mailto:commed@combertonvc.org)

Cheques: The Cam Academy Trust

Address: Adult Education, Comberton Village College  
Comberton, Cambridge, CB23 7DU

In person: Please bring payment to Reception

9.15am – 2.00pm Mon-Thurs

6.45pm – 9.15pm Weds, term time only

### **Refunds**

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness) will be replaced with an extra class at the end.

### **Concessionary Fees**

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

### **Calendar** (Please check start date of specific courses)

Autumn Term Half term 25<sup>th</sup> – 29<sup>th</sup> Oct 2021

Spring Term Half term 14<sup>th</sup> – 18<sup>th</sup> Feb 2022

Summer Term Half term 30<sup>th</sup> May – 3<sup>rd</sup> June 2022

During the summer holiday period a member of staff will pick up messages each week and return calls and emails. We are closed in other school holidays.

### **Equalities statement**

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2021). We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website [www.cambsals.co.uk](http://www.cambsals.co.uk) for details of all our funded courses.

### **Safeguarding Statement**

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

### **How we use your data**

<https://www.gov.uk/government/publications/esfa-privacy-notice>



CAMBRIDGESHIRE  
& PETERBOROUGH  
COMBINED AUTHORITY



Cambridgeshire  
County Council



CAMBRIDGESHIRE  
SKILLS



Education & Skills  
Funding Agency



European Union  
European  
Social Fund