

**County Durham and Darlington Targeted CAMHS Team**

***Mental Health & Emotional  
Wellbeing  
Awareness Training  
1 April 2016- 31 March 2017***

**Please see topics, dates and venues.**

**Please complete the attached Application Form on page 12 and return to:**

**[tewv.countydurhamcamhstraining@nhs.net](mailto:tewv.countydurhamcamhstraining@nhs.net)**

## **Welcome to our new Training Portfolio for 2016 – 2017 !**

Our training is aimed at the whole of the children's workforce, parents and carer's. The training sessions that we deliver will enhance your awareness of the chosen topic, and help you explore and identify mental health concerns that may present within children and young people.

The training is a good foundation into understanding different mental health concerns within children and young people. The key elements of the training packages include how to identify the concern, but most importantly highlight self-help / supportive strategies and resources that can be used.

We attempt to use a variety of learning approaches and welcome informal and anonymous case discussion to improve and develop the practice of course attendees.

## **Anxiety, Worries, Fears & Phobias**

<b>Date</b>	<b>Time</b>	<b>Venue</b>
26 April 2016	1.15 pm – 4.15 pm	Brandon's Children Centre, Carr Avenue, BRANDON, Durham DH7 8NL
17 May 2016	9.15 am – 12.15 pm	One Point Hub, Broom Road, FERRYHILL DL17 8AN
28 June 2016	1.15 pm – 4.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
19 July 2016	1.15 pm – 4.15 pm	Winchester House, South West Industrial Estate, PETERLEE SR8 2RJ
3 August 2016	4.30 pm – 7.30 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
23 August 2016	1.15 pm – 4.15 pm	One Point Hub, Broom Road, FERRYHILL DL17 8AN
25 October 2016	1.15 pm – 4.15 pm	Child & Family Centre, 192 Medomsley Road, CONSETT DH8 5HT
6 December 2016	9.15 am – 12.15 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
11 January 2017	9.15 am – 12.15 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
24 January 2017	1.15 pm – 4.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
7 March 2017	9.15 am – 12.15 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
22 March 2017	9.15 am – 12.15 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE

## Attachment Difficulties

Date	Time	Venue
19 April 2016	1.15 pm - 4.15 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
4 May 2016	4.30 pm – 7.30 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR
24 May 2016	1.00 pm - 4.00 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR
13 July 2016	9.15 am - 12.15 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
27 July 2016	9.15 am - 12.15 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
14 September 2016	9.15 am - 12.15 pm	One Point Hub, Strangford Road, SEAHAM SR7 8QE
28 September 2016	9.15 am - 12.15 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
19 October 2016	9.15 am - 12.15 pm	One Point Hub, Broom Road, FERRYHILL DL17 8AN
9 November 2016	9.15 am - 12.15 pm	One Point Hub, Strangford Road, SEAHAM SR7 8QE
23 November 2016	9.15 am - 12.15 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
14 December 2016	1.15 pm - 4.15 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
17 January 2017	1.15 pm - 4.15 pm	Winchester House, South West Industrial Estate, PETERLEE SR8 2RJ
28 February 2017	9.15 am - 12.15 pm	Moorside Children's Centre , Chester Road, CONSETT DH8 8EQ

## Attentional Difficulties ADHD / ADD

Date	Time	Venue
13 April 2016	9.15 am – 12.15 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
27 April 2016	9.15 am – 12.15 pm	One Point Hub, Strangford Road, SEAHAM SR7 8QE
17 May 2016	1.00 pm – 4.00 pm	One Point Hub, Broom Road, FERRYHILL DL17 8AN
29 June 2016	9.15 am – 12.15 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
10 August 2016	9.15 am – 12.15 pm	<b>*tbc*</b> One Point Hub, Burns Green, CHESTER-LE-STREET DH3 3QH <b>*PAY AND DISPLAY CAR PARK*</b>
24 August 2016	9.15 am – 12.15 pm	Child & Family Centre, 192 Medomsley Road, CONSETT DH8 5HT
21 September 2016	9.15 am – 12.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
1 November 2016	9.15 am – 12.15 pm	Brandon's Children Centre, Carr Avenue, BRANDON, Durham DH7 8NL
16 November 2016	9.15 am – 12.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
6 December 2016	1.15 pm – 4.15 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
4 January 2017	4.30pm – 7.30 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
25 January 2017	9.15 am – 12.15 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
21 February 2017	9.15 am – 12.15 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
7 March 2017	1.15 pm – 4.15 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
28 March 2017	9.15 am – 12.15 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB

## *Deliberate Self Harm*

Date	Time	Venue
20 April 2016	9.15 am - 12.15 pm	Child & Family Centre, 192 Medomsley Road, CONSETT DH8 5HT
11 May 2016	9.15 am - 12.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
13 July 2016	1.15 pm - 4.15 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
2 August 2016	9.15 am - 12.15 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
17 August 2016	9.15 am - 12.15 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
7 September 2016	4.30 pm – 7.30 pm	Child & Family Centre, 192 Medomsley Road, CONSETT, DH8 5HT
14 September 2016	1.15 pm - 4.15 pm	One Point Hub, Strangford Road, SEAHAM SR7 8QE
4 October 2016	9.15 am - 12.15 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR
19 October 2016	1.15 pm - 4.15 pm	One Point Hub, Broom Road, FERRYHILL DL17 8AN
2 November 2016	4.30 pm – 7.30 pm	Winchester House, South West Industrial Estate, PETERLEE SR8 2RJ
9 November 2016	1.15 pm - 4.15 pm	One Point Hub, Strangford Road, SEAHAM SR7 8QE
29 November 2016	9.15 am - 12.15 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR
3 January 2017	9.15 am - 12.15 pm	Moorside Children's Centre , Chester Road, CONSETT DH8 8EQ
7 February 2017	9.15 am - 12.15 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR
28 February 2017	1.15 pm - 4.15 pm	Moorside Children's Centre , Chester Road, CONSETT DH8 8EQ
21 March 2017	9.15 am - 12.15 pm	<b>*tbc*</b> Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ

## **Eating Difficulties**

Date	Time	Venue
19 April 2016	9.15 am - 12.15 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
24 May 2016	9.15 am - 12.15 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR
5 July 2016	1.15 pm - 4.15 pm	Child & Family Centre, 192 Medomsley Road, CONSETT DH8 5HT
6 July 2016	4.00 pm – 7.00 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
26 July 2016	1.15 pm - 4.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
6 September 2016	9.15 am - 12.15 pm	Brandon's Children Centre, Carr Avenue, BRANDON, Durham DH7 8NL
27 September 2016	1.15 pm - 4.15 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
18 October 2016	9.15 am - 12.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
22 November 2016	1.15 pm - 4.15 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
14 December 2016	9.15 am - 12.15 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
17 January 2017	9.15 am - 12.15 pm	Winchester House , South West Ind Estate , Peterlee, SR8 2RJ
31 January 2017	1.15 pm - 4.15 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
22 February 2017	9.15 am - 12.15 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
29 March 2017	9.15 am - 12.15 pm	<b>*tbc*</b> One Point Hub, Burns Green, CHESTER-LE-STREET DH3 3QH <b>*PAY AND DISPLAY CAR PARK*</b>

## Introduction to CAMHS

Date	Time	Venue
10 May 2016	9.15 am - 1.00 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
12 July 2016	9.15 am - 1.00 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
9 August 2016	9.15 am - 1.00 pm	Child & Family Centre, 192 Medomsley Road, CONSETT DH8 5HT
13 September 2016	9.15 am - 1.00 pm	Brandon's Children Centre, Carr Avenue, BRANDON, Durham DH7 8NL
11 October 2016	9.15 am - 1.00 pm	Winchester House, South West Industrial Estate, PETERLEE SR8 2RJ
13 December 2016	9.15 am - 1.00 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
10 January 2017	9.15 am - 1.00 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
14 February 2017	9.15 am - 1.00 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
14 March 2017	9.15 am - 1.00 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR



**Positive Behaviour Support  
(what is "Challenging Behaviour"?)**

Date	Time	Venue
13 April 2016	9.15 am - 12.30 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
6 May 2016	9.15 am - 12.30 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
11 May 2016	9.15 am - 12.30 pm	Stanley Primary Care Centre, Clifford Road, STANLEY, DH9 0AB
9 June 2016	9.15 am - 12.30 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
15 June 2016	9.15 am - 12.30 pm	Winchester House, South West Industrial Estate, PETERLEE SR8 2RJ
13 July 2016	9.15 am - 12.30 pm	One Point Hub, Burns Green, CHESTER-LE-STREET DH3 3QH <b>*PAY AND DISPLAY CAR PARK*</b>
4 August 2016	9.15 am - 12.30 pm	<b>*tbc*</b> South Durham and Dales Area
8 September 2016	9.15 am - 12.30 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
14 September 2016	9.15 am - 12.30 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
12 October 2016	9.15 am - 12.30 pm	Winchester House, South West Industrial Estate, PETERLEE SR8 2RJ
9 November 2016	9.15 am - 12.30 pm	Stanley Primary Care Centre, Clifford Road, STANLEY, DH9 0AB
10 November 2016	9.15 am - 12.30 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
8 December 2016	9.15 am - 12.30 pm	Dean Bank Children's Centre, Beaumont Street, Dean Bank, FERRYHILL DL17 8PH
14 December 2016	9.15 am - 12.30 pm	<b>*tbc*</b> One Point Hub, Burns Green, CHESTER-LE-STREET DH3 3QH <b>** Pay &amp; Display Car Park**</b>
11 January 2017	9.15 am - 12.30 pm	One Point Hub, Strangford Road, SEAHAM SR7 8QE
8 February 2017	9.15 am - 12.30 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB

9 February 2017	9.15 am - 12.30 pm	<b>*tbc*</b> South Durham and Dales Area
10 March 2017	9.15 am - 12.30 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
15 March 2017	9.15 am - 12.30 pm	North End House Durham, 42 North End, DURHAM DH1 4LW

## **Low Mood & Depression**

<b>Date</b>	<b>Time</b>	<b>Venue</b>
26 April 2016	9.15 am - 12.15 pm	Brandon's Children Centre, Carr Avenue, BRANDON, Durham DH7 8NL
28 June 2016	9.15 am - 12.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
19 July 2016	9.15 am - 12.15 pm	Winchester House, South West Industrial Estate, PETERLEE SR8 2RJ
2 August 2016	1.15 pm - 4.15pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
23 August 2016	9.15 am - 12.15 pm	One Point Hub, Broom Road, FERRYHILL DL17 8AN
4 October 2016	1.00 pm – 4.00 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR
25 October 2016	9.15 am - 12.15 pm	Child & Family Centre, 192 Medomsley Road, CONSETT DH8 5HT
3 January 2017	1.15 pm – 4.15 pm	Moorside Children's Centre , Chester Road, CONSETT DH8 8EQ
24 January 2017	9.15 am - 12.15 pm	<b>*tbc*</b> Willington Health Centre, Chapel Street, Willington, CROOK, DL15 0EQ
7 February 2017	1.00 pm – 4.00 pm	Chester-le-Street Health Centre, Newcastle Road, CHESTER-LE-STREET DH3 3UR
1 March 2017	4.30 pm – 7.30 pm	<b>*tbc*</b> South Durham and Dales Area
21 March 2017	1.15 pm – 4.15 pm	<b>*tbc*</b> Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ

## **Social & Communication Difficulties**

<b>Date</b>	<b>Time</b>	<b>Venue</b>
13 April 2016	1.15 pm – 4.15 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
18 May 2016	9.15 am - 12.15 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
5 July 2016	9.15 am - 12.15 pm	Child & Family Centre, 192 Medomsley Road, CONSETT, DH8 5HT
26 July 2016	9.15 am - 12.15 pm	Willington Health Centre, Chapel Street, WILLINGTON, Crook DL15 0EQ
10 August 2016	1.15 pm – 4.15 pm	<b>*tbc*</b> One Point Hub, Burns Green, CHESTER-LE-STREET DH3 3QH
6 September 2016	9.15 am - 12.15 pm	Brandon's Children Centre, Carr Avenue, BRANDON, Durham DH7 8NL
27 September 2016	9.15 am - 12.15 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
1 November 2016	1.15 pm – 4.15 pm	Brandon's Children Centre, Carr Avenue, BRANDON, Durham DH7 8NL
22 November 2016	9.15 am - 12.15 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE, DL5 4PE
7 December 2016	4.30 pm – 7.30 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
11 January 2017	1.15 pm – 4.15 pm	North End House Durham, 42 North End, DURHAM DH1 4LW
31 January 2017	9.15 am - 12.15 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB
1 February 2017	4.30 pm – 7.30 pm	Acley Centre, Carers Way, Off Burn Lane, NEWTON AYCLIFFE DL5 4PE
21 February 2017	1.15 pm – 4.15 pm	Auckland Park Hospital, Westfield Road, BISHOP AUCKLAND DL14 6AE <b>*USE MAIN HOSPITAL CAR PARK – PAY AND DISPLAY*</b>
8 March 2017	9.15 am - 12.15 pm	One Point Hub, Strangford Road, SEAHAM, SR7 8QE
28 March 2017	1.15 pm – 4.15 pm	Stanley Primary Care Centre, Clifford Road, STANLEY DH9 0AB

**Children & Young Peoples Mental Health Awareness Training  
Application Form 2016-2017**

Name in Full:	
Job Title (or state if parent/carer):	
Team/Service (N/A if parent/carer):	
Organisation (N/A if parent/carer):	
Workplace Address:	
Postcode:	
Workplace Tel No:	
Workplace Email:	
Special requirements we need to be aware of (eg. Access, learning support, communication, etc):	
Line Manager's Name:	
Line Manager's Tel No:	
Line Manager's Email:	

**COURSE DETAILS**

Course Name:	
Date & Time:	

**SIGNATURES**

**Data Protection Act 1998** – I hereby give my consent for information provided on this form to be held on computer and other relevant filing systems and to be shared with my employer and accredited organisations and agencies in accordance with the Data Protection Act 1998. I understand that the data will be used for the purposes of administration and monitoring of training provision and for statistical purposes only.

Signature of Applicant:		Date:	
Signature of Line Manager:		Date:	

Please email to [tevw.countydurhamcamhstraining@nhs.net](mailto:tevw.countydurhamcamhstraining@nhs.net) if application is completed electronically (including electronic signatures) or send to Linda Salkeld-Craddock, The Acley Centre, Carers Way, Off Burn Road, NEWTON AYCLIFFE DL5 4PE

**Applicants will be notified in due course if their application has been successful. You will also receive an electronic copy of the training handout for you to print and bring along with you – these will not be available at the training session.**

There is a maximum of 15 places per course and a minimum of 5. If the minimum number is not reached this may result in the cancellation of the course, therefore any cancellations should be made at least one week in advance to enable places to be offered to others.

Please note that a recharge is in place for course cancellations and no-shows.  
(£25 for half day or £50 for full day course cost per person for no-shows and cancellations made less than one week before a course).