

# Be Well

Community Learning CIC



## Be Well Community Learning CIC

Supporting our community to thrive



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Be Well Community Learning CIC specialises in delivering qualifications and courses that promote mental health, well-being, and understanding health inequalities.

Be Well's courses have been developed by a multi-talented team consisting of mental health experts, teachers, early years workers, wellbeing life coaches and mindfulness practitioners with the intent to impact the learners in their ability to have a good understanding of their own mental health and wellbeing as well as being able to support others.

The learning outcomes included in our training, provide learners with knowledge, skills and tools to help address stress, develop self awareness and improve a positive sense of wellbeing. Our courses aim to empower learners to pursue their goals, aspirations and productivity.



**Nikki Parry**  
Director  
Be Well Learning

## Courses Include

Mental Health First Aid Two Day

Mental Health First Aid Refresher Half Day

MHFA Champion One Day

Mental Health Aware Half Day

Suicide First Aid: Understanding Suicide Interventions One Day

Suicide First Aid Lite Half Day

Suicide First Aid Youth

Emergency First Aid at Work One Day

Paediatric First Aid Two Day

Resilience and Wellbeing

Address Your Stress

Small Changes, Big Impact

The Oliver McGowan Mandatory Tier 1 and 2 Training on Learning Disability and Autism

Understanding Distressed Behaviour

Bespoke course design on request





**Our Instructors are accredited through MHFA England. MHFA England are the only provider of licensed Mental Health First Aid Instructor Training in England, accredited by the Royal Society for Public Health.**



**Our tutors are qualified through The National Centre for Suicide Prevention Education & Training UK CIC, the sole organisation in the UK offering internationally recognised SFA: Suicide First Aid accredited programs.**



**We successfully achieved the Matrix Standard. Our primary focus is providing quality training. The Matrix assessment confirmed that the information and guidance we offer meet high standards. This ensures that we can continue delivering a service that our community and clients truly deserves.**



**Evidence-based - grounded in research and rigorously tested, our courses are developed with input from clinical experts and those with lived experience of mental health issues, autism and learning disabilities.**



**Our training extends beyond the classroom. A fundamental part of our service includes encouraging signposts to professional services and other supports. The range of agencies and services we signpost is extensive and has also enabled us to provide our learners with employment opportunities as well as support.**



## Safety and support

At Be Well Community Learning, our commitment goes beyond simply educating our learners; we prioritise their holistic development, ensuring their well-being, safety, and understanding of essential values. Within our courses, we seamlessly integrate three vital components: prevention education, safeguarding practices, and the promotion of British values.

**Prevention Education:** Empowering our learners with the knowledge and skills to make informed decisions regarding their health and well-being is paramount. Through discussions and activities, we address a wide range of topics, including mental health awareness, extremism, and personal safety. By fostering open dialogue and providing accurate information, we equip our learners with the tools they need to navigate life's challenges confidently.

**Safeguarding Practices:** At Be Well Community Learning, safeguarding is not just a policy; it's a fundamental aspect of our culture. We maintain a vigilant approach to safeguarding, ensuring that our learners feel safe, supported, and respected. Our staff undergo regular safeguarding training and respond appropriately to any concerns. At the outset of each of our courses, we establish a group agreement, where the tutor leads learners through our safeguarding procedures. This fosters an environment where learners are able to feel comfortable expressing their concerns, knowing that they will be heard and supported without judgment.

**Promotion of British Values:** Central to our educational philosophy is the promotion of British values, including democracy, the rule of law, individual liberty, mutual respect, and tolerance for those with different faiths and beliefs. These values are interwoven into our lessons, permeating every aspect of life. Through discussions, debates, and interactive activities, we encourage our learners to challenge their unconscious bias and develop an understanding of these values and their significance in fostering an inclusive society.

By integrating prevention education, safeguarding practices, and the promotion of British values into our curriculum, Be Well Community Learning ensures that our students not only excel academically but also emerge as responsible, compassionate, and empowered individuals prepared to thrive in an ever-changing world.

## Resilience and Wellbeing

This course allows participants to learn about resilience and the effect stress has on wellbeing. Through a series of exercises and activities, participants will increase their awareness, recognise the early warning signs, and know how to monitor and manage their own level of risk.

Participants will develop an understanding of how marginal gains can build to greater wellbeing and emotional resilience. The role of Mindfulness in stress reduction will be considered and participants will be supported in practical ways of incorporating Mindfulness into their everyday life.

Course timings: 10:00 until 15:00

### **Session One**

- Define and discuss resilience
- Understand what influences a person's resilience
- Consider factors that influence mental health
- Describe sources of stress and the stress container
- Consider thinking patterns and describe the vicious cycle

### **Session Two**

- Describe the self care life wheel
- Describe nurturing and depleting activities
- Consider the positive impact of mindfulness and self care
- Consider a personal action plan including small habit changes

All participants receive a toolkit prior to course. This includes:

- Stress container
- Life Wheel
- Self care takeaway menu
- Wellbeing activities
- Marginal gains
- 10 Keys to happier living





## **Mental Health Awareness**

Mental Health Awareness offers an introduction to mental health and mental health issues. It is an awareness course intended to introduce mental health to the general public.

The aim of this training will enable learners to increase their knowledge in:

- Mental health and mental health issues
- Factors affecting mental health
- Stigma and its impact on recovery
- Beginning a conversation with someone about their mental health
- Confidence to support someone in distress or who may be experiencing a mental health issue
- Looking after your own mental health

Training is delivered by an instructor accredited by Public Health with a mixture of group activities, presentations, and discussions.

Course timings: 10:00 until 15:00

### **Session outcomes**

- Understanding what mental health is
- Understanding how mental health can change
- A basic knowledge of mental health issues
- Understanding protective and risk factors
- Stigma and discrimination
- Stress awareness and management
- Learning how to spot the signs of distress and knowing how to provide support
- Signpost to support
- Confidence to offer support to someone in distress

To find out if you are able to book a free place,  
Visit: [www.bewelllearning.com](http://www.bewelllearning.com) | Email: [support@bewelllearning.com](mailto:support@bewelllearning.com)  
Call: 07594 862 719 | Follow us on social media @bewelllearning or scan:



## Small Changes, Big Impact

Small changes, big impact is a program based on supporting those with busy lives take some time to reflect and be empowered to take control of their lives. this is achieved through simple, actionable activities which will lead to an increased sense of resilience and wellbeing.

The program has been developed by a multi-talented team consisting of mental health experts, teachers, early years workers, wellbeing life coaches and mindfulness practitioners.

For the best possible outcome this program is designed to be delivered by a facilitator to a small group of between 6-12, with one 90 minute session once a week for 4 consecutive weeks. This could be delivered face to face or online.

<p><b>Session One</b></p> <ul style="list-style-type: none"> <li>• Understand what stress is and how it affects us</li> <li>• Discuss sources of stress</li> <li>• Identify what is in our stress container and start to identify coping strategies</li> </ul>	<p><b>Session Two</b></p> <ul style="list-style-type: none"> <li>• Discuss different ways of engaging in self care</li> <li>• Complete self care life wheel</li> <li>• Reflect on current self care activities and reflect on small steps to be made to encourage improvements</li> <li>• Engage in mindfulness practice</li> </ul>
<p><b>Session Three</b></p> <ul style="list-style-type: none"> <li>• Explore the importance of gratitude</li> <li>• Consider how small changes can make a big impact</li> <li>• Set some goals to enhance some aspects of our day to day life</li> </ul>	<p><b>Session Four</b></p> <ul style="list-style-type: none"> <li>• Revisiting the stress container to see progress and appreciate change</li> <li>• See changes in progress and appreciate impact</li> </ul>





# Be Well

EDUCATION | LEARNING | DEVELOPMENT



## Contact us

Get in touch to find out if you are able to book a free place on our funded courses



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