

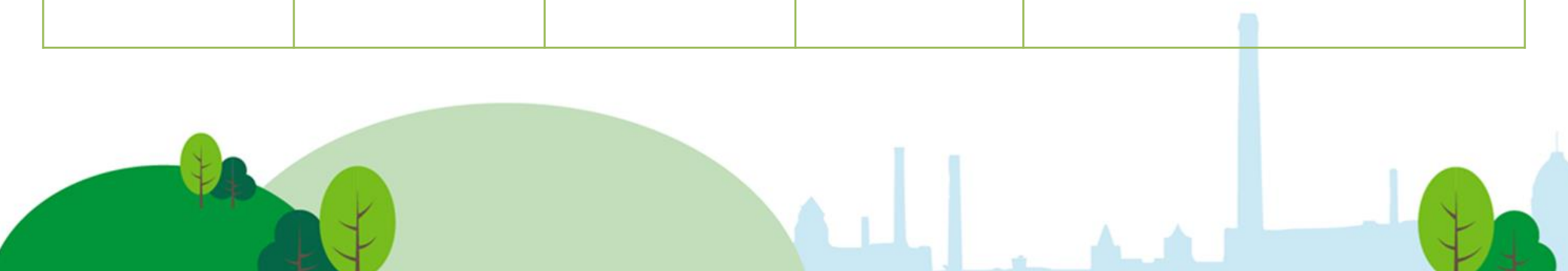
TRAINING COURSES

July – November 2019

Free training sessions for any patients or residents who want to get involved in health and social care. You can choose from whichever courses you are interested in.



Training course	How to book	Date & Time	Location	What will the session cover?
1. Mental Health InMind	Click here to book online	10.30am – 11.45am Thursday 18 th July 2019	Compassion in Action, 58 Leigh Road, Leigh, WN7 1QY	Our free 1-hour InMind session will help you learn more about looking after your mental wellbeing and spotting the signs of negative mental health.
2. Understanding the Local NHS 3. Different ways to get people involved (You can attend both or choose one session to attend)	Click here to book online Click here to book online	1.30pm – 2.45pm 3pm – 4.30pm Wednesday 31 st July 2019	St Peters Pavilion, (Walter Hurst Lounge) Hurst Street, Hindley, WN2 3DN	The first session will give an overview of the local NHS, what commissioning is and how the system works together. The second session will cover some different tools and techniques to engage with people. We will talk about real case studies from patient groups.



Training course	How to book	Date & Time	Location	What will the session cover?
<p>4. Minute Taking</p> <p>5. Chairing a meeting & committee skills</p> <p>(You can attend both or choose one session to attend)</p>	<p>Click here to book online</p> <p>Click here to book online</p>	<p>1pm – 2.20pm</p> <p>2.40pm – 4pm</p> <p>Thursday 15th August 2019</p>	<p>Sunshine House Community Hub, (Stockton Room), Wellington Street, Wigan, WN1 3SA</p>	<p>The first session will introduce you to how to take minutes and notes at meetings with some practical hints and tips.</p> <p>The second session will give you an overview of how to chair a meeting well. It will cover preparation, what to do in the meeting and follow up. We also talk about skills to be an effective member of a committee of a group.</p>
<p>6. Dementia Friends</p> <p>7. Autism Friends</p> <p>(You can attend both or choose one session to attend)</p>	<p>Click here to book online</p> <p>Click here to book online</p>	<p>1pm – 2pm</p> <p>2.15pm - 3.15pm</p> <p>Wednesday 18th September 2019</p>	<p>Ashton Leisure Centre, Old Road, Ashton-in-Makerfield, WN4 9TP</p>	<p>The first session will help you understand what it's like to live with dementia and what you can do in the community.</p> <p>The second session will help you understand what it's like to live with Autism and what you can do to make the community more autism friendly.</p>

Training course	How to book	Date & Time	Location	What will the session cover?
8. Introduction to Social Media	Click here to book online	2pm – 4pm Wednesday 23 rd October 2019	Atherleigh Park Hospital, (Wait in reception), Atherleigh Way, Leigh, WN7 1YN	This session will cover the basics of what social media is and how it can be used.
9. Disability Awareness Training	Click here to book online	1pm – 3pm Thursday 14 th November 2019	Sunshine House, (Annex 1), Wellington Street, Scholes, WN1 3SA	This session will help you understand what it's like to live with a disability and what you can do to be more aware, including recognizing peoples' unique gifts and skills so that they will feel more welcome in society.

We are busy planning more sessions and we will keep this document up to date.
You can [click here](#) to see more information about the training.

You can also book on to any of the training courses by:

Calling: 01942 482711 or **Emailing:** shapeyournhs@wiganboroughccg.nhs.uk

Ask to speak to a member of the Communications & Engagement Team

