

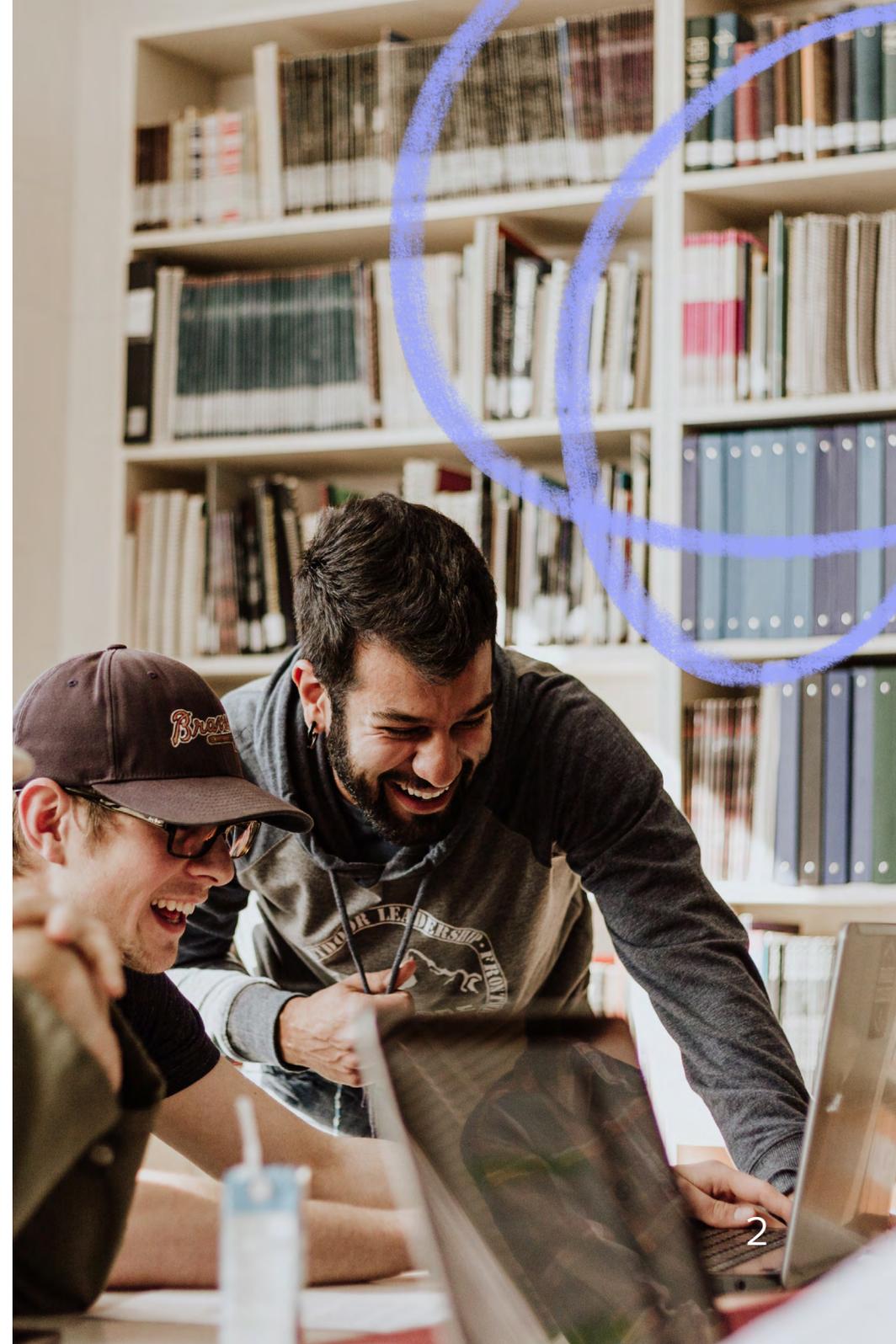


# Training Brochure

Leaders and innovators in  
mental health training

 mind Norfolk and Waveney

Norfolk and Waveney Mind are established and trusted leaders in mental health training, mindfulness and workplace wellbeing. We are the **leading mental health charity in Norfolk and Waveney** affiliated to **National Mind**. We have provided training **since 1966** to businesses, education providers, V.C.S.E's as well as the general public. More than just training, we support everyone in our local community through our **Mental Health Champion Network (MHN)** which provides regular events, refresher training, talks and networking opportunities to all those who take part in our courses or training.



# Our Services

## Workplaces

Beginning with a free consultation, our advice and training packages support workplaces to develop wellbeing cultures within the work environment. One which supports open conversations about mental health and the development of active policies that support staff wellbeing.

### **Our support and training includes:**

- Free consultation
- Wellness Action Plans
- Employee Wellbeing Survey / Audit
- Managing Mental Health in the Workplace
- Mental Health Awareness
- Mental Health First Aid
- Webinars
- Access to our MHC Network
- Mental Health for line managers

## Education Providers

Our advice and training packages support educational organisations to develop whole organisation approaches to wellbeing. It includes training, advice and support on policies and embedding wellbeing into the curriculum.

### **Our support and training includes:**

- Youth Mental Health Awareness
- Youth Mental Health First Aid & Champion training
- Advice on mental health and prevention policies
- Access to our MHFA network

# Our Services

## Courses for individuals

Norfolk and Waveney Mind also run regular open courses for anyone who wants to learn more about mental health or how to support their own/others wellbeing. This includes a large programme of mindfulness courses and introductory and advanced courses in mental health awareness and specific mental health behaviours and conditions.

### Our open training includes:

- Mindfulness
- Talks
- Webinars
- Mental Health Awareness
- Mental Health First Aid
- Suicide Awareness & Intervention Skills

## Suicide Awareness & Intervention Skills

Norfolk and Waveney Mind are specialists in suicide awareness and intervention skills training and are experienced and qualified in delivering introductory and advanced level training in a variety of contexts including for businesses, VCSE's and education.

### Our support and training includes:

- Suicide Awareness (Suicide Talk)
- Introductory Suicide Awareness & Intervention skills (QPR)
- Advanced Suicide Intervention skills (ASIST, Suicide Responders)
- MHFA Adult / Youth / Champion

# Key Stats

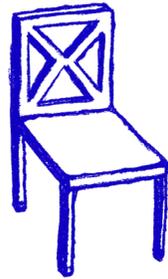
Mental ill health is responsible for

**72 million**  
working days lost each year



The average time off per person was 26 days, costing an estimated  
**£34.9 Billion**  
each year

Line Managers “style” is the  
**2nd**  
most common cause of stress in the workplace after workloads



**1 in 5**

people take a day off due to stress, yet 90% of these people cited a different reason for their absence

Every year it costs business

**£1,300**

per employee whose mental health needs are unsupported

For every £1 an organisation invests in their employees mental health and wellbeing, they can expect to see an average return of

**£4.20**

**49%**

of line managers reported a wish for basic training in common mental health conditions

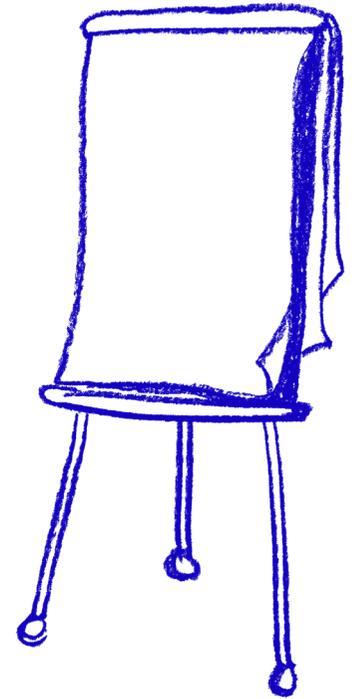
84% of UK line managers believe they are responsible for employee wellbeing, but only

**24%**

have received training

**15%**

of employees who disclosed mental health issues to their line manager reported being disciplined, dismissed or demoted



# Why train with us?

- We deliver industry standard, certificated and accredited courses
- We are the regional lead (Norfolk, Waveney & Suffolk) and specialists in Suicide Awareness & Intervention Skills Training
- Our trainers are all accredited with several years' experience within the sector
- The majority of our courses are co-produced with those with lived experience.
- Our courses feature up to date, local and national information and resources
- As the leading mental health charity in the region, we are embedded in the community of Norfolk and Waveney



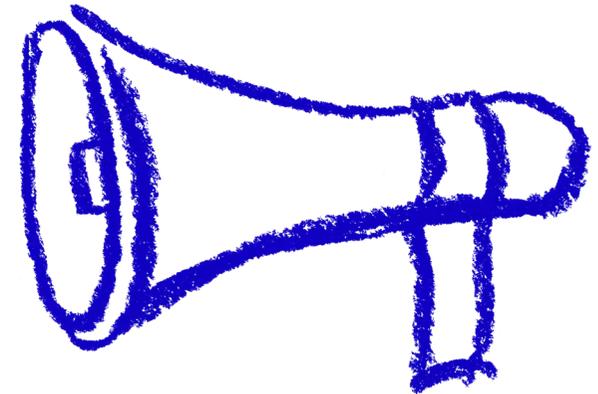
# Testimonials

“Great content and very well executed.”

“Excellent course, learned loads and lots of opportunities for reflection.”

“Excellent trainer, the standard of delivery really brought the course alive.”

“Really insightful and applicable in my work when speaking with clients as well as when supporting my team and the wider organisation.”



# Mindfulness

Mindfulness, applied skilfully, can improve your workplace performance and wellbeing. It is proven that learning in a group is significantly more effective than mindfulness apps alone.

## Mindfulness can help to:

- Increase creativity and innovation
- Reduce burnout and cultivate resilience to stress
- Develop and focus concentration
- Effective communication, resolve conflict and improve teamwork



# Our Mindfulness Courses

**For over 10 year, our qualified teachers have offered bespoke on-line and on-site packages to grow mindfulness skills in your workplace.**

## **Mindfulness and Resilient Remote Working**

Taster workshop drawing on mindfulness to improve our health and emotional wellbeing in home/isolated working settings.

## **Introduction to Mindfulness at Work**

An experiential overview of mindfulness skills and their workplace application for better wellbeing, creativity and performance.

## **Mindful Communication**

Bringing Mindfulness into our daily interactions to build and repair relationships (drawing on Non-Violent Communication and Restorative Practice).

## **Mindful Leadership**

Embodied mindfulness, as a core competence in leading effective, inclusive teams; for better communication, focus and greater authenticity.

## **Self-Compassion for Caring Professions**

Explores the role of mindfulness approaches in preventing compassion-fatigue and burnout.

## **Finding Peace in a Frantic World**

This 6 - 8 week course, designed by Oxford Mindfulness Centre distils the essence of traditional, evidence based, mindfulness programmes, to help busy people find presence and calm in their lives.

## **Mindfulness, Race and Inclusion**

Mindful awareness illuminates our unconscious bias and cultivates empathy, enabling truly inclusive working. In partnership with Face Value Training, race awareness specialists.

## **Contact us:**

**Email:** [mindfulness@norfolkandwaveneymind.org.uk](mailto:mindfulness@norfolkandwaveneymind.org.uk)

**Phone:** 0300 330 5488

**Website:** [www.norfolkandwaveneymind.org.uk/mindfulness](http://www.norfolkandwaveneymind.org.uk/mindfulness)

# Join our Mental Health Champion Network

**The Mental Health Champion Network (MHC)** Is a free to join information & networking group with regular webinars and events. The Network is free to join to all those who have taken part in our mental health training and mindfulness courses.

All MHC members benefit from the opportunity to receive information about Norfolk and Waveney Mind events, regular newsletters and access to a network of peers, Mental Health Champions and Mental Health First Aiders.

**To join the network please email**  
[training@norfolkandwaveneymind.org.uk](mailto:training@norfolkandwaveneymind.org.uk)

**or visit us online**  
[www.norfolkandwaveneymind.org.uk/mental-health-champion-network](http://www.norfolkandwaveneymind.org.uk/mental-health-champion-network)



# Contact us

## Locations

Our training can be delivered across Norfolk and Waveney or online. We can facilitate delivery via Zoom, Teams or bespoke systems. Our team has a good knowledge of the region and can help to arrange venues.

## Get in touch

**Email:** [training@norfolkandwaveneymind.org.uk](mailto:training@norfolkandwaveneymind.org.uk)

**Phone:** 0300 330 5488

**Website:** [www.norfolkandwaveneymind.org.uk/training-and-courses](http://www.norfolkandwaveneymind.org.uk/training-and-courses)

## Connect with us

