

## Instructions for delegates

Leicestershire Learning & Development Mental Health trainers are offering a mixture of a **Virtual 2 day** and **Face to Face 2 day** courses for the Mental Health First Aid Youth.

**ONLINE** The virtual online course is made up of both individual learning activities and a series of live sessions. Individual learning will be based on a combination of videos, workbook activities and reading. **This can be done at your own pace in advance of each live session.** The live sessions are led by our approved MHFA England Instructors.

**Course Details** - Virtual Live sessions 1 & 2: **dates below** - Live sessions 3 & 4: **dates below**

You will be expected to attend the live sessions and complete your individual learning during the day 9 am till 5pm.\*\*\*\*\*

**FACE to Face courses** These will be held at Beaumanor Hall. 9am till 5pm. Dates are below

**Please note you must attend both days all day to achieve Mental health First Aider status**

**NETWORK sessions** As part of your accreditation towards Healthy School Plus status, you will need to attend one network session – dates are below – a teams link will be sent nearer the time.

Cohort	Course dates	Delegates deadline to sign-up	Deliverers	Location
9	12 <sup>th</sup> September & 19 <sup>th</sup> September 2022	1 <sup>st</sup> September	Madeleine & Zaheda	Virtual
<a href="#">Link to register</a>				
<a href="#">Enabley Link : for individual learning</a>				
10	11 <sup>th</sup> October & 25 <sup>th</sup> October 2022	1 <sup>st</sup> October	Sue & Liz	Face to Face Beaumanor Hall
<a href="#">Link to register</a>				
11	15 <sup>th</sup> November & 22 <sup>nd</sup> November 2022	1 <sup>st</sup> November	Sue & Madeleine	Face to face Beaumanor Hall
<a href="#">Link to register</a>				
Network session 29 <sup>th</sup> November 2022 @3:30 pm				
12	11 <sup>th</sup> January & 18 <sup>th</sup> January 2023	4 <sup>th</sup> Jan	Zaheda & Sam	Virtual
<a href="#">Link to register</a>				
<a href="#">Enabley Link: for individual learning</a>				
13	9 <sup>th</sup> February & 16 <sup>th</sup> February 2023	1 <sup>st</sup> Feb	Sam & Liz	Face to face Beaumanor Hall
<a href="#">Link to register</a>				
14	22 <sup>nd</sup> March & 29 <sup>th</sup> March 2023	12 <sup>th</sup> March	Zaheda & Sam	Virtual



<a href="#">Link to register</a>
<a href="#">Enabley Link: for individual learning</a>
Network session April 19 <sup>th</sup> 2023 @3:30pm

### MHFA YOUTH course booking

You will need to register on the MHFA website as a delegate – from this, MHFA England will send out the resources that you need to take part in the training.

The links are above and you need to register 2 weeks before the session date so there is enough time for your resources to be posted to you

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### The Online Learning Hub (Enabley) (not needed for Face to face training )

The Online Learning Hub is where you will be able to

- Complete the individual learning activities
- Chat with the other course participants
- Contact your course instructor

If you have any issues with this, please contact Sue Harrison on [Sue.Harrison@leics.gov.uk](mailto:Sue.Harrison@leics.gov.uk)

Note: this link is meant to be used only for your first entry to the platform.

After you have successfully managed to register, you will have to use this link instead:

<https://mhfa.echo.timetoknow.com/>

Once you have signed up and logged in you will see that you have been assigned to an Online Mental Health First Aid Course.

### Individual Learning

The course, on the Online Learning Hub, will direct you through all the individual learning activities. Please make sure to complete all the activities you need to in advance of each live session. Once a live session has taken place, the next set of activities you need to complete will be made available.

The activities include reading through pages of your MHFA Course Manual, watching videos and answering some reflective questions. Ensure you allow enough time to complete these activities between sessions.

Before live session 1 you **must** have completed the **Activities 1 thru 7** following individual learning on the Online Learning Hub:

### ONLINE Live sessions

For the best experience it is recommended that you use a laptop or computer rather than a phone or tablet to access the Teams session.

You will be sent a Teams invite for the live sessions via email – please save these to your calendar and use them to join the session.

Live sessions will start 15mins before the advertised start time.

Please ensure you have completed all the individual learning activities in advance of the Live session as we will be building on the knowledge you have gained. *If you haven't completed the activities, it may be difficult to participate in the skills practice in the session.*

## Getting Started

It's recommended that you use Chrome to access the Teams session. To avoid any difficulties, please ensure that you are using the latest version of your browser.

Test your tech before joining a session. Make sure that your webcam, microphone and speakers are working so that you can fully participate in the live sessions. Please make sure that your camera is turned on to enable full engagement .

Think about your surroundings and try to be in a comfortable and quiet space. Try to minimise and background noise and reduce possible distractions by turning off your emails and mobile phone.

## Further Support

It is important to recognise that this course covers material which you may find emotionally triggering. Your self-care is important and your safety throughout is our priority. Please consider identifying someone who could potentially support you during or after the course if you need it. Please take some time to identify this person before the course starts.

Many thanks

*Sue Harrison*

Senior Learning & Development Advisor

Children & Family Services

People Services

Learning & Development

Leicestershire County Council



**0116 305 6083 (direct line)**