



To book your place **T:** 028 9447 8645  
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June 2017		July 2017		August 2017		September 2017		October 2017		November 2017		December 2017		January 2018		February 2018		March 2018	
1	T	1	S	1	T	1	F	1	S	1	W	1	F	1	M	1	T	1	T
2	F	2	S	2	W	2	S	2	M	2	T	2	S	2	T	2	F	2	F
3	S	3	M	3	T	3	S	3	T	3	F	3	S	3	W	3	S	3	S
4	S	4	T	4	F	4	M	4	W	4	S	4	M	4	T	4	S	4	S
5	M	5	W	5	S	5	T	5	T	5	S	5	T	5	F	5	M	5	M
6	T	6	T	6	S	6	W	6	F	6	M	6	W	6	S	6	T	6	T
7	W	7	F	7	M	7	T	7	S	7	T	7	T	7	S	7	W	7	W
8	T	8	S	8	T	8	F	8	S	8	W	8	F	8	M	8	T	8	T
9	F	9	S	9	W	9	S	9	M	9	T	9	S	9	T	9	F	9	F
10	S	10	M	10	T	10	S	10	T	10	F	10	S	10	W	10	S	10	S
11	S	11	T	11	F	11	M	11	W	11	S	11	M	11	T	11	S	11	S
12	M	12	W	12	S	12	T	12	T	12	S	12	T	12	F	12	M	12	M
13	T	13	T	13	S	13	W	13	F	13	M	13	W	13	S	13	T	13	T
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15	T	15	S	15	T	15	F	15	S	15	W	15	F	15	M	15	T	15	T
16	F	16	S	16	W	16	S	16	M	16	T	16	S	16	T	16	F	16	F
17	S	17	M	17	T	17	S	17	T	17	F	17	S	17	W	17	S	17	S
18	S	18	T	18	F	18	M	18	W	18	S	18	M	18	T	18	S	18	S
19	M	19	W	19	S	19	T	19	T	19	S	19	T	19	F	19	M	19	M
20	T	20	T	20	S	20	W	20	F	20	M	20	W	20	S	20	T	20	T
21	W	21	F	21	M	21	T	21	S	21	T	21	T	21	S	21	W	21	W
22	T	22	S	22	T	22	F	22	S	22	W	22	F	22	M	22	T	22	T
23	F	23	S	23	W	23	S	23	M	23	T	23	S	23	T	23	F	23	F
24	S	24	M	24	T	24	S	24	T	24	F	24	S	24	W	24	S	24	S
25	S	25	T	25	F	25	M	25	W	25	S	25	M	25	T	25	S	25	S
26	M	26	W	26	S	26	T	26	T	26	S	26	T	26	F	26	M	26	M
27	T	27	T	27	S	27	W	27	F	27	M	27	W	27	S	27	T	27	T
28	W	28	F	28	M	28	T	28	S	28	T	28	T	28	S	28	W	28	W
29	T	29	S	29	T	29	F	29	S	29	W	29	F	29	M	29	T	29	T
30	F	30	S	30	W	30	S	30	M	30	T	30	S	30	T	30	F	30	F
		31	M	31	T			31	T			31	S	31	W			31	S

**Applying for funding (non-accredited)**  
Improve your knowledge of the funding environment and opportunities available. Receive support to develop better and more effective funding applications.

**Duration:** 90 min  
**Cost:** Free

**Bereavement Awareness**  
Adult bereavement; impact of bereavement; phases of grief; factors affecting grief; support systems; contextual understanding of child bereavement; enhance knowledge and skills of working with children, young people and their families in relation to bereavement and especially as a result of suicide. **Venue:** Carrickfergus Town Hall

**Duration:** 9am - 5pm  
**Cost:** PHA Funded

**Charity Commission (non-accredited)**  
South Antrim Community Network will offer 3 one-to-one; 90 minute direct support opportunities for community and voluntary organisations to help complete, finalise or check applications for Charitable Status.

**Duration:** 90 min  
**Cost:** direct support sessions

**Charity Commission Advice on Accountancy Procedures (non-accredited)**  
South Antrim Community Network will offer 3 one-to-one; 90 minute direct support opportunities for community and voluntary organisations to advise regarding the accountancy requirements of the Charity Commission NI.

**Duration:** 90 min  
**Cost:** direct support sessions

**Child Protection (accredited)**  
This course will give you and your organisation the knowledge to keep children safe.

**Duration:** 3 Hours  
**Cost:** May Apply

**Collaborative Working (non-accredited)**  
This workshop explores joint working opportunities to fulfill purposes, and may open up funding opportunities.

**Duration:** 3 Hours  
**Cost:** Free

**Emergency First Aid (EFA) (accredited)**  
This EFA course will give you and your organisation the EFA knowledge that you need. The accreditation lasts 3 years.

**Duration:** 6 Hours (2 Nights)  
**Cost:** May Apply

**Food Hygiene (accredited)**  
Does your community facilities have a kitchen or are you regularly preparing / delivering refreshments, this course ensures you are fully compliant with Food Safety Standards. The accreditation lasts 3 years.

**Duration:** 6 Hours (2 Nights)  
**Cost:** May Apply

**Fundraising (non-accredited)**  
Improve your knowledge of ways to fundraise and understand good practice.

**Duration:** 2 Hours  
**Cost:** Free

**Good Governance (non-accredited)**  
Increases your effectiveness as a committee member, understand your legal responsibilities and develop your knowledge of charity and company law.

**Duration:** 2 Hours  
**Cost:** Free

**Lobbying and Negotiation Skills (non-accredited)**  
A practical workshop which shows Community Groups how to lobby and improve their negotiation skills.

**Duration:** 2 Hours  
**Cost:** Free

**Musical Wellbeing**  
A one hour session promoting emotional wellbeing through the medium of music and song.

**Duration:** 1 Hour  
**Cost:** PHA Funded

**PR & Media Training (non-accredited)**  
Community organisations, your role is vital but are you equipped to make your voice heard? The media offers the potential to widen your audience, this course gives an insight into how best to use PR & Media.

**Duration:** 2 Hours  
**Cost:** May Apply

**Risk Assessment (non-accredited)**  
This practical session will show you how to carry out a risk assessment, action plan and record the results in a risk register. The templates used in the exercises can be used in your own organisation so that you have both the skill and tools to implement risk assessment.

**Duration:** 2 Hours  
**Cost:** Free

**Safe TALK**  
A Level 2, half day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

**Duration:** 4 Hours  
**Cost:** PHA Funded

**Self-motivation For Change**  
Aims to increase awareness and understanding of the factors involved in self-motivation and behavior change. Participants will explore real and perceived barriers to making healthy lifestyle changes. Current key themes in relation to individual responsibility for health and self-care will be explored along with theories of behavior change with examples of practical interventions.

**Duration:** 3 Hours  
**Cost:** PHA Funded

**Setting up as a Constituted Group (non-accredited)**  
Advice regarding the advantages of setting up as a constituted group and assistance with writing your constitution and setting up a committee.

**Duration:** 3 Hours  
**Cost:** Free

**Social Media Training (non-accredited)**  
This course gives an insight into how to set up a Facebook page / Twitter account.

**Duration:** 2 Hours  
**Cost:** May Apply

**Take 5 Ways to Wellbeing**  
A one hour interactive workshop focussing on the promotion of the Take 5 Ways to Wellbeing. Available upon request

**Duration:** 1 Hour  
**Cost:** PHA Funded

**Understanding Self Harm Training**  
Gain more knowledge, understanding and confidence in working with the issues of self harm and suicidal ideation and behaviours. **Venue:** Various locations.

**Duration:** 9am - 4.30pm  
**Cost:** PHA Funded

Health Awareness and Promoting Mental Health, Emotional Wellbeing and Suicide Prevention - Dates for your Diary									
June	July	August	September	October	November	December	January	February	March
PTSD Awareness Month 5th - 9th Bike to School Week 14th World Blood Donor Day 17th World Cyber Bullying Day 12th - 18th Diabetes Week National Men's Health Week Cervical Screening Awareness Week	National Minority Mental Health Month 4th - 10th National Childhood Obesity Week	Children's Eye Health & Safety Month 1st - 7th World Breastfeeding Awareness Week 6th Friendship Day 8th National Happiness Happens Day 12th International Youth Day	10th World Suicide Prevention Day 10th - 16th National Suicide Prevention Week 11th - 17th Sexual Health Week 21st World Alzheimer's Day 29th World Heart Day	Breast Cancer Awareness Month Cyber Security Awareness Month 10th World Mental Health Day	4th National Stress Awareness Day 13th World Kindness Day 14th World Diabetes Day 16th Pancreatic Awareness Day 18th International Survivors of Suicide Day	1st World Aids Day 3rd International Day of Persons with Disabilities	Dry January Love Your Liver Month 9th - 15th National Awareness Obesity Week 16th Blue Monday	National Heart Month 7th - 14th Congenital Heart Defect Awareness Week 26th National Wear Red Day 27th - 5th March National Eating Disorder Awareness Week	Ovarian & Prostate Cancer Awareness Month Multiple Sclerosis Awareness Month 1st Self Injury Awareness Day 3rd - 9th National MS Education Awareness Week 8th No Smoking Day 10th - 16th National Salt Awareness Week 18th - 24th Down's Syndrome Awareness Week 20th International Day of Happiness 22nd World Water Day



