



# Health + Pharmacy Programme

Health and Social Wellbeing Improvement  
Training Opportunities available for Pharmacies

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2014–2015



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## Introduction:

This report provides details of a range of training opportunities that are available at present across Northern Ireland related to improving health and social wellbeing. These training and workforce development programmes provide the opportunity to build the capacity of individuals,

For most programmes, there will be no charge to those wishing to participate as they will already have been funded through the Public Health Agency or the relevant Health and Social Care Trust in your area. Most programmes will also provide the materials and leaflets necessary to support the specific health improvement initiative concerned.

As all programmes are provided by different delivery agencies, details of how to access the programmes are provided in each section and the relevant contact details are included.

If you would like any further information on the role you can play in improving health and social wellbeing, you can contact us in various ways as detailed below. Alternatively, use our online form at <http://www.publichealth.hscni.net/contact-us> .

### **Public Health Agency**

Linenhall Street Unit  
12-22 Linenhall Street  
Belfast, BT2 8BS

Tel: 0300 555 0114

For media enquiries contact 0300 555 0117 (or 0300 555 0118 for urgent media enquiries out-of-hours)

**PHA April 2014**

## **Mental Health and Emotional Wellbeing and Suicide Prevention**

**Title: Mental Health First Aid**

### **Brief outline of content and duration**

MHFA is a 12 hours of evidence-based training, teaching participants how to recognise the symptoms of mental health problems such as depression, anxiety and psychosis. Each course is delivered by two MHFA instructors, usually over two consecutive days to a maximum of 20 delegates. The course can also be delivered one day a week for two weeks or in four three-hour sessions. Participants will be expected to attend all sessions of the training. A certificate of attendance and resource manual with supporting information will be provided to participants who complete the 12 hour course.

**How to access it** – e.g. weblink; provider; contact person etc.

**Contact: Helen Gibson, PHA.**

**T: 028 37414606**

**E: [helen.gibson@hscni.net](mailto:helen.gibson@hscni.net)**



## **Mental Health and Emotional Wellbeing and Suicide Prevention**

**Title: B Positive**

### **Brief outline of content and duration**

This short training programme includes information and practical suggestions for maintaining positive mental health and encouraging help seeking behaviour. This is a 3 hour course.

**How to access it** – e.g. weblink; provider; contact person etc.

This training is delivered by Southern Health and Social Care Trust.

**Contact: Deirdre McParland**

**T: 02837412884**

**E: [Deirdre.mcparland@southerntrust.hscni.net](mailto:Deirdre.mcparland@southerntrust.hscni.net)**



## **Mental Health and Emotional Wellbeing and Suicide Prevention**

**Title: Mood Matters**

### **Brief outline of content and duration**

This 2.5/3 hour programme incorporates basic Cognitive Behavioural Therapy concepts, teaching participants how our thinking and behaviour can affect how we feel, physically and emotionally.

**How to access it** – e.g. weblink; provider; contact person etc.

**Contact: Andrea Kearns, Education and Training Manager, Aware Defeat Depression**

**T: 028 9035 7820**

**E: [andrea@aware-ni.org](mailto:andrea@aware-ni.org)**

**W: <http://www.aware-ni.org/>**



## Mental Health and Emotional Wellbeing and Suicide Prevention

**Title: Positive Steps**

**Brief outline of content and duration**

Positive Steps is a 10-step programme delivered over 12 weeks that encourages people to look at life, to discover what influences their health and provides a practical opportunity to enhance mental health and emotional wellbeing.

**How to access it** – e.g. weblink; provider; contact person etc.

This training is provided by SEHSCT.

**Contact: Mary Barnes**

**T: 07917544074**

**E: [mary.barnes@setrust.hscni.net](mailto:mary.barnes@setrust.hscni.net)**

## **Mental Health and Emotional Wellbeing and Suicide Prevention**

**Title: “Minding Me” Towards Better Mental Health & Emotional Well-being**

### **Brief outline of content and duration**

This programme aims to help participants understand themselves better and encourage them to become more aware of how to achieve improved Mental Health.  
Duration: 6 session (x 2 ½ hrs) programme

**How to access it** – e.g. weblink; provider; contact person etc.

This course is delivered by Community Direct Facilitators in the Northern & Belfast areas

**Contact : Angie McCabe - Programme Delivery Co-ordinator**

**Community Direct**

**6 Mount Charles**

**Belfast**

**BT7 1NZ**

**T: 028 9023 0212**

**E: [angie.mccabe@wrda.net](mailto:angie.mccabe@wrda.net)**

## Mental Health and Emotional Wellbeing and Suicide Prevention

**Title: Mental Health Awareness**

### **Brief outline of content and duration**

Mindwise provides training to a variety of organisations providing an overview of mental health and mental illness. These training courses can be tailored to meet the individual needs of the audience both in terms of length and areas covered.

**How to access it** – e.g. weblink; provider; contact person etc.

This training is provided by Mindwise. Costs upon request.

**Contact: Julie Hill**

**T: 02890 402323**

**E: [julie.hill@mindwisenv.org](mailto:julie.hill@mindwisenv.org)**

## Mental Health and Emotional Wellbeing and Suicide Prevention

### **Title: Introduction to Recovery**

#### **Brief outline of content and duration**

Mindwise provides training to raise awareness of Recovery with those who support people with mental health problems or with those who are working on their own Recovery. These training courses can be tailored to meet the individual needs of the audience both in terms of length and areas covered.

**How to access it** – e.g. weblink; provider; contact person etc.

This training is provided by Mindwise. Costs upon request.

**Contact: Julie Hill**

**T: 02890 402323**

**E: [julie.hill@mindwisenv.org](mailto:julie.hill@mindwisenv.org)**



## Mental Health and Emotional Wellbeing and Suicide Prevention

### **Title: Mental Health and the Workplace**

#### **Brief outline of content and duration**

- Introduction to mental health issues
- Recognising mental health problems
- Legislation – the Disability Discrimination Act and the Health and Safety at Work Act
- Reasonable adjustments, return to work and managing an ongoing illness at work
- Maintaining a mentally healthy workplace

**How to access it** – e.g. weblink; provider; contact person etc.

This training is provided by Mindwise. Costs upon request.

**Contact: Julie Hill**

**T: 02890 402323**

**E: [julie.hill@mindwisenv.org](mailto:julie.hill@mindwisenv.org)**



## **Mental Health and Emotional Wellbeing and Suicide Prevention**

### **Title: Wellness Recovery Action Planning (WRAP)**

#### **Brief outline of content and duration**

WRAP is a simple and systematic approach to assist people to recover and/or maintain mental wellness. It aims to decrease and prevent intrusive or troubling feelings and behaviours, increase personal empowerment, improving quality of life and supporting people in achieving their own life goals and dreams. The WRAP training can be delivered over 2 full days or in 8, two hour sessions.

**How to access it** – e.g. weblink; provider; contact person etc.

This training is provided by Mindwise. Costs Upon request.

**Contact: Julie Hill**

**T: 02890 402323**

**E: [julie.hill@mindwisenv.org](mailto:julie.hill@mindwisenv.org)**

## Mental Health and Emotional Wellbeing and Suicide Prevention

**Title: suicideTALK**

### **Brief outline of content and duration**

suicideTALK is aimed at all members and groups in a community. Its goal is to help make direct, open and honest talk about suicide easier. Such talk may:

- encourage life-protection, preservation and promotion activities,
- facilitate community awareness of suicide as a serious community health problem,
- reduce the stigma and taboo surrounding suicide,
- increase personal commitment to and action in preventing suicide, and
- support the spread of training opportunities and networking activities.

Course duration: 90 mins

**How to access it** – e.g. weblink; provider; contact person etc.

**Contact: Helen Gibson, PHA.**

**T: 028 37 414606**

**E: [helen.gibson@hsnci.net](mailto:helen.gibson@hsnci.net)**



## Mental Health and Emotional Wellbeing and Suicide Prevention

**Title: SafeTALK**

### **Brief outline of content and duration**

An alertness programme that teaches community members to recognize persons with thoughts of suicide and to connect them to suicide intervention resources. The programme can be delivered in 3 hours.

**How to access it** – e.g. weblink; provider; contact person etc.

This course is delivered through local Trusts and individual trainers across NI.

**Contact: Helen Gibson, PHA.**

**T: 028 37 414606**

**E: [helen.gibson@hsnci.net](mailto:helen.gibson@hsnci.net)**

## Mental Health and Emotional Wellbeing and Suicide Prevention

### Title: Applied Suicide Intervention Skills Training

(ASIST)

#### Brief outline of content and duration

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and to seek further help.

Learn how to:

- recognize invitations for help
- reach out and offer support
- review the risk of suicide
- apply a suicide intervention model
- link people with community resources

Attendance at the full two days is essential.

**How to access it** – e.g. weblink; provider; contact person etc.

This course is delivered through local Trusts and individual trainers across NI.

**Contact: Helen Gibson, PHA.**

**T: 028 37 414606**

**E: [helen.gibson@hsnci.net](mailto:helen.gibson@hsnci.net)**



## Drugs and Alcohol

### **Title: Community Drug Awareness Training**

#### **Brief outline of content and duration**

ASCERT provides bespoke and accredited training programmes to build knowledge and skills around substance misuse related issues in the community and to community and voluntary sector organisations.

Provision includes a programme to accredit drug and alcohol trainers. Led by ASCERT and delivered in an operational partnership with FASA and Falls Community Council across the Belfast and SEHSCT areas.

**How to access it** – e.g. weblink; provider; contact person etc.

**Contact the ASCERT Training Administrator on 028 9260 4422 or by emailing [training@ascert.biz](mailto:training@ascert.biz) or visit [www.ascert.biz](http://www.ascert.biz)**

## Drugs and Alcohol

### **Title: Alcohol Screening Training for General Practice**

#### **Brief outline of content and duration**

This is a 3 hour training event covering the following:

- The AUDIT as an alcohol screening tool
- Assessing AUDIT scores
- Using the FRAMES model to provide brief advice
- Harm reduction messages
- Referral pathways

**How to access it** – e.g. weblink; provider; contact person etc.

Whilst this training is currently specifically targeted at GPs, the PHA could discuss running additional events if there was significant interest from pharmacists and/or pharmacy staff.

**Contact: Owen O'Neill, PHA.**

**T: 02890411794**

## Drugs and Alcohol

### Title: Workforce Development Training Programme

#### Brief outline of content and duration

ASCERT is funded by the PHA to provide a portfolio of unaccredited and accredited training programmes to build the skills of the Tier 1 and 2 workforce across public and voluntary sectors. The focus is on workers who encounter drug and alcohol using clients but is not their main role. Includes accreditation to Level 3 national award in Tackling Substance Misuse.

Each module has an option for accreditation and can either be taken stand-alone or in combination to work towards the NOCN Level 3 Award in Tackling Substance Misuse.

Basic drug awareness for practitioners (1 day)

Alcohol and Young People (1 day)

Hidden Harm for Practitioners (1 day)

Legal Highs (1 day)

Conflict Management (1 day)

Brief Interventions Understanding brief intervention approaches and how to use them with drug and alcohol misusing clients (2 days)

Working with Clients & Risk Taking Behaviours (2 days)

Harm Reduction (2 days)

Drugs, Alcohol and Mental Health (2 days)

Understanding Approaches to effectively working with and treating substance misuse. (5 days)

Practical Ways of Working with substance misusing clients (5 days)

Groupwork Facilitation Skills (5 days)

Understanding Approaches to effectively working with and treating substance misuse. (5 days)

Practical Ways of Working with substance misusing clients (5 days)

Groupwork Facilitation Skills (5 days)

**How to access it** – e.g. weblink; provider; contact person etc.



Contact the ASCERT Training Administrator on 028 9260 4422 or by emailing [training@ascert.biz](mailto:training@ascert.biz) or visit [www.ascert.biz](http://www.ascert.biz)

## Drugs and Alcohol

### Title: Taking the Lid Off Training Programme

#### **Brief outline of content and duration**

ASCERT is funded by the PHA to provide a range of training courses on the impact of parental substance misuse on families and children and on how to use a variety of self-help resources with children and other family members affected.

Hidden Harm (1/2 day)

Rory Storybook Training (1/2 day)

Oh Lila Storybook Training (1/2 day)

Prenatal Alcohol Misuse: Foetal Alcohol Syndrome (1/2 day)

Taking the Lid Off Training (2 days)

**How to access it** – e.g. weblink; provider; contact person etc.

**Contact the ASCERT Training Administrator on 028 9260 4422 or by emailing [training@ascert.biz](mailto:training@ascert.biz) or visit [www.ascert.biz](http://www.ascert.biz)**

## Obesity, Nutrition & Physical Activity

**Title: Weigh to health**

### **Brief outline of content and duration**

This training enables 'facilitators' to deliver a 7-week group-based weight management programme which incorporates physical activity and nutrition.

**How to access it** – e.g. weblink; provider; contact person etc.

Training on this programme is commissioned within BHSCT, SHSCT and SEHSCT and dates are arranged locally. Training is complete now for 2013/14 and the dates for 2014/15 have not yet been set; however if pharmacists are interested the PHA can ensure that dates are shared with them.

**Contact: Angela Mc Comb, PHA.**

**T: 02837414640**

**E: [angela.mccomb@hscni.net](mailto:angela.mccomb@hscni.net)**

## Obesity, Nutrition & Physical Activity

**Title: Infant feeding and supporting the Breastfeeding mother: the pharmacist's role**

### **Brief outline of content and duration**

This training aims to equip pharmacists with the knowledge required to deliver a comprehensive pharmaceutical care service to the mothers of babies and young infants.

**How to access it** – e.g. weblink; provider; contact person etc.

This programme has not been delivered since 2010. It is a one day programme and is delivered in partnership with NICPLD by PHA and a Trust dietitian. If pharmacists are interested in this training then the PHA could enter into discussions to commission this training.

**Contact : Janet Calvert, PHA, Regional Breastfeeding Lead**

**T: 02890311611**

**E: [janet.calvert@hscni.com](mailto:janet.calvert@hscni.com)**

## Obesity, Nutrition & Physical Activity

### Title: Healthy Hearts Kit

#### Brief outline of content and duration

The Healthy hearts kit is a new interactive British Heart Foundation training resource designed to help you help others to understand their own hearts and how they can look after them. It explains:

- how the heart works
- the risk factors for coronary heart disease, and
- what they can do to reduce their own chances of developing coronary heart disease through a healthy diet and exercise.

**How to access it** – e.g. weblink; provider; contact person etc.

To order your Healthy hearts kit (G453), call the BHF Orderline on 0870 600 6566

(Suggested donation £30)

## Obesity, Nutrition & Physical Activity

### **Title: Early Movers**

Brief outline of content and duration

This course targets childcare staff working with children 0-5years. It aims to raise awareness of the physical activity guidelines for children under 5 and to provide childcare staff with the knowledge and skills to promote more physically active environments in their settings.

This is a ½ day course delivered by Trust Health Improvement Officer (HIO) with either Early Years or NICMA partner and an Early Movers resource is provided.

**How to access it** – e.g. weblink; provider; contact person etc.

The Physical Activity Co-ordinators within the Trusts.

**BHSCT Margaret Devlin-Hania**

**E: [margaret.devlin-hania@belfasttrust.hscni.net](mailto:margaret.devlin-hania@belfasttrust.hscni.net)**

**NHSCT Kate McDermott**

**E: [kate.mcdermott@northerntrust.hscni.net](mailto:kate.mcdermott@northerntrust.hscni.net)**

**SHSCT Sabrina Lynn**

**E: [Sabrina.Lynn@southerntrust.hscni.net](mailto:Sabrina.Lynn@southerntrust.hscni.net)**

**SEHSCT Trudy Brown or Wendy McDowell**

**E: [Trudy.Brown@setrust.hscni.net](mailto:Trudy.Brown@setrust.hscni.net)**

**E: [wendy.mcdowell2@setrust.hscni.net](mailto:wendy.mcdowell2@setrust.hscni.net)**

**WHSCT Finlay Lesley**

**E: [Lesley.Finlay@westerntrust.hscni.net](mailto:Lesley.Finlay@westerntrust.hscni.net)**

## Obesity, Nutrition & Physical Activity

### Title: Moving More Often

#### **Brief outline of content and duration**

This 1 day course targets health & social care workers/volunteers working with frailer older people.

It aims to promote the importance of being physically active in older age & suggests how community, residential and social care settings can support and promote activity, even for those with limited mobility.

It is delivered by Trust Health Improvement Officers.

**How to access it** – e.g. weblink; provider; contact person etc.

The Physical Activity Co-ordinators within the Trusts.

#### **BHSCT Margaret Devlin-Hania**

**E: [margaret.devlin-hania@belfasttrust.hscni.net](mailto:margaret.devlin-hania@belfasttrust.hscni.net)**

#### **NHSCT Kate McDermott**

**E: [kate.mcdermott@northerntrust.hscni.net](mailto:kate.mcdermott@northerntrust.hscni.net)**

#### **SHSCT Sabrina Lynn**

**E: [Sabrina.Lynn@southerntrust.hscni.net](mailto:Sabrina.Lynn@southerntrust.hscni.net)**

#### **SEHSCT Trudy Brown or Wendy McDowell**

**E: [Trudy.Brown@setrust.hscni.net](mailto:Trudy.Brown@setrust.hscni.net)**

**E: [wendy.mcdowell2@setrust.hscni.net](mailto:wendy.mcdowell2@setrust.hscni.net)**

#### **WHSCT Finlay Lesley**

**E: [Lesley.Finlay@westerntrust.hscni.net](mailto:Lesley.Finlay@westerntrust.hscni.net)**

## Obesity, Nutrition & Physical Activity

### Title: Walk Leader Training

#### Brief outline of content and duration

This 1 day course targets adults within local communities or workplaces. It aims to train adults to lead health walks in their community or work place and has the following learning objectives:

- To understand the health benefits of walking
- To motivate inactive people to participate in health walks
- To develop walking for health programmes
- To plan and assess walking routes
- To be able to lead safe and enjoyable health walks for people of all ages and abilities, particularly targeting those who are currently inactive.

**How to access it** – e.g. weblink; provider; contact person etc.

The Physical Activity Co-ordinators within the Trusts.

**BHSCT Margaret Devlin-Hania**

**E: [margaret.devlin-hania@belfasttrust.hscni.net](mailto:margaret.devlin-hania@belfasttrust.hscni.net)**

**NHSCT Kate McDermott**

**E: [kate.mcdermott@northerntrust.hscni.net](mailto:kate.mcdermott@northerntrust.hscni.net)**

**SHSCT Sabrina Lynn**

**E: [Sabrina.Lynn@southerntrust.hscni.net](mailto:Sabrina.Lynn@southerntrust.hscni.net)**

**SEHSCT Trudy Brown or Wendy McDowell**

**E: [Trudy.Brown@setrust.hscni.net](mailto:Trudy.Brown@setrust.hscni.net)**

**E: [wendy.mcdowell2@setrust.hscni.net](mailto:wendy.mcdowell2@setrust.hscni.net)**

**WHSCT Finlay Lesley**

**[Lesley.Finlay@westerntrust.hscni.net](mailto:Lesley.Finlay@westerntrust.hscni.net)**

## Obesity, Nutrition & Physical Activity

### Title: Inclusive Games

#### **Brief outline of content and duration**

This ½ day course delivered by Disability Sports NI and targets those working with children and adults with disabilities or limited mobility as well as frailer older people.

It aims to provide knowledge on how to run activity sessions in a range of inclusive games/sports in which disabled and non-disabled children and adults can participate including boccia, goal ball, table top games, new age kurling, zone football and tee rounders.

**How to access it** – e.g. weblink; provider; contact person etc.

#### **The Physical Activity Co-ordinators within the Trusts.**

**BHSCT Margaret Devlin-Hania**

**E: [margaret.devlin-hania@belfasttrust.hscni.net](mailto:margaret.devlin-hania@belfasttrust.hscni.net)**

**NHSCT Kate McDermott**

**E: [kate.mcdermott@northerntrust.hscni.net](mailto:kate.mcdermott@northerntrust.hscni.net)**

**SHSCT Sabrina Lynn**

**E: [Sabrina.Lynn@southerntrust.hscni.net](mailto:Sabrina.Lynn@southerntrust.hscni.net)**

**SEHSCT Trudy Brown or Wendy McDowell**

**E: [Trudy.Brown@setrust.hscni.net](mailto:Trudy.Brown@setrust.hscni.net)**

**E: [wendy.mcdowell2@setrust.hscni.net](mailto:wendy.mcdowell2@setrust.hscni.net)**

**WHSCT Finlay Lesley**

**E: [Lesley.Finlay@westerntrust.hscni.net](mailto:Lesley.Finlay@westerntrust.hscni.net)**

## Obesity, Nutrition & Physical Activity

Title: Physical Activity Referral Programmes (PARPS)

### **Brief outline of content and duration**

PARPS interventions are used by primary care teams to enhance the use of physical activity within the treatment and care pathways of adults with a range of health conditions.

PARPs provide patients with the opportunity to engage in a structured programme of physical activity or exercise under the guidance of a suitably qualified exercise professional. The core objective is to provide a positive introduction to being active which may act as a catalyst to long term behavior change.

The PHA is currently exploring the development of a standardised regional model. A number of models exist across the region and are delivered by local councils or healthy living centres.

**How to access it** – e.g. weblink; provider; contact person etc.

For information in relation to local models **contact local PHA Obesity Leads.**

**Chris Totten – South Eastern T: 02892665181**

**E: Chris.totten@hscni.net**

**Colette Brolly – West T: 028 7186 0086**

**E: Colette.brolly@hscni.net**

**Angela McComb – South T: 028 3741 0041**

**E: Angela.mccomb@hscni.net**

**Michael Owen – North T: 028 2531 1000**

**E: Michael.owen@hscni.net**

**Kim Kensett – Belfast T: 028 9050 2073**

**E: kim.kensett@bhdu.org**

## Smoking Cessation

### **Title: Smoking cessation services - Brief Intervention Training**

#### **Brief outline of content and duration**

The aim of the training programme is to provide participants with the basic knowledge and skill base necessary to deliver brief opportunistic advice during routine consultation. The course involves training individuals on the benefits and barriers to stopping smoking, how to assess a client's readiness to stop smoking, to give appropriate advice/referral and demonstrate knowledge of pharmacotherapies used in smoking cessation.

Following completion of the course, the health care professional can opportunistically give advice during the course of routine consultation, whether or not the individual is seeking help to stop. It typically is of 3-5 minutes duration, is evidence based, and involves the promotion and use of pharmacotherapies to increase the chances of a successful quit attempt.

The course duration is at least one hour and is commissioned by the PHA through the local HSCTs.

**How to access it** – e.g. weblink; provider; contact person etc.

**Contact: Siobhan O'Brien, PHA, for details of future courses commissioned by the PHA.**

**T: 028 37414557**

**E: Siobhan.obrien@hscni.net**

## Smoking Cessation

**Title: Smoking cessation services - Specialist Training**

### **Brief outline of content and duration**

The aim of the training programme is to provide participants with the knowledge and skills base necessary to run effective specialist cessation services, either on a one to one or group basis.

The training course is delivered in line with the components set out in of the Northern Ireland Training Framework (April, 2003).

The course duration is two days and is commissioned by the PHA through organisations such as Cancer Focus NI. In addition Pharmacists have the option of completing this training online through the NICPPET distant learning programme 'The A-Z of Smoking Cessation'.

Further detail is available from the Training Framework for Smoking Cessation Services in Northern Ireland (DHSSPS, 2003)

**How to access it** – e.g. weblink; provider; contact person etc.

**Contact NICPPET website for further details on online courses.**

**Contact: Siobhan O'Brien, PHA, for details of future courses commissioned by the PHA.**

**T: 028 37414557**

**E: Siobhan.obrien@hscni.net**

## Skin Cancer Prevention

**Title: Focus on skin cancer prevention**

### **Brief outline of content and duration**

Cancer Focus Northern Ireland provides one day events at community pharmacies which include sun safety awareness and skin cancer prevention training for pharmacy staff (programme available on request). During the event at the pharmacy, local people are invited to come along and use the skin scanner to get their skin checked for signs of sun damage, find out more about sun protection and how to look for signs of skin cancer.

**How to access it** – e.g. weblink; provider; contact person etc.

The service is currently available in the Southern area via the ManAlive project, a Big Lottery Fund programme under the Reaching Communities Grant - contact the service via <http://www.manalive.co/contact-us.html>

In other areas of N. Ireland Cancer Focus operates similar health awareness projects and skin cancer prevention training can be provided at pharmacies via these services on request to **[marbethferguson@cancerfocusni.org](mailto:marbethferguson@cancerfocusni.org)**

## **LGBT Creating Inclusive Workplaces**

**Title: Lesbian, Gay, Bisexual and Transgender – Creating Inclusive workplaces e-Learning**

### **Brief outline of content and duration**

Creating Inclusive Workplaces is a new e-Learning programme which has been developed by the Public Health Agency in partnership with the Southern Health and Social Care Trust (SHSCT) and has been informed by the experiences of individuals who identify as Lesbian, Gay, Bisexual and/or Transgender (LGB&T) and their carers.

The programme has been designed to be used by individuals working in any setting including staff and management. It is hoped that the programme will better inform individuals and organisations on the issues faced by lesbian, gay, bisexual and transgender and help encourage workplace settings to be more LGB&T inclusive. The programme takes 45min to complete.

**How to access it** – e.g. weblink; provider; contact person etc.

**<http://www.lgbtelearning.hscni.net>**

## **Sexual Health – eLearning**

**Title:** sexelearning

### **Brief outline of content and duration**

A website containing an eLearning Programme for professionals new to the area of Sexual Health Promotion. The programme is available for use by professionals across Northern Ireland, but we welcome any interested professionals from other areas

**How to access it** – e.g. weblink; provider; contact person etc.

**[www.sexelearning.hscni.net](http://www.sexelearning.hscni.net)**

