



Improve Mental Wellbeing in Your Workplace

'Mental Health Disability Awareness'

A structured way to achieving

- the big picture for mental health in the 21st century workplace
- essential knowledge of the disability discrimination act
- first class communication skills regarding stress related illness

Courses scheduled throughout the UK in 2008

What does this course cover?

These are just some of the things you'll be able to learn more about...





What do you want to know & need to know?

'Is it normal to have so much sickness absence due to mental health issues?'

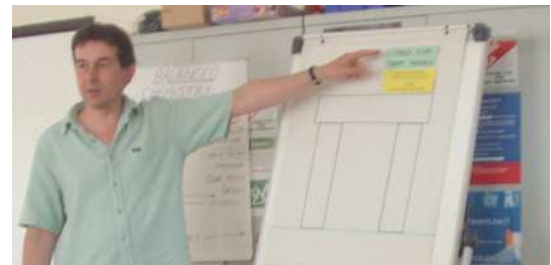
- We will look at the prevalence of various types of mental distress and the many types that are on the increase.

'Is there really any hope of an employee getting back to work after 3 or 6 months off sick?'

- We will discuss professional approaches to mental illness and the trend toward successful self-help and recovery processes.

'My husband and I have both suffered depression. Are my children almost certain to suffer too?'

- The course allows for discussion of probable causes and the sharing of our unique way of explaining causes. We think you will leave with some renewed hope.



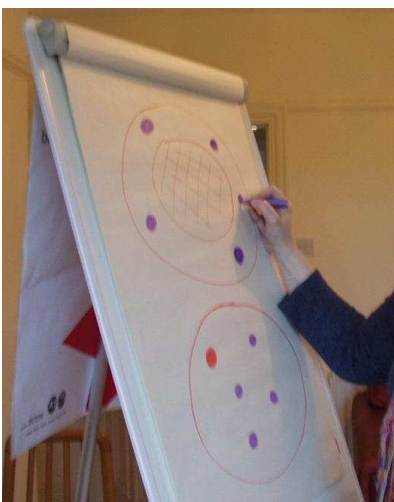
It is never, 'Death by Powerpoint!'

What you can expect from this course

A structured day ensuring all key aspects of mental health and disability awareness are covered in the time available. Interaction between the facilitators and the group and the chance to work together as a group and in two's or three's. There are 3 two minute films.

A relaxed and friendly environment

The venues selected for this course allow space for chatting (networking if you prefer ;-). Facilitators are available before and after the course and during the breaks and are happy to share their personal experiences of working with disabilities.



Participant shares idea

Tailored to your needs

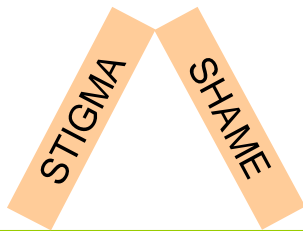
Participants may submit pressing questions prior to the course. We keep the group size to no more than twelve, so you have plenty of individual attention.

What you take away

As well as invaluable learning, you are provided with a folder and notes on arrival. Handouts will be provided at the end of each session. The slides that form the structure of this course will be available in pdf format on a CD at the end of the course along with a stress reducing souvenir.



Understand Disability, Avoid Discrimination



best seen as moving slide

The presentation was the best I've heard and the speaker was most inspirational and entertaining.

- **Chartered Institute of Housing**

It was the best course I have ever been on and I've attended a few!

- **Hammersmith and Fulham Adult Social Care**

The trainer was brilliant and the course an eye-opener and really informative.

- **The Deep, Hull**

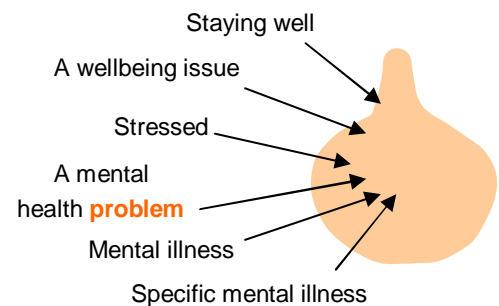
Understand Workplace Mental Health

Having someone who has been through those issues, sharing his experiences, makes you understand more about mental illness and what people go through.

- **Student Nurse**

You are a very inclusive presenter who makes all delegates feel they have something to contribute to the discussion. You encourage input and can modify the session to suit the attendees. You have genuine passion for the subjects you present on and this comes across in the sessions.

- **Nicole Cathcart, Mars Inc.**



best seen as moving slide

Times and Next Location

This is a full day course - arrive by 09:30 for refreshments

We start promptly at 09:45

Finish approximately 16:45

Breaks at approximately 11:15 and 14:45

Lunch is included - approximately 12:45

Location of next course: The Guildhall, St Peter's Hill, Grantham, Lincs, NG31 6PZ

Or contact us to arrange for this course at your place of work.



More of your questions

`Why should shame be more damaging than stigma?'

- One of many explanations is that we have been brought up in a society where it is generally acceptable to have physical ill health, whilst mental ill health is viewed as the fault of the person who *'chooses'* to be ill.

`Is epilepsy classed as a mental illness?'

- What is and what is not mental illness is discussed on the course. This section will focus on the appreciation of the grey areas according to who is making the definitions.

`Can any psychiatric conditions be cured by medication?'

The short answer is, *'No'*. Medication has moved on a long way in recent years and can be discussed on the course. In general though medication continues to treat symptoms rather than causes. Fortunately many people can work very effectively whilst on medication.

Your trainers

Alison Lewis, Founder and Principal Trainer of Lewis Training has positively demonstrated her motivational and inspirational training methods for a wide range of clients in the retail, finance, insurance, leisure and tourism, industries and local government, housing and health organisations. Specialising in Disability Discrimination Act, disability, deaf, deafblind awareness training. Alison was previously Senior Audiologist at the Royal South Hants Hospital and Social Work Development Officer for deaf people. Now, with a proven track record of almost 10 years as a Disability Awareness Trainer, Alison is delivering Diversity and Equality training alongside trainers from all walks of life.



Roger Smith, Author of *Stop Paddling / Start Sailing*, an inspirational story of recovery from what was described as a *'severe and enduring'* mental illness. Roger is a graduate chemist who has 26 years experience working for Multi-national food/pharmaceutical companies. His eventual diagnosis led to a gradual change of career. Firstly helping others with their recovery. Now working almost exclusively at the other end of the mental health spectrum, after the realisation that the best possible way to help sufferers is by helping the rest of the population to have a better understanding of mental health.



Stop Paddling Awareness & Recovery

Date, location and fees

Phone to ask about the date and location of our next course.

We will provide lunch and all refreshments on the day.

> [Please write dietary requirements on the back on this form](#) <

Your investment for the course will be £160 and includes the course folder, hand-outs, lunch, the CD, a stress reducing gift, email support, answering any questions not answered on the day.

Booking form

- Email alison@lewistraining.co.uk for a Word version of this form
- Phone Roger 01476 404221

Name: _____

Organisation (if appropriate): _____

Address: _____

Town/City: _____

Postcode: _____

Telephone: _____

E-mail: _____

Method of payment

Please enclose payment, purchase order or bank transfer information. Cheques payable to 'Lewis Training'. Please tick one of the following:

- Fee enclosed – cheque number _____
- Purchase order number _____ attached
- Invoice my organisation, for the attention of : _____
- Credit/debit card – on line booking is possible if you tick this box.
- Bank transfer – payment by BACS.

Fees are due no later than 7 days before the course or you may lose your place.

Post to: Lewis Training, The Barn, Stone Lane, Little Humby, Grantham, NG33 4HX.

Booking information

On receipt of your booking form, we will send you confirmation of booking and invoice or receipt. If you are unable to attend, you may send another delegate in your place at no extra charge. Confirmed bookings may be cancelled up to 7 days before the course, otherwise your fee cannot be returned.

VAT is not charged.

Please contact alison@lewistraining.co.uk for future dates and venues.

Dietary requirements for lunch on xxth Xxxxx 2008

Name:

Please give details of any allergies:

Please tell us anything else we might need to know about your diet:

Access at

The venue is accessible and wheel chair friendly.