





ONLINE TRAINING MAY 2020

HOW TO BOOK: To book onto one of our online training sessions, simply email contactus@theolliefoundation.org. We'll confirm your place and send instructions for how to join us online. NB. The schedule will be updated weekly. Sessions may change or be cancelled at short notice.

DONATIONS: We are not charging for the majority of these training sessions. However, if feel able to, please do consider donating £10 via our online donation site: <https://www.givey.com/theolliefound>. (Please note: The Mental Health Aware course costs £35.)

MAY 2020 AT-A-GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6 Talking about Suicide: 10 Tools 11-12.30pm	7 Goalsetting for Adults 4-7pm	8 INSTAGRAM LIVE: Meet the new OLLIE team 10am	9 Keeping Safe and Carrying On – for Adults 5-6pm	10
11 Keeping Safe and Carrying On – for Teens 5-6pm	12 PoetsIN Mental Health & Wellbeing Workshop for Teens 10.30-11.30am	13 Talking about Suicide: 10 Tools 4-5.30pm	14 PoetsIN Mental Health & Wellbeing Workshop for Adults 10.30-11.30am	15 INSTAGRAM LIVE: Despair and Loneliness Despite Having a Family that Loves You 6pm	16 Mental Health Aware – half day MHFA 9.30- 1.30pm	17
18 Supporting Children/Young People to Manage Anxiety & Stay Safe 9.30-11am	19	20 Talking about Suicide: 10 Tools 11-12.30pm	21 Goalsetting for Teens 1-4pm Supporting Children & Young People to Manage Anxiety & Stay Safe 4.30- 6m	22 INSTAGRAM LIVE: topic TBA 10am	23 Keeping Safe and Carrying On – for Adults 5-6pm	24
25	26	27 Talking about Suicide: 10 Tools 4-5.30pm	28 Keeping Safe and Carrying On – for Teens 4-5pm	29 The Elliot Strickland Lecture 7.30pm	30	31

 Suitable for under 18s ONLY  Suitable for adults

Course Title	Dates	Content	Aims	What will you learn?	Delivered by
Keeping Safe and Carrying On – for Teens	Monday May 11 5-6pm Thursday May 28 4-5pm	Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.	For teens to feel better supported and know how to support themselves. A short online overview to explore some common cognitive behavioural therapy (CBT) notions and IHEART principles in relation to wellbeing and managing anxiety and overwhelm.	How fear and anxiety are processed by the brain. How our bodies and behaviours are impacted by fear and anxiety. Useful techniques to improve wellbeing.	Debi Roberts MA Ed
Goalsetting – for Teens	Thursday May 21 1-4pm	Explore the science behind goalsetting and learn a process you can use to achieve your goals or overcome your problems.	Understand the processes that science shows support effective goalsetting. Learn how to use a visual aid that's key for effective goalsetting.	Plan how to achieve your goals and how to flip your worries and fears to feel confident in how to move forward.	Debi Roberts MA Ed
Keeping Safe and Carrying On – for Adults	Saturday May 9, 23 5-6pm	Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.	A short online overview to explore some common cognitive behavioural therapy (CBT) notions and IHEART principles in relation to wellbeing and managing anxiety and overwhelm.	How fear and anxiety are processed by the brain. How our bodies and behaviours are impacted by fear and anxiety. Useful techniques to improve wellbeing.	Debi Roberts MA Ed
Goalsetting – for Adults	Thursday May 7 4-7pm	Explore the science behind goalsetting and learn a process you can use to achieve your goals or overcome your problems.	Understand the processes that science shows support effective goalsetting. Learn how to use a visual aid that's key for effective goalsetting.	Plan how to achieve your goals and how to flip your worries and fears to feel confident in how to move forward.	Debi Roberts MA Ed

<p>Mental Health Aware Half-day course Cost: £35 Age 15–adult</p>	<p>Saturday May 16 9.30am</p>	<p>This 4-hour half-day Mental Health First Aid (MHFA) training is a basic introduction to mental health and why it is important. It introduces some common mental health challenges and discusses how to spot them. The training includes such topics as stigma, depression and anxiety disorders.</p>	<p>During this 4-hour course you will learn how to talk to someone who may be experiencing mental ill health and feel more confident speaking about mental health with colleagues, friends or family. The course will also equip you with some tools to look after your own mental health.</p>	<p>Irtiza Qureshi</p>
<p>PoetsIN™ Mental Health and Wellbeing Workshop for Teens Suitable for ages 13-18 TO BOOK, EMAIL: bookings@poetsin.com</p>	<p>Tuesday May 12 10.30-11.30am</p>	<p>The PoetsIN IN-Person Creative Mental Health Programme™ is a proven workshop that uses the power of words, both written and in discussion, alongside a supportive online community. Participants report a 99% reduction in the symptoms of depression, anxiety and stress.</p> <p>These 1-hour sessions are a taster of those workshops and focus on wellbeing, leaving you with tools to manage stress, anxiety, worry and depression. Sessions are interactive, fun and a safe space within which to purge and share for an hour.</p> <p>You are not expected to write like Shakespeare, or even at all! All PoetsIN ask is you keep an open mind, try it out and join in. The workshop uses some industry standard techniques as well as some put together by the co-founders of PoetsIN – both of whom have struggled with and manage their mental health through these methods.</p>		<p>PoetsIN</p>
<p>PoetsIN™ Mental Health and Wellbeing Workshop for Adults Suitable for ages 18+ TO BOOK, EMAIL: bookings@poetsin.com</p>	<p>Thursday May 14 10.30-11.30am</p>	<p>The PoetsIN IN-Person Creative Mental Health Programme™ is a proven workshop that uses the power of words, both written and in discussion, alongside a supportive online community. Participants report a 99% reduction in the symptoms of depression, anxiety and stress.</p> <p>These 1-hour sessions are a taster of those workshops and focus on wellbeing, leaving you with tools to manage stress, anxiety, worry and depression. Sessions are interactive, fun and a safe space within which to purge and share for an hour.</p> <p>You are not expected to write like Shakespeare, or even at all! All PoetsIN ask is you keep an open mind, try it out and join in. The workshop uses some industry standard techniques as well as some put together by the co-founders of PoetsIN – both of whom have struggled with and manage their mental health through these methods.</p>		<p>PoetsIN</p>

<p>Talking about Suicide: 10 Tools</p> <p>In partnership with Olly's Future and Start the Conversation</p>	<p>Wednesdays</p> <p>May 6, 20 11-12.30pm</p> <p>May 13, 27 4-5.30pm</p>	<p>This 90-minute session will explore 10 practical tools that will give you the confidence to start a conversation with someone you are worried about, someone who might be thinking of suicide. These are tools that could save a life.</p>	<p>Talking about suicide is the best form of prevention we have, but our fears can get in the way:</p> <p>"What if I say the wrong thing?" "What if I make things worse?" "What if I ask about suicide and put the idea in their head?"</p> <p>This session will address these valid concerns and ensure you are confident in what you can do and how best to go about it. Suicide prevention training is especially important right now as we may need to be more vigilant and alert to friends and family who might be struggling in silence.</p>	
<p>Supporting Children & Young People to Manage Anxiety & Stay Safe</p>	<p>Monday May 18 9.30-11am</p> <p>Thursday May 21 4.30-6pm</p>	<ul style="list-style-type: none"> • Anxiety – what is it? • Why is it important to consider anxiety right now? • How can we manage anxiety better? • Suicidal ideation – moving from managing anxiety to developing a safe plan. • Q&As. 	<p>At the end of the session, you will:</p> <ul style="list-style-type: none"> • Have a better understanding of what anxiety is. • Have a better understanding of how we can help children and young people manage their anxiety. • Be better prepared to support children and young people in a crisis situation by developing a safe plan. 	<p>Irtiza Qureshi</p>
<p>Despair and Loneliness Despite Having a Family that Loves You – Instagram Live session</p> <p>With MENTalk</p>	<p>Friday May 15 6pm</p>	<p>You don't have to be alone to feel lonely. Join us on Instagram Live for a fascinating discussion about coping with feelings of despair and loneliness even when you're living with others and especially during lockdown. There will be an opportunity to ask questions.</p> <p>MENTalk was founded by three normal guys with one aim in mind, that aim was to break down the stigma attached to Men's Mental Health. The three founders have experienced their own mental health journeys and the stigmas that attach to that. Their vision is quite simple – to encourage men to feel comfortable in speaking out about their feelings and promoting their strength in doing so.</p>		<p>Debi Roberts MA Ed & Steve Smith of MENTalk</p>

<p>The Elliot Strickland Lecture</p> <p>Please email debi@theolliefoundation.org to reserve a place.</p>	<p>Friday May 29 7.30pm</p>	<p>Just over half of all youth suicide is carried out by those who are in crisis but are not known to have a mental illness. Their actual 'need' is not to die, but for the pain to stop. Problems can seem insurmountable and a young person's capacity to continue living in their present situation becomes exhausted.</p> <p>But what if there was a framework that could help people when they are suicidal to see a way through their crisis? What if that framework could support them to find their way back to hope and life? Join us to find out more.</p>	<p>Debi Roberts MA Ed</p>
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