**Youth Mental Health First Aid – Face-to-face**

The course offers:

* An in-depth understanding of young people’s mental health and factors that affect wellbeing
* Practical skills to spot the triggers and signs of mental health issues
* Confidence to reassure and support a young person in distress
* Enhanced interpersonal skills such as non-judgemental listening
* Knowledge to help a young person recover their health by guiding them to further support – whether that’s through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
* Ability to support a young person with a long-term mental health issue or disability to thrive
* Tools to look after your own mental wellbeing

**The qualification is accredited by Mental Health First Aid England and all those who complete the two days will receive a certificate.**

**Fundraising and Bid Writing Training – Face-to-face**

HOW TO WRITE AN EXCEPTIONAL GRANT FUNDING APPLICATION

Whether a complete novice or have some experience of bidding, the training will provide you with practical advice to enable you to create a compelling and high-quality grant funding application. By the end of session, you will be confident in:

* Understanding grant funding principles and recognised best practice
* Applying your own knowledge to the preparation of funding applications
* Writing persuasively, confidently, clearly and concisely
* Understanding grant funding ‘jargon’ and why many grant funding applications are unsuccessful

**Delegate Feedback:**

*'Good Level of information useful for HAF and other community work'*

*'I really enjoyed the presentation. It was clear, concise, and informative. I wouldn't hesitate to recommend his services to anyone. The information and knowledge I gained during that session will prove exceptionally valuable to me in the long term.'*

*'The course was very good. Stephen was very informative and made it realistic for everyone attending.'*

*'I didn't expect to get much out the training, however Steve Wrights workshop was outstanding and I learned so much! He was precise, clear and to the point. He gave lots of helpful examples and really made me feel empowered to write exceptional bids. I went away feeling inspired and have written X2 grant bids since doing his course only last week. He was one of the best trainers I have experienced and I am very grateful for the workshop'*

*'Steve delivered a really interesting and useful course. I was very happy with the contents and learned so much even in such a short space of time'*

*'This was a constructive well delivered course which i thoroughly enjoyed and found very useful'*

**Immersive SEND training – Face-to-face**

This is full day face to face training on managing the needs of children and young people with ASC, ADHD, and Sensory Processing needs. Also, an opportunity to watch experienced staff run sessions on PE and sport, meeting the needs of students with this profile.

*Lunch, tea and coffee included.*

**Delegate feedback:**

*'Very Good, loved that we actually went into a classroom to work with the children'*

*'The trainer was fantastic'*

*'Our trainer Tracy delivered a great immersive session tailoring SEND to all who attended from our many different backgrounds. Was able to make it relevant to all, would be great to do more with this trainer'*

*'Really useful, good strategies, would love to hear more strategies'*

*'Very informative and knowledge gained was great'*

**Sensory Processing, ASC, ADHD – difficulties and strategies to support – Face-to-face**

Understanding and managing the needs of children and young people with sensory processing, ASC and ADHD.  What difficulties might we see and how we can support them.

**Delegate feedback:**

*'The training was projected very clearly and was interactive the whole way through. This allowed reflective practice, Q&A and discussion'*

*'A great session led by a knowledgeable person who was able to adapt the session to suit the needs of the attendees.'*

*'Really enjoyed the course, Tracey was excellent, and I feel I have learnt a lot.'*

*'Great, knowledgeable trainer. Very friendly and discussions flowed easily.'*

*'I thought the course was amazing. It was so interesting, so engaging and there is so much I can take on with me in my role.'*

*'I felt that this was a great introduction to understanding the basics of ASC and ADHD.'*

*'Really great training. Enjoyable and understandable. Learnt a lot and could relate to current young people we work with. Would love this to be delivered to whole team as very relevant and important'*

*'It was very informative and useful. The real-life examples really brought it to life'*

[**Introducing fitness and nutrition workshops within your HAF Programme**](https://edsential.com/products/introducing-fitness-and-nutrition-workshops-within-your-haf-programme/)

An introductory course to help you deliver engaging fitness and nutrition sessions for the children and young people within your HAF Programme.

This 90-minute course will cover how you use physical activity to teach children around the following themes:

* The importance of a balanced diet and healthy eating
* The importance of sleep and the role it plays in keeping us healthy

[**Delivering safe and engaging physical activity**](https://edsential.com/products/delivering-safe-and-engaging-physical-activity/)

An introductory course to help you deliver safe and engaging physical activity opportunities for the children and young people within your HAF Programme.

This 90-minute course will cover:

* Risk Assessing for physical activities
* A wealth of ideas for simple and effective activities to add to our provision
* How to structure activities to ensure they are safe and engaging

**Understanding Behaviour in Neurodiverse Children and Young People**

Developing emotional regulation skills, diverting and diffusing challenges, and managing and supporting incidents of crisis.

*Delegates must have attended the ASC & ADHD training previously.*

**Online training**

**Basic Paediatric First Aid**

Online learning dates starts on registration

This Paediatric First Aid training course will teach those who work with infants or children how to administer first aid and provide assistance in an emergency. It covers a variety of fundamental first aid topics, including legislation, how to carry out primary and secondary surveys, how to put children and infants into the recovery position, how to administer life-saving CPR and choking procedures, how to use defibrillators, and how to provide assistance for a variety of injuries and illnesses.

***Please note:*** *It may say that there is a face-to-face aspect to the training.  You only need to complete the 6 hour online part.  Once completed it will issue you with a certificate.*

Link to book: [Basic Paediatric First Aid](https://edsential.com/products/online-level-1-paediatric-first-aid/)

**Online Level 2 Basic Food Hygiene**

Online learning dates starts on registration

This Virtual College Level 2 Food Hygiene course is designed for anyone who works with or handles food and wants to meet the UK food training requirements. In this Food Hygiene Online Course, you will learn about the impact of food-borne illnesses, food safety hazards and contamination, food preservation, storage and temperature control, as well as HACCP.