

FREE for anyone living or working in County Durham



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.** 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: 8 people)

What's On: April – June 2026

Take a look at our training calendar below to see everything we have planned for April to June 2026. To stay fully up to date with what we are running and when, please visit the **What's On** guide on our website. You can find all current and upcoming training dates under the Lifelong Learning section: [Lifelong Learning Archives - Your Wellbeing Services](#)

Bookings

To book a place on any of our training courses, or to enquire about future courses, please email: cdda-tr.cbs@nhs.net

If you are an organisation or have a group of **8 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).

Expressions of Interest

If you would like to register your interest in any of the following courses, please email: cdda-tr.cbs@nhs.net

Courses currently open for expressions of interest:

- Adult Mental Health First Aid (2 Day Course)
- Adult Mental Health First Aid Refresher (Half Day Course)
- Achieving Better Sleep
- Awareness Around Energy Drinks & Caffeine
- Mental Health Awareness For Line Managers
- Healthy Eating: It's a Balancing Act

Upcoming Training Sessions

All of the following courses are scheduled to be delivered virtually, via Microsoft Teams.

COURSE	DATE	TIME
JULY		
Making Every Contact Count (MECC)	Tuesday 7 th July	9:30am to 11:30am
MECC Gambling Harms	Tuesday 21 st July	9:30am to 12pm
AUGUST		
Assertiveness Skills	Tuesday 4 th August	9:30am to 12:30pm
Basic Diabetes Awareness	Wednesday 5 th August	9:30am to 12:30pm
Making Every Contact Count (MECC)	Wednesday 5 th August	1pm to 3pm
MECC Gambling Harms	Tuesday 11 th August	9:30am to 12pm
Stress Awareness Toolbox	Wednesday 12 th August	10am to 11:30am
Motivational Interviewing & Communication Skills	Friday 21 st August	9:30am to 12:30pm
An Insight Into Menopause	Tuesday 25 th August	9:30am to 12:30pm
Challenging Mental Health Stigma & Discrimination	Wednesday 26 th August	9:30am to 12:30pm
SEPTEMBER		
Making Every Contact Count (MECC)	Wednesday 2 nd September	1pm to 3pm
Building Personal Resilience to Change	Thursday 3 rd September	9:30am to 12:30pm
Suicide Awareness Workshop	Wednesday 9 th September	9:30am to 12:30pm
MECC Gambling Harms	Wednesday 16 th September	9:30am to 12pm
A Fresh Start With Physical Activity	Friday 18 th September	9:30am to 12:30pm
Basic Mental Health Awareness Toolbox	Thursday 24 th September	10am to 11:30am

Disclaimer: We reserve the right to reschedule or cancel courses. Reasons for this may be, but not restricted to, low enrolment numbers, technical issues and tutor availability.

Course Details

A Fresh Start with Physical Activity

This friendly, practical session is ideal for anyone wanting to become more active or support others to make healthy changes.

You will explore why physical activity is important, the real-life benefits it brings, and the common barriers that make getting started difficult.

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

- choosing activities that suit your lifestyle
- setting realistic and motivating goals
- monitoring your activity levels safely
- developing simple techniques to build activity into your routine
- progressing at your own pace

No specialist equipment - or Lycra - required!



Achieving Better Sleep

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 tools to help you create healthier sleep habits.

You will learn how to:

- recognise factors that disrupt sleep
- develop a bedtime routine that works for you
- create a calm environment for better rest
- build habits that support long-term sleep quality



Adult Mental Health First Aid – 2 Day Course

This accredited two-day course equips you with the skills to recognise the signs of poor mental health and common mental health conditions.

You will learn how to:

- identify signs and symptoms early
- approach and support someone in crisis
- assess risk and encourage appropriate help
- build confidence in starting difficult conversations
- signpost effectively to professional and community support

Ideal for professionals, volunteers and community members who want to feel confident supporting others.



Adult Mental Health First Aid Refresher – Half Day Course

This half-day session is for trained Mental Health First Aiders who are within the recommended refresher period and want to keep their skills current. The course provides an opportunity to revisit the core MHFA principles, refresh confidence in recognising signs of poor mental health, and practise supportive, non-judgemental conversations.

You will update your understanding of:

- common mental health conditions and early warning signs
- using the ALGEE action plan in real-life situations
- how and where to signpost for further support

Ideal for anyone wanting to maintain their competence and confidence as a Mental Health First Aider.



An Insight into Menopause

This session provides a clear and supportive introduction to menopause - what it is, how it affects people, and how to create understanding in the workplace.

You will learn about:

- signs, symptoms and typical experiences
- treatment options and ways to manage symptoms
- the impact on health, wellbeing and work
- how managers and colleagues can offer meaningful support
- reducing stigma and opening up positive conversations

This course is valuable for everyone, not just those experiencing menopause.



Assertiveness Skills

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

You will learn how to:

- communicate clearly and confidently
- express thoughts and feelings respectfully
- set boundaries without conflict
- apply simple assertiveness techniques in everyday situations

A great course for improving confidence, communication and workplace relationships.



Awareness Around Energy Drinks and Caffeine

Energy drinks and high-caffeine products are increasingly popular, especially with young people. This session explores what's in these drinks and how they affect our health.

You will learn:

- the difference between energy drinks and sports drinks
- recommended limits for caffeine and sugar
- short- and long-term health impacts
- how to make informed choices for yourself or the people you support



Basic Diabetes Awareness

This session introduces the key facts about pre-diabetes, type 1 and type 2 diabetes.

You will explore:

- the early signs to look out for
- how lifestyle choices can reduce risk
- prevention, detection and complications
- practical steps to support better health outcomes



Ideal for anyone working with the public or wanting to understand diabetes better.

Basic Mental Health Awareness Toolbox

A welcoming introduction to mental health, mental illness and the factors that influence both.

You will learn to:

- recognise early signs of poor mental health
- understand common conditions and their symptoms
- challenge myths and stigma
- feel more confident in offering initial support
- signpost to reliable sources of help



Building Personal Resilience to Change

This reflective, interactive session helps you understand what resilience is and how you can strengthen it during times of change.

You will explore how to:

- recognise your personal strengths
- focus on what you can influence
- build healthy coping strategies
- understand your support networks
- maintain wellbeing through challenging times

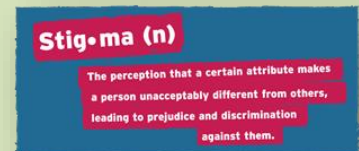


Challenging Mental Health Stigma & Discrimination

This course empowers you to recognise and challenge mental health stigma in your organisation or community.

You will learn how to:

- understand the impact of stigma and discrimination
- promote positive attitudes and conversations
- support others to seek help sooner
- be a confident advocate for mental health awareness
- use practical tools to create more inclusive environments



Healthy Eating: It's a Balancing Act.

This practical session looks at how everyday food choices affect our health and wellbeing.

You will learn:

- the principles of a balanced diet
- how portion size affects health
- how to make healthier choices on a budget
- simple changes that support long-term wellbeing



Making Every Contact Count (MECC)

MECC helps you use everyday conversations to support others with their wellbeing.

In this session, you'll learn how to:

- start brief, meaningful wellbeing conversations
- use behaviour change techniques
- talk about topics like smoking, alcohol, weight, mental health and more
- signpost to trusted support services

Perfect for anyone working with the public or supporting others in community settings.



MECC Gambling Harms

This session raises awareness of gambling harms and their impact on individuals, families and communities.

You will learn how to:

- recognise signs of gambling-related harm
- understand why certain products are risky
- hold supportive conversations with confidence
- signpost to specialist treatment and support
- promote prevention and early intervention



Mental Health Awareness for Line Managers

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

This course will help you to:

- recognise signs of poor mental health at work
- start supportive conversations with confidence
- reduce stigma within your team
- create a positive and open workplace culture
- understand your role in supporting staff wellbeing



Motivational Interviewing and Communication Skills

A practical introduction to communication techniques that encourage positive behaviour change.

You will learn how to:

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



Stress Awareness Toolbox

This session helps you understand the difference between pressure and stress - and how both affect us.

You will learn how to:

- recognise your own early warning signs
- understand what triggers stress
- use simple tools to reduce pressure
- manage stress in healthier ways



Suicide Awareness Workshop

This sensitive and supportive workshop helps you feel more confident talking to someone who may be experiencing thoughts of suicide.

You will learn how to:

- recognise warning signs
- approach the conversation safely
- respond with confidence and care
- signpost to immediate and longer-term support
- reduce stigma and encourage open dialogue

Suitable for volunteers, frontline staff and anyone supporting members of the public.

