



WALLACECAMERON
TRAINING

Training in Focus

A NEWSLETTER FROM WALLACE CAMERON TRAINING // APRIL/MAY/JUNE 2019

Supporting a charity:
It's our commitment to give



back to the community by selecting charities to support throughout the year, the selected charity for this quarter is M.I.N.D.

Every year, one in four of us will experience a mental health problem. But hundreds of thousands of people are still struggling.

M.I.N.D believe no-one should have to face a mental health problem alone.

Everything M.I.N.D say and do is rooted in the experiences of people who know what it's like to live with a mental health problem.

When you're living with a mental health problem, or supporting someone who is, having access to the right information is crucial.

Please visit

<https://www.mind.org.uk/>
for more information.

Contact Us

Wallace Cameron Training
26 Netherhall Road
Netherton Ind. Estate
Wishaw, ML2 0JG

Tel: 01698 354671

Talking - Mental Health

Mental Health Awareness week is fast approaching, how much do you really know about it? Why not check out <https://www.mind.org.uk/workplace/> for the influence and participation tool kit, it gives you information on what's involved, why, how and overcoming challenges.



Lived Experience Influence and Participation Toolkit

Mental health is about how we think, feel and behave. Anxiety and depression are the most common mental health problems. They are often a reaction to a difficult life event, such as bereavement, but can also be caused by work-related issues.

Work can also aggravate pre-existing conditions, and problems at work can bring on symptoms or make their effects worse.

Whether work is causing the health issue or aggravating it, employers have a legal responsibility to help their employees. Work-related mental health issues must be assessed to measure the levels of risk to staff. Where a risk is identified, steps must be taken to remove it or reduce it as far as reasonably practicable.

Mental Health Funding for Schools...

The Government announced in the autumn that every state school will be given a dedicated mental health professional to help children deal with the impact of social media as part of a £2billion a year funding boost. Philip Hammond will announce plans to increase mental health funding from nearly £12billion to more than £14billion within five years.

What else is happening in schools?

As from 2020 onwards, all state-funded schools in England will be required to teach first aid as part of health education. This will include basic first aid for primary school children, for example dealing with common injuries, such as head injuries. Pupils in secondary schools will be taught future first aid, for example, how to administer CPR and the purpose of defibrillators.

Please contact our sales team on 01698 354671 for more information on Mental Health or First Aid courses.



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