




www.dorkingnurserychildrenscentre.org.uk

West Street, Dorking, Surrey RH4 1BY
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National Support School
designated by

National College for
Teaching & Leadership



Mental Health First Aid Workplace Champion Training

Tutor: Jane Cattermole
Thurs 14th November 2019
9.00am – 5.00pm
at Dorking Nursery School & Children's Centre



This course is aimed at line managers to learn about common mental health conditions to support the management of their staff, focussing on anxiety and depression. The one-day mental health awareness and skills course qualifies you as an MHFA Champion.

MHFA Champions have:

- ❖ An understanding of common mental health issues
- ❖ Knowledge and confidence to advocate for mental health awareness
- ❖ An ability to spot signs of mental ill health
- ❖ Skills to support positive wellbeing

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn. Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan.

Cost
£85 per person
Includes sandwich lunch & refreshments

Venue
Dorking Nursery School & Children's Centre
West Street, Dorking, Surrey RH4 1BY

Instructor - Jane Cattermole

Jane is a certified MHFA Workplace Associate Trainer and part of the MHFA England National Training team. She has been running bespoke mental health awareness, stress management and other business focussed training for employers for nearly 20 years. Running The Mainly Mental Health Company brings Jane into contact with a wide variety of businesses. She made the leap to launching her own Training & Consultancy business after spending 15 years providing specialist employment and training services in and around Surrey for a small charity

Mental Health First Aid

MHFA is an internationally recognised, evidence-based programme of training which includes: 2-day full MHFA programme for Adult, Youth and Armed Forces; 1-day MHFA Champion for Workplace, Schools & Colleges and Higher Education; and 1/2-day MHFA Aware for Adult and Youth.

BOOKING FORM PLEASE USE CAPITAL LETTERS

To secure your place, please complete **all** details on this form, and email **with your payment/invoice request** to: centre@dorking.surrey.sch.uk, or post to:
Janine Young
Dorking Nursery School and Children's Centre
West Street, Dorking, Surrey RH4 1BY

DNS 19/150 Thurs 14 Nov 2019, 9.00am – 5.00pm
Mental Health First Aid Workplace Champion 1 day
Names & job titles of delegates

Total number of places required

Name of School /Organisation
Address
Post code

Telephone number
Email address

Training fee £85
per person
Please inform us of any special requirements, including dietary & physical, associated with your booking

Method of payment
 I request an invoice. Our purchase order No./Ref is.....
 I enclose a cheque made payable to Dorking Nursery School
Booked on By

Booking information
An email will be sent confirming your place.
Cancellation charges:
- less than one calendar month – 25% charge
- less than 10 working days – 50% charge
- less than 5 working days – 100% charge
We reserve the right to cancel a course, in which case full refund will be made