

Let's talk more about mental wellbeing

Gwent
Connect 5



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GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

This training course is for you if you:

- Want to learn ways of helping to make the most of life and cope with everyday stresses.
- Want to improve your own mental wellbeing and the wellbeing of those around you.
- Work or volunteer in Gwent.

If this sounds like you, then this **NEW and FREE** mental wellbeing workforce training programme is for you.

You may have heard of it!

Gwent
Connect 5



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Gwent
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What is Gwent Connect 5?

Gwent Connect 5 is a mental wellbeing workforce training programme. It is currently funded by the Aneurin Bevan University Health Board (ABUHB) and Welsh Government.

You can access this free training if you work in Gwent* (sometimes known as the Aneurin Bevan University Health Board area) which includes the Local Authorities areas of Blaenau Gwent, Caerphilly, Monmouthshire, Newport, and Torfaen.

Our aims

Gwent Connect 5's overall aim is to improve population mental wellbeing by changing the way we all have conversations about mental health and wellbeing.

To do this, Gwent Connect 5 provides participants with:

- **Evidence based tools and techniques** to improve mental wellbeing, which can be applied within your own everyday life and within your working practice.
- The **knowledge, skills, and confidence** to have more effective conversations about mental health and wellbeing.
- Information on where to find **trustworthy free resources and local opportunities** to help improve mental wellbeing
- Practical skills and knowledge to know **when and how to signpost** people to specialist mental health support.



Evidence-based training programme

Connect 5 is the first, and only, evidence-based training programme available in the UK which aims to promote mental health and wellbeing.

It has been developed using and incorporating evidence-based theory and tools, and is guided by the principles of 'Making Every Contact Count' (MECC).

ABUHB purchased the Connect 5 Train the Trainer package from Connect Collaborations and since January 2021 has equipped local trainers to deliver this training. ABUHB have branded the training programme as Gwent Connect 5 because it contains information local to Gwent.



Is there a cost for the training?

No there is no cost. If you work in Gwent, the training is free.

This is because ABUHB have secured funding from the Welsh Government and our local Neighbourhood Care Networks (NCNs) to deliver this training.

What if I don't work/volunteer in the ABUHB/Gwent area?

Unfortunately, funding is only available to provide the **Gwent Connect 5** training programme to people who work or volunteer in our locality.

Currently, ABUHB/Gwent is the only area in Wales delivering this training programme.

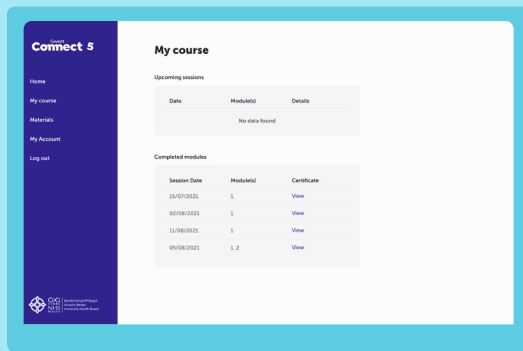
Do I need to do anything before I can attend the training?

Yes. A condition of this funding is that ABUHB monitor the impact of the training. Our funders want reassurance that they are spending their money effectively and the training is making a difference.

To do this we have developed a **booking and evaluation service.** All training participants must book onto the training via this service. You will need to create an account to do so.

ABUHB will not share any of your personal details with any other person or organisation. Any information you provide will be anonymised and used for evaluation purposes.

Therefore, in return for free training, all we ask is that when you are invited to the training you create an account. We have made it as simple as possible to do.



Training materials and certificate access

By having an account you will automatically receive all your free training materials including certificates and we will ask you a few questions on what difference the training has made to you.



What does the training involve?

Gwent Connect 5 includes three training modules, each incremental in terms of skill development. Participants **do not** need to attend all three modules but **must** attend them in sequence, starting with Module one.

Each module takes three and a half hours to complete. Training is delivered live online and face-to-face where organisational guidelines allow.

Most participants choose to attend Modules 1 and 2, but in Gwent many have gone on to attend Module 3 as well.

All modules can be undertaken over a period of time to suit you, as there is no time limit to complete them.

The Modules



Module 1

Module 1 is an introduction to Gwent Connect 5 for anyone who wants to improve their mental wellbeing and who would like to share their knowledge with others.



Module 2

Module 2 builds on Module 1 so that participants understand wider wellbeing needs and are able to offer one-off brief well-being interventions to others. This module includes information on suicide awareness.



Module 3

Module 3 furthers the knowledge and skills developed in Modules 1 & 2 to motivate and support others to make changes to improve their health and mental well-being.

What will I expect to learn from the training?

The aim of Gwent Connect 5 is to **improve population mental health** and wellbeing by changing the way we have everyday conversations about mental health and wellbeing.

Module 1

Module 1 will include learning:

- To extend your skills and confidence to have mental wellbeing conversations within everyday life and/or work practice
- About public mental health models and recognised techniques (i.e. The 3Cs of Connected Conversations) to inform mental wellbeing conversations
- About the location of mental wellbeing resources in your locality



Module 2

Module 2 will include learning on how to:

- Apply recognised models, such as the 'Five Areas Model' to a wellbeing conversation and practice the '3Cs' of Connected Conversations, learnt in Module 1
- Assess the nature and extent of the mental wellbeing issue being presented to ensure people get the right help at the right time, including suicide awareness
- Identify steps that can be taken to improve mental wellbeing
- Locate local services and resources that support people to improve mental wellbeing



Module 3

Module 3 will include learning:

- Exploring self-help tools and life skills to promote mental wellbeing in more depth
- Being able to support a person to improve and protect their mental wellbeing by practicing the application of self-help tools



Additional reading

There's no set 'homework' and **no assessment** however there is a lot of additional reading and access to information on the new **Melo Cymru website** if you are interested in learning more.

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Click here to visit melo.cymru



How is Gwent Connect 5 delivered?

All 3 modules are currently delivered live online and face-to-face where organisational guidelines allow.

The preferred delivery platform is **Zoom**, although some trainers can deliver via **Microsoft Teams**.



How do I book on the training?

Information on local trainers can be found on our **Melo website**.

Visit melo.cymru

You will be asked to register for the training using our **Gwent Connect 5 booking and evaluation service**. This will allow you to book a place, access the appropriate course materials and a course certificate when you complete the course.

What happens after the training?

We want to know how useful all our participants find the training and whether they go on to have more effective conversations about mental health and wellbeing as a result. For this reason, we will ask you to complete a **short questionnaire** before and after the training course. We will use this information to continually review the training and make improvements where needed.

In addition, we will keep you updated on **any changes to the programme**, and new resources. We will check-in on you 3 months and 6 months after the training to find out whether you are still using the knowledge and skills gained from the Gwent Connect 5 training and whether you want more training.



If you enjoyed the training and want to become a **Gwent Connect 5 Trainer**, then we would love to hear from you!

ABUHB are always seeking local trainers to deliver Gwent Connect 5 as part of their role, training peers, colleagues and/or partners.

Gwent Connect 5 'Train the Trainer' training is free.

You will also receive free promotional and training course materials.

All our trainers are required to:

- Use the training resources provided
- Book training using the Gwent Connect 5 booking service
- Join our local Gwent Connect 5 Trainers network
- Support the evaluation of the programme.



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Want to learn more?

For further information on Gwent Connect 5 please see our local mental wellbeing website melo.cymru

What people say about the Gwent Connect 5 training?

"I enjoyed the course it was really useful to talk about mental health and ways we can support the people we work with to promote their mental health.

I enjoyed practicing the various techniques you taught us on how to break the cycle and linking these with the case studies"

- OCCUPATIONAL THERAPIST

"Just want to say a huge thank you I really enjoyed that and it will be very useful in the work that I do".

- COMMUNITY CONNECTOR

"A really enjoyable course! Very eye-opening, thank you"

- SUPPORT WORKER

"Great training, I have learnt that it is important to take time for ourselves. Personally I have started walking the dog daily"

- SUPPORT WORKER

"I found it helpful to have a reminder about the 5 ways to wellbeing and how we need to ensure that we are considering our own wellbeing as part of this, especially given the current challenges that Covid brings both professionally and personally.

"I also think it is helpful and positive for us to be freely talking about emotional wellbeing and mental health in the workplace in the hope that this will address the stigma that still exists".

The training was well presented, easy to understand and well explained. The training complimented my current knowledge and will be very useful in my day to day working with people."

- LLAMAU EMPLOYEE

"I really enjoyed the sessions. Good to reinforce learning, some new tools to use when you are working with people. Good networking opportunity"

- WELLBEING PRACTITIONER

"Made me consider my own wellbeing as well as the wellbeing of others".

- VOLUNTEER

"Great tools to use in my toolkit!"

– *HOUSING SUPPORT WORKER*

"I really enjoyed the sessions. Good to reinforce learning, some new tools to use when you are working with people. Good networking opportunity"

– *WELLBEING PRACTITIONER*

'It exceeded my expectations by far. Mia's delivery and knowledge was excellent and she clearly was an experienced colleague who had worked in mental health settings. The tools and interviewing resources and Models offered were immediately accessible and fit nicely in to my job role. Group discussions were relevant and insightful reflecting the interest and appreciation of the material being delivered.'

– *LLAMAU EMPLOYEE*

"Thank you again for the training. I'm sure it will be something that I will use in my work/personal life and it has given me a better understanding and the confidence to speak about mental health in a way that doesn't make it a taboo subject"

"Fantastic training, great networking opportunities and easy to use tools. Thank you"

– *SUPPORT YOUTH WORKER*

"Simple and relaxed learning with a massive impact, thank you"

– *WELLBEING WORKER*

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