

Opportunity to become a

## GM Living Life to the Full (LLTTF) Train the Trainer

and be part of a new approach to mental wellbeing in Greater Manchester

**Are you a skilled trainer looking for an opportunity to become part of a new team** to train staff who are based in health/social care/voluntary and community settings (VCSE) across GM to deliver an exciting range of life skills classes?

**Do you have the scope and capacity within your current work role to join us for this 12-month project?**

**The benefits to you include:**

- developing your own training skills
- developing your own knowledge and gain understanding of LLTTF class content
- training and supporting others to effectively deliver the classes to clients in their own work setting/community
- being a part of the evaluation, reporting and continuous improvement of the Greater Manchester LLTTF classes roll out

LLTTF programme is funded by the Greater Manchester Health and Social Care Partnership (GMHSCP). This means it will fund the train the trainer courses, the licences and resources to run the classes but not the cascade of training so we are looking for people who can utilise this funded offer by training others to deliver the classes and embedding the approach within their work setting or locality.

### **Phase 1: Commencing October 2020 ( training dates are 14th and 21st October)**

You will attend training in a Train the Trainer course led by Professor Chris Williams (developer of Living Life to the Full), and subsequently cascade to staff/volunteers train the trainer teaching in the following courses over the following year.

- **Living life to the full** (8x weekly classes, each lasting 90 minutes, covering low mood and stress, building confidence, doing things that make you feel better, looking at things differently, problem solving, overcoming irritability and more).
- **Reclaim your life** (addressing how to live with long term physical health problems –looking at ways of understanding the impact of illness, keeping balanced activities that are good for the person, reflecting the impact of the focus of the mind on symptoms, mindfulness elements and more).

### **Phase 2:**

- **The Enjoy series** (From Nov 2020 : 3 courses aimed at mums and their partners, and addressing either Enjoy your bump – pregnancy/resilience building to reduce the risks of depression, Enjoy your baby (addressing low mood/anxiety in the baby's first 12 months, and Enjoy your infant – attachment and coping during the toddler years).

**If you are interested in taking part contact:** [meldykes@togmind.org](mailto:meldykes@togmind.org)

**If you are a manager or service provider and would like more information about the LLTTF classes please contact:** [elysabethwilliams@togmind.org](mailto:elysabethwilliams@togmind.org)

Background information: [www.fiveareas.com](http://www.fiveareas.com) [www.llttf.com/evidence](http://www.llttf.com/evidence)