

## Training Course

**Wednesday 21 January 2009**

Kings Fund, 11-13 Cavendish Square, London W1G 0AN

**Tuesday 27 January 2009**

King's House, Sidney Street, Manchester M1 7HB

**Thursday 29 January 2009**

BVSC, 138 Digbeth, Birmingham B5 6DR

**Wednesday 4 February 2009**

The Spot, 73 Saxevel Street, Derby DE1 2JR



# Mental Health and Adult Learning and Skills Introductory Awareness Training

**niace**  
promoting adult learning

Please retain pages 1 - 5

You will find this course gives you a thorough introduction to the key issues relating to mental health and how you could better support learners with these difficulties.

## Background

Mental health difficulties are a major reason for ill-health in this country. One in four of us will experience mental health difficulties at some point in our lives and an estimated one third of GP time is spent on mental health issues. People with mental health difficulties still remain one of the most isolated and stigmatised groups in society.

In line with the government's drive for social inclusion and the requirements of the Disability Discrimination Act (DDA), educational organisations should strive to provide an environment that addresses the barriers to learning faced by people with mental health problems. People with mental health difficulties have traditionally been underrepresented in adult education and training and too many people with mental health difficulties spend their days alone and without activity to fill their time. Yet we know that being in work, participating in learning, having friends and being involved in the community promotes positive mental well-being and can be an important part of the recovery process.

Adult learning and skills development can play an important role in tackling stigma and discrimination. It provides opportunities to widen social networks and be with other people. It can lead to improved job prospects and be a means to building confidence, hope

and optimism. Learning can be a very valuable part of the recovery process.

## Training aims and content

This interactive one-day training workshop aims to:

- Give you an overview of the prevalence of mental health difficulties in society and how these may affect learners
- Develop the way you work with people with mental health difficulties in supporting learning opportunities
- Help you understand the difference between mental health difficulties and being mentally healthy
- Make you aware of the signs and symptoms of the most common mental health difficulties and their impact on learners and learning
- Provide you with strategies to overcome barriers to learning
- Help you reflect on your current working practice and how you might develop

The emphasis will be on the social model of understanding mental health difficulties.

## Training outcomes

By the end of the workshop participants will be able to:

- Understand the difference between mental health difficulties and being mentally healthy
- Be aware of some of the signs and symptoms of the most common mental health difficulties and their impact on learners and learning

- Identify strategies to overcome barriers to learning and the learning training environment
- Explore what they as an individual and their organisation can do to improve the mental well-being of all learners
- Explore what they as an individual and their organisation can do to improve the mental well-being of all learners.

### Audience

You will find this course of benefit if you are:

- A member of frontline staff
- A tutor, lecturer or trainer
- Someone who supports tutors, lecturers or trainers
- A middle or senior manager who is new to the topic of mental health

This includes staff from a wide range of organisations:

- Adult and Community Learning
- Careers Services
- Community Groups and Voluntary sector organisations
- Connexions
- Disability organisations
- Further Education and Sixth Form Colleges
- Higher Education
- Homeless and Housing support sector
- Jobcentre Plus
- Learning Partnerships
- Local Authorities including libraries and museums
- Local Education Authorities
- Neighbourhood Renewal Projects

- nextstep and other IAG providers
- Prison and Probation Services
- Training Organisations
- Trade Union Learning Representatives
- Work based training providers
- Specialist independent colleges

## Programme

- 09:30** Arrival and registration (tea/coffee available)
- 10:00** Welcome and introduction to the day  
What is mental health?
- 11:00** Tea/coffee break
- 11:15** Stigma and discrimination
- 11:45** Impact of mental health difficulties
- 12:30** Breaking down the barriers Part 1
- 13:00** Lunch
- 13:45** Breaking down the barriers Whispering Exercise
- 14:10** Learner journeys
- 14:30** Working break (Refreshments)
- 15:00** Action planning
- 16:00** Evaluation and close (tea/coffee available)

This programme is correct at the time of going to press. The organisers reserve the right to make changes to the published programme in the event of one or more of the advertised speakers being unable to attend. Delegates have no claim against NIACE in respect of such changes.

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### Event information

- Arrival and registration is at 9:30am for a 10:00am start. The event will end at 4:00pm.
- Event fee per person: **£198**  
(includes lunch, tea/coffee)  
**NB: NIACE does not charge VAT on conference or course fees.**
- Only application forms with the payments section completed will be processed  
**NB: If you wish us to invoice your employer we require a copy of the Purchase Order before the form is processed**
- Places are limited to 40 participants and will be allocated on receipt of completed application forms, on a 'first-come, first-served' basis
- Completed and signed application forms must be faxed or posted to NIACE by the closing date. Reservations by telephone cannot be accepted
- Application forms are individually acknowledged by e-mail. Joining instructions, including map and directions, will be posted out one week before the event
- Participants should be prepared to take their own notes as there will not be handouts for all sessions.
- If you have not received an e-mail confirming your attendance and joining instructions 4 working days before the event please contact:

Raksha Kanani  
Tel: 0116 285 9661  
Fax: 0116 285 9670  
Minicom: 0116 255 6049  
E-mail: [courses@niace.org.uk](mailto:courses@niace.org.uk)

### Application conditions

Event: Wednesday 21 January 2009

**Closing Date: Wednesday 7 January 2009**

Event: Tuesday 27 January 2009

**Closing Date: Tuesday 13 January 2009**

Event: Thursday 29 January 2009

**Closing Date: Tuesday 15 January 2009**

Event: Wednesday 4 February 2009

**Closing Date: Wednesday 21 January 2009**

- Cancellations will only be accepted if received in writing before the closing date and will be subject to an administration fee of £50
- The full fee is payable prior to the event
- Substitutions are to be advised **5 working days** prior to the event
- A **10 working days** notice period is required for provision of palantypists, sign language interpreters and translation to Braille.

NIACE, the National Institute of Adult Continuing Education, was founded in 1921. The National Institute seeks to secure an education system responsive to the diversity of adults' needs and aspirations as learners, and in particular to those who benefited least from initial education. It is our belief that a system fit for adults of all ages and in all their complexity will work better for all learners.

The National Institute is active in many areas - in research, development, publishing, seminars, conferences and training courses, and has an active individual membership.

NIACE is a company limited by guarantee.  
Registration no. 2603322 Registered charity no. 1002775.  
Registered Address: 21 De Montfort Street, Leicester LE1 7GE

NIACE Conference, Seminars and Training Courses Office  
Renaissance House, 20 Princess Road West  
Leicester LE1 6TP

Tel: 0116 204 2833 Fax: 0116 254 8368

Minicom: 0116 255 6049

E-mail: [conferences@niace.org.uk](mailto:conferences@niace.org.uk)

Website: <http://www.niace.org.uk>



INVESTOR IN PEOPLE



promoting adult learning



### Conferences and Seminars

#### Maths takes you there

- Thursday 2 October 2008, Sheffield

#### Tracking and monitoring progression from Family Learning

- Monday 6 October 2008, Leicester

#### Making the Connection: Mental Health and Family Learning

- Tuesday 14 October 2008, Leeds
- Wednesday 15 October 2008, Leicester

#### Support Around Innovative Learning

- Tuesday 28 - Thursday 30 October 2008, Online

#### Employability and Young Adults: Driving the agenda forward

- Thursday 6 November 2008, Sheffield

#### Making the Connection: Mental Health and Family Learning

- Monday 10 November 2008, London

#### Media Literacy: Opening Access to Adults

- Monday 17 November 2008, London

#### Employability, Learning and Skills for people with Mental Health problems

- Monday 24 November 2008, Sheffield

#### Digital Inclusion: How do we ensure that all citizens, especially the disadvantaged, benefit from new technologies?

- Thursday 27 November 2008, Nottingham

#### Learning and Skills Research Network conference

- Thursday 4 December 2008, London

#### Family Learning: Impact and the national agenda

- Thursday 22 - Friday 23 January 2009, Sheffield

### Training Courses

#### Mental health and Adult learning and skills - Policy and Practice

- Tuesday 30 September 2008, Bristol
- Tuesday 11 November 2008, Newcastle

#### Mental Health Awareness Adult Learning and Skills

- Thursday 2 October 2008, Newcastle

#### Getting on Brilliantly 1 – Getting the best out of groups and teams

- Wednesday 15 October 2008, Birmingham

#### Getting on Brilliantly 2 – Getting the best out of Line Management

- Thursday 16 October 2008, Birmingham

#### Upskilling Frontline Staff

- Thursday 16 October 2008, Birmingham

#### How to use the Starter Pack as a CPD Resource: a practical workshop

- Friday 17 October 2008, Birmingham
- Thursday 27 November 2008, Manchester

#### Goal Setting and Action Planning with Individuals and Groups: A practical workshop

- Tuesday 21 October 2008, Birmingham
- Tuesday 4 November 2008, London
- Thursday 13 November 2008, Manchester

#### Fund it: Funding learning for people who have Mental Health Difficulties

- Saturday 11 October 2008, Facilitated 10-Week Online course with Face-to-Face induction in Cambridge

#### How to use the Spelling Pack as a CPD resource: a practical workshop

- Thursday 6 November 2008, London

#### Dyslexia Awareness for Work-Based Learning practitioners – a one day Workshop “It’s about so much more than pastel paper and pretty folders”

- Wednesday 26 November 2008, Birmingham
- Friday 5 December 2008, York

#### Demonstrating Impact for Quality using RARPA

- Wednesday 26 November 2008, London
- Friday 28 November 2008, Birmingham

#### Improving Teaching and Learning using RARPA

- Monday 1 December 2008, London
- Thursday 11 December 2008, Birmingham

Please complete and return the full application form

# Application Form

My organisation has authorised my attendance on:

- Wednesday 21 January 2009, London
  Thursday 29 January 2009, Birmingham  
 Tuesday 27 January 2009, Manchester
  Wednesday 4 February 2009, Derby

## Participant's details

Title \_\_\_\_\_ Full name \_\_\_\_\_  
 Job title \_\_\_\_\_ Organisation \_\_\_\_\_  
 Daytime tel no. \_\_\_\_\_ Mobile no. \_\_\_\_\_  
 Fax \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Address (for pre-event papers) \_\_\_\_\_  
 \_\_\_\_\_ Postcode \_\_\_\_\_  
 This is my  Home address  Work address

**Payment:** The signatory is responsible for payment.

**Event fee: £198**

(includes lunch, tea/coffee)

**NB: NIACE does not charge VAT on conference/course fees**

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- The full fee is payable prior to the event
- Substitutions to be advised 5 working days prior to the event

- I enclose a cheque for £..... made payable to NIACE  
 Please send me a receipt  
 I enclose Purchase Order No. \_\_\_\_\_  
 and request you to invoice my employer for £.....

Please note the application will not be processed without a copy of the purchase order

Invoice address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Please debit my credit/debit card number with the value of £.....

We do not accept payment by AMEX

□□□□ □□□□ □□□□ □□□□

Valid from: □□/□□ Expires on: □□/□□

Three digit security code on reverse of card: □□□

Issue No: (Switch/Maestro) □□

Name as it appears on the card:

\_\_\_\_\_

Cardholder's signature:

\_\_\_\_\_

Cardholder's address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### Participant's requirements

- I will require a hearing loop
- I will require a sign language interpreter (indicate type) \_\_\_\_\_
- I will need a palantypist and/or note taker
- I will be using a wheelchair
- I will be bringing an assistance dog
- I have a visual impairment
- I require event material in a specified format (please indicate format) \_\_\_\_\_

Any additional requirements (please specify) \_\_\_\_\_

I have the following dietary requirements \_\_\_\_\_

**NIACE requires a 10 working days notice period to make arrangements for palantypists, sign language interpreters and translation to Braille.**

### NIACE membership (please indicate)

- Individual Member
- Corporate Member
- Honorary Life Member

### Agreement

By signing the form the individual agrees to NIACE's Terms and Conditions in respect of applying for a place at a NIACE event.

Signature

PRINT First (given) and family names

Date

**Send to:** Raksha Kanani  
NIACE Training Courses Team  
Renaissance House, 20 Princess Road West, Leicester LE1 6TP  
Tel: 0116 204 2811 Fax: 0116 285 9670

### Equality and Diversity monitoring

Please tick the appropriate boxes below

#### Asian

- Bangladeshi
- British
- Chinese
- Indian
- Pakistani
- Sri Lankan
- Other: \_\_\_\_\_

#### Black

- African
- British
- Caribbean
- Other: \_\_\_\_\_

#### Dual Heritage

- White and Black Caribbean
- White and Black African
- White and Asian
- Other: \_\_\_\_\_

#### White

- British
- European
- Other: \_\_\_\_\_

#### Any other ethnic group

Please specify: \_\_\_\_\_

#### Gender

- Female
- Male

#### Age

- Under 30
- 31-50
- 51+

### Sectoral monitoring

Please tick the appropriate box below (\* please specify)

- Adult Ed. College
- College, FE or HE (inc. Universities)
- Community Education Provider
- Government Department
- Information/ Guidance Provider
- Libraries and Museums
- Learning and Skills Councils
- Local Government (inc. Education Authority)
- Local Authority, Housing
- Primary healthcare
- Prison/Probation Service
- Supported Employment
- Trade Union
- Voluntary Sector and Charities
- Work-based Learning (inc. SSCs)
- Other\* \_\_\_\_\_

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Event Date: Wednesday 21 January 2009  
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C1763/0109

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C1764/0109

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C1765/0209

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The National Institute of Adult Continuing Education (NIACE) is registered under the Data Protection Act 1998 (Registration Number Z7412510). Personal information supplied to NIACE will be stored securely and used in relation to NIACE's work. Full details of the purposes for which NIACE processes personal information is in our Data Protection Register entry, which can be found on the Information Commissioner's website [www.informationcommissioner.gov.uk](http://www.informationcommissioner.gov.uk). At no time will we divulge personal information to third parties without your express consent. Participants may be contacted by letter or e-mail with details of future events and publications organised or promoted by NIACE which may be of interest to you. \*Database mailing update forms are sent out periodically. These provide you with the opportunity to have your details amended or deleted from the database. \*If you wish to receive such further information please tick this box