

Training Opportunities



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

Mersey Care NHS Foundation Trust Older People's Clinical Psychology team would like to invite you to attend training sessions focused on supporting and improving the mental health and wellbeing of your residents. Two different sessions are being offered and will be delivered by members of the psychology team. Both sessions will be 1.5 hours in duration and delivered via Zoom. You are welcome to join either topic, or both, depending on your availability and interests. The sessions are open to all care home staff regardless of your role. We hope the sessions will be informal and will allow you time to ask questions about your current practice and services as well as providing you with information on the topic.

Supporting the mental health of your residents – this session will focus on the common difficulties some residents may experience in relation to issues such as anxiety and mood. It will aim to help you understand these issues more fully as well as offering practical solutions you can try to improve the wellbeing of your residents.

Thursday 10th September 2020 at 10.30am

<https://us02web.zoom.us/j/82548052297>

Meeting ID: 825 4805 2297

Tuesday 15th September 2020 at 1pm

<https://us02web.zoom.us/j/83009199430>

Meeting ID: 830 0919 9430

Working with behaviours that challenge – this session will focus on understanding behaviours that can be difficult to work with in residents. It will aim to raise your knowledge and awareness about the topic and discuss practical ways you can support residents who are expressing distress in this way.

Wednesday 9th September 2020 at 1pm

<https://us02web.zoom.us/j/85657393062>

Meeting ID: 856 5739 3062

Thursday 16th September 2020 at 10am

<https://us02web.zoom.us/j/85212879872>

Meeting ID: 852 1287 9872

If you wish to attend a session please email OAPsychology@nhs.net stating which care home you are from, how many people from that care home will be attending and which sessions you would like to attend. You can join the session by clicking on the links above.

We are able to offer certificates of attendance to all who attend which can be used to evidence continued professional development and training.