

Let's change the conversation around mental wellbeing across Greater Manchester

We're hosting an engagement event about mental wellbeing. Please join us to find out more about GM's Connect 5 workforce training offer and Living Life To The Full self-help resources for the GM population. Together we can;

- ♦ Be part of the social movement to change the conversation to better protect and promote mental wellbeing in our communities
- ♦ Increase place based and organisational capacity to provide mental wellbeing support
- ♦ Equip and boost confidence of the population health workforce via CONNECT 5 (C5) training to have effective conversations around mental wellbeing
- ♦ Build and achieve consensus around prevention and early intervention via the Prevention Concordat

Ready to sign up?

Register [here](#)



Who is this event for?

Public sector commissioners, VCSE training providers and VCSE organisations who wish to train their service in C5.

Event Details

When: Thursday 12th March

Where: King's House Conference Centre, King's Church, Sidney Street, Manchester M1 7HB

What time: 13:00 - 16:30pm. Join us for lunch from 1pm.

As part of the work to promote and protect mental wellbeing for all citizens of Greater Manchester. We will:

- * Train 384 *Connect 5* train-the-trainers, primarily from the VSCE sector, who may then cascade C5 training in their locality/organisation
- * Offer post-training support, resources and CPD for the train-the-trainers
- * Offer free to access *Living Life to the Full* evidence-based self help resources for GM residents via www.gmhealthhub.org

What is connect 5?

Connect 5 is a workforce training programme, created to upskill non-mental health staff to better understand and successfully address mental health issues within their everyday practice. It works in sectors and settings including health, VCSE and Criminal Justice and Rehabilitation.

Connect 5 content provides an evidenced based collaborative prevention toolkit that promotes psychological knowledge, understanding and awareness and the development of skills, which empower people to take proactive steps to build resilience and look after themselves.

Connect 5 aims to improve population mental wellbeing by changing the way people have conversations about mental wellbeing with the public

"*Mental wellbeing conversations*" includes a lot of different types of conversation. **Connect 5** is targeting three types of conversation. These are:

- ⇒ conversations in which you suggest ways a person can take action to improve mental wellbeing.
- ⇒ conversations in which you and the person you are talking to develop a shared understanding of that person's mental wellbeing needs.
- ⇒ conversations that empower a person to make changes that address their mental

How does **Connect 5** work?

Delivery to the front facing workforce

Connect 5 is an incremental three-session programme, escalating skills through each session. The programme underpins the principle of '*Making Every Contact Count*' and supports the aim of making the best use of the skills and local contacts of frontline staff. Some staff will just undertake session 1, some session 1 & 2 whilst others go on to do all three sessions. Typically it takes 2.5 days to complete all 3 sessions.

Train the trainer delivery

After attending the full two- and half-day direct delivery, prospective trainers attend the **Connect 5** Community Trainer two-day programme delivered by a "Lead Trainer" - who is an experienced **Connect 5** trainer who also has expertise in teaching training skills for **Connect 5**. Find out more about **Connect 5** [here](#)



Indicative Programme

Welcome and opening address by Dave Boulger, Head of Population Health Transformation, GMHSCP

Connect 5: The model: Elysabeth Williams

GM's Connect 5 Offer: Jenny Higson, CEO TOG Mind

GM's Post Training Support: BigLife

Connect 5: How It Is Working in Wigan: Ian Riding, Wigan MBC

Workshop Session

Comfort Break

Connect 5: Case study from the South-West via video link

Prevention Concordat in GM: Charlene Mulhern, Mental Wellbeing System Lead, GMHSCP

Living Life the Full; Professor Chris Williams

What next? How can I get involved? Jan Hopkins, Programme Manager, GMHSCP

Register [here](#)

Find out more about Connect 5 [here](#)

Connect to Living Life to the Full [here](#)