

The Training Hub are delighted to invite all local staff to take part in the below funded training opportunities FULLY FUNDED for all Tower Hamlets staff. Please do share and cascade to your teams and services. Please ensure you use google chrome browser to access Eventbrite. All bookings are made online

Do you want to become a Mental Health First Aider?

Various cohorts between Jan – Mar 2022

Through the local Mayors Covid Recovery funds programme, we are offering the opportunity for public sector workers in the Borough to obtain accredited qualification in becoming a Mental Health First Aider. The training is delivered virtually via four bitesize online learning sessions spread across a few weeks. The standard cost for this training is £300 PP. See below link for more info and dates:

<https://thcepn.com/mhfaadult>

If unable to commit to the full training, we recommend all staff to be trained at the Mental Health aware level. This is a comprehensive awareness course on Mental Health covering various mental health conditions and well being for oneself and staff. The standard cost for this training is £300 PP. Click here for more info and dates:

<https://thcepn.com/mental-health-first-aid-aware>

Please note course bookings close 10 days prior and request a £20 refundable fee on booking. The deposit is returned back on attendance. Significant training resources have been lost unfortunately due to DNAs and late cancellation. And we the programme has irrecoverable material expenses on our side.

Understanding trauma and Trauma-informed approaches

Various dates between Dec – Feb 2022

Tower Hamlets Public Health have commissioned WAVE Trust to deliver CPD-accredited Trauma-informed practice training to frontline staff who support residents across the borough. This offer is part of a wider initiative for promotion of mental health and prevention of associated issues, and a long-term aim for Tower Hamlets to become a Trauma-Informed Borough.

Staff are invited to sign up to one or both of the following 2-hour modules on offer:

- **Module A: Understanding trauma** **([registration link here](#))**
- **Module B: Implementing trauma-informed practice** **([registration link here](#))**

Both modules are CPD-accredited. The attached document has further details on what both sessions will cover and information about additional support available for training participants (Q&A sessions, a Facebook group, and Champion sessions).

Bullying and Harassment - what do you need to know

Tuesday 11th January 2022, 1300 – 1430

[CLICK HERE](#) to register

There is an increasing awareness of the effect bullying and harassment can have on individual, team and organisational welfare. The Chartered Institute of Personnel and Development (CIPD) has estimated that over 50% of stress cases at work involve bullying, and the increasing costs of compensation can be staggering.

How will the event be delivered? And who can attend?

Event will be delivered via Zoom platform in a live, virtual, interactive format. All by experienced subject experts. Anybody working in North East London Health and Social Care setting can register to attend.

[CLICK HERE](#) to register. Limited numbers available, book now to avoid disappointment. Joining instructions will be shared 48 hours prior to event date

Previous attendee feedback:

“A very useful and informative session. it should be a mandatory course for all staff including managers, directors and those in charge of policies.”

“This session was very insightful and thought provoking. Thank you for organising!”

Narrowing the health inequalities gap for our Somali patients in East London: a race and ethnicity awareness workshop (attached flyer)

Monday 6th December 2021, 1200 – 1330

[CLICK HERE](#) to register

The Training Hub are delighted to invite all Health and Care workforce to this webinar focused on understanding Somali Cultural Sensitivities. The event will have input from local and external speakers and present the audience with an opportunity to reflect on health inequality and our Somali population.

The event aims to:

- Engage with local workforce across the borough in an inter-disciplinary manner to share learning from the micro-study done on Somali patients in Tower hamlets and North East London researched by Dr Prof Lewis (Associate Professor, LSE) and Dr Farah Bede (local GP) commissioned by the British Academy looking at the affect the first wave of the pandemic had on Somali's living in the east end
- Discuss Somali Cultural sensitivities from the Somali GP perspective and also from the point of view of engagement with services such as mental health, women's health and domestic violence.
- Include presentation of case studies of patients to give some insight into health seeking behaviours from Somali patients to give snapshot of engagement with services.
- Look at the evidence bases from secondary literature on existing health and inequalities and how this was compounded during the pandemic
- Discuss ongoing challenges we face and how we can overcome them with input from the professional audience members on their experiences working with Somalis in the borough

- Discuss how bespoke services that are culturally sensitive could be created to give more choice to those not connecting well with existing service