Adult Social Care

Training Programme
2026-2027

Home

Adult Social Care Training Programme 2026-2027

Contents

Bolton Council Adult Social Care Workforce Training **3**

How to Book on to Courses **4**

Cancellation policy **5**

2026-27 Adult Social Care Training Offer **6**

Administration of Medication Level 2 6

Administration of Medication Level 2 Refresher 7

Administration of Medication Level 2 Assessments 8

Care Certificate Introduction to Professional Care Values 9

Care Certificate Standards Q & A Session 10

Care Certificate Manager Awareness 11

Catheter Care 12

Dementia and Dementia Care 13

Emergency First Aid 14

Fluids and Nutrition 15

Mandatory Adult Social Care Training : 2 Day 17

Person Centred Practice (PCP) 21

Pressure Ulcer and Basic Waterlow Score 22

Recognising and Responding to Abuse 23

Stoma Care 24

Mental Health and Wellbeing Training **25**

Important Booking Information **26**

Bolton Council Adult Social Care Workforce Training

Bolton Council is committed to delivering high-quality training to the Adult Social Care Workforce.

Our team offers a comprehensive, high-quality training programme to suit the mandatory and essential training requirements of the Adult's workforce. The training is open to all staff and practitioners who come under the umbrella of Adult Services including:

· Residential homes
· Care homes
· Domiciliary care
· Personal assistants

To help with the cost of living we have capped our courses as follows:

1 day training - £30 (plus VAT) per person
2 day training - £60 (plus VAT) per person

We run face to face training at Castle Hill Training Centre and other venues throughout the borough we also deliver online training via Microsoft Teams.
All our courses can be delivered to your own organisations as a Bespoke course – just send us an email to learninganddevelopment@bolton.gov.uk letting us know what you require and we can look to arrange for you.
We also run a new Mental Health and Wellbeing training programme – many of these courses are FREE to attend, don't miss out.

Me-Learning-Events (On-line and Face to Face Courses)
You can now book and cancel a training place directly on to a course via our new Me-learning Events platform

To book or cancel a place on a training course follow — Book now – Learning and development

Me-Learning-Digital Courses
We have over 200 short courses available online including courses to support **Adult Social Care** and the **Care Certificate Standards.**
Licences for this suite of training costs £30 inc VAT for access until March 2027. If you require a licence please contact the Learning and Development Team. Email: e-learning@bolton.gov.uk

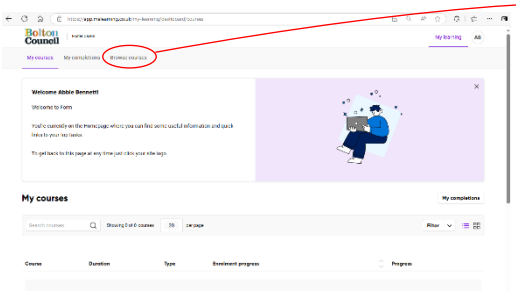
learninganddevelopment@bolton.gov.uk

Important booking information

How to Book on to Courses

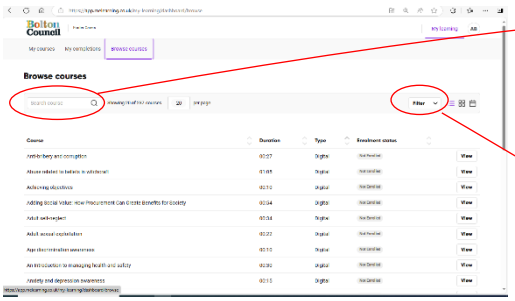
In order to access the free training listed in this training programme, you will need to access to your Me-Learning account.

Use this brochure to identify which Face to Face or Online courses you would like to attend and then in Me Learning, click on the Browse Courses section and search for your selected course. Once you have found the course you have searched for click 'View' and then 'Enrol'. Alternatively, once you have selected Browse Courses, you can then click 'Filter' - 'Type' and select Event or Digital for the type of course you are looking for.



1. Select 'Browse Courses'

On this page you will see a list of ALL the courses available to you.



2. Search for your selected course

Once searched, you will see the course you are looking for on your screen. Select view and enrol to sign up.

or

3. Select Filter - Type: Event and then search and select the course you are looking for.

When you filter to events you will see a full list on all course events. Here, you will need to look for your course and then click view and enrol.

If you are enrolling onto an Online course/ event, this will be delivered by Microsoft Teams or Zoom.

Your link to the online session will be visible on your Me Learning Courses once you have enrolled.

Cancellation policy

You can now cancel course places directly on Me Learning—

Charges for cancellation

2 weeks or more – no charge,

1-2 weeks prior - £30 plus VAT

The week of the training course and non-attendance - Full Cost plus VAT

IMPORTANT -If your course is free of charge and you cancel within 2 weeks or do not attend, you will be charged £30 plus VAT

Any issues cancelling course places please email learninganddevelopment@bolton.gov.uk

2026-27 Adult Social Care Training Offer

Administration of Medication Level 2

Course Overview

This course highlights the key medication administrative requirements that care staff need in order to meet the needs of service users.

Please note: **This course involves a 'Theory Test' and 'Practical Assessment' that all course participants must successfully complete to be deemed Competent in administering medication in Health and Social Care.**

Audience

This course is suitable for all frontline social care staff who are required to administer medication.

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer(s)

Intermediate Tier Pharmacy Team

Dates	Times	Delivery
4th March 2026	09:30-16:30	Face to Face
1st July 2026	09:30-16:30	Face to Face
9th December 2026	09:30-16:30	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Administration of Medication Level 2 Refresher

Course Overview

The course will refresh the knowledge, understanding and skills that you covered in the full day Administration of Medication L2 course.

Please note: **This course involves a 'Theory Test' and 'Practical Assessment' that all course participants must successfully complete to be deemed Competent in administering medication in Health and Social Care.**

Audience

This course is for all frontline social care staff who have completed the full day Administration of Medication Level 2 course.

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer(s)

Intermediate Tier Pharmacy Team

Dates	Times	Delivery
11 March 2026	09:30-13:00	Face to Face
15 April 2026	09:30-13:00	Face to Face
27 May 2026	09:30-13:00	Face to Face
10 June 2026	09:30-13:00	Face to Face
15 July 2026	09:30-13:00	Face to Face
9 September 2026	09:30-13:00	Face to Face
6 October 2026	09:30-13:00	Face to Face
11 November 2026	09:30-13:00	Face to Face
20 January 2027	09:30-13:00	Face to Face
17 February 2027	09:30-13:00	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Administration of Medication Level 2 Assessments

Course Overview

This new ½ day course is aimed at external Care Home Supervisors and Managers. Delivered by Pharmacy Team Nhs Bolton.

The course covers the skills and knowledge needed to carry out assessments of staff once they have attended Administration of Medication Level 2 training courses.

It is vital these assessments take place to prove competence.

Audience

External Adult Care Homes Supervisors and Managers

Venue

Castle Hill Training Centre, Castleton St BL2 2JW

Trainer(s)

Intermediate Tier Pharmacy Team Bolton NHS

Dates	Times	Delivery
14th October 2026	9.30am -1pm	Face to Face
10th February 2027	9.30am- 1pm	Face to Face

Delegates £30 plus VAT

No Internal Delegates

Care Certificate Introduction to Professional Care Values

Course Overview

This training introduces the Professional Care Values that those working in the Health and Social Care sector need to support service users. In addition, the course covers the Care Certificate Standards and how to evidence the criteria that is covered as part of your job role and work experiences.

Audience

Anyone who works in Adult Social Care whether you are new, have recently changed job role, joined a new team or simply wanted to renew your skills. It also addresses the care certificate standards that focus on good communication, duty of care, privacy and dignity in care.

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
2 April 2026	09:30am - 14:30pm	Face to Face
29 June 2026	09:30am - 14:30pm	Face to Face
12 October 2026	09:30am - 14:30pm	Face to Face
12 January 2027	09:30am - 14:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Care Certificate Standards Q & A Session

Course Overview

These drop- in sessions offer an opportunity for those completing the Care Certificate Standards to come along and ask about any aspects of completing their portfolio that they may be having difficulties with.

Audience

All adult carers working towards the Skills for Care– Care Certificate Standards.

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer(s)

Olga Baba

Dates	Times	Delivery
24 March 2026	09:30am - 12:30pm	Face to Face
6 May 2026	09:30am - 12:30pm	Face to Face
11 August 2026	09:30am - 12:30pm	Face to Face
21 September 2026	09:30pm - 12:30pm	Face to Face
16 November 2026	09:30am - 12:30pm	Face to Face
11 January 2027	09:30am - 12:30pm	Face to Face

Price

No Charge—support session

Care Certificate Manager Awareness

Course Overview

This half day course to introduce the Care Certificate Standards to managers and supervisors who have a responsibility to support staff in achieving their Care Certificate.

Audience

Adult Carer supervisors and managers, with staff working towards the Skills for Care

Care Certificate Standards

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer(s)

Olga Baba / Janet Birchall

Dates	Times	Delivery
13 May 2026	09.30am- 12.00pm	Face to Face
11 November 2026	09:30am - 12:00pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Catheter Care

Course Overview

This half day practical course is for any care staff who will be dealing with catheters as part of their role.

Audience

Support staff and/or Health Care Assistants who care for people with a catheter

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer

TLC Learning Academy

Dates	Times	Delivery
11 March 2026	01:30pm -16:00pm	Face to Face
8 April 2026	01:30pm- 16:00pm	Face to Face
13 May 2026	01:30pm - 16:00pm	Face to Face
15 June 2026	09:30am - 12:00pm	Face to Face
13 July 2026	01:30pm - 16:00pm	Face to Face
15 September 2026	01:30pm –16:00pm	Face to Face
26 October 2026	09:30am - 12:00pm	Face to Face
23 November 2026	09:30am -12:00pm	Face to Face
18 January 2027	09:30am - 12:00pm	Face to Face
8 February 2027	09:30am - 12:00pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Dementia and Dementia Care

Course Overview

The course will examine the current knowledge on the cause and symptoms of dementia, treatments and 'cures' available or anticipated, and the principle of 'person-centred' dementia care. Participants will consider case studies where a person with 'failing mental powers' needs suitable and sensitive care.

Audience

All Care Staff working with those with Dementia.

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer(s)

John Matthias T/A Any Questions?

Dates	Times	Delivery
13 April 2026	09:30am - 15:30pm	Face to Face
16 June 2026	09:30am - 15:30pm	Face to Face
4 August 2026	09:30am - 15:30pm	Face to Face
26 October 2026	09:30am - 15:30pm	Face to Face
1 December 2026	09:30am - 15:30pm	Face to Face
3 February 2027	09:30am - 15:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Emergency First Aid

Course Overview

To provide delegates with an understanding and practical knowledge of the skills in First Aid to enable them to prevent injuries becoming worse, promote recovery and preserve life.

Participants **MUST** be physically able to carry out the practical requirements of the course e.g. administering resuscitation and recovery position at floor level without assistance. Please note - individual manikins will be supplied.

Audience

Available for anyone from any sector who work with adults

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer(s)

The Training Company

Dates	Times	Delivery
5 March 2026	9:30am - 16:30pm	Face to Face
21 April 2026	9:30am - 16:30pm	Face to Face
19 May 2026	9:30am - 16:30pm	Face to Face
1 June 2026	9:30am - 16:30pm	Face to Face
22 June 2026	9:30am - 16:30pm	Face to Face
16 July 2026	9:30am - 16:30pm	Face to Face
29 July 2026	9:30am - 16:30pm	Face to Face
4 August 2026	9:30am - 16:30pm	Face to Face
20 August 2026	9:30am - 16:30pm	Face to Face
14 September 2026	9:30am - 16:30pm	Face to Face
19 October 2026	9:30am - 16:30pm	Face to Face
12 November 2026	9:30am - 16:30pm	Face to Face
23 November 2026	9:30am - 16:30pm	Face to Face
3 December 2026	9:30am - 16:30pm	Face to Face
14 January 2027	9:30am - 16:30pm	Face to Face
21 January 2027	9:30am - 16:30pm	Face to Face
10 February 2027	9:30am -16:30pm	Face to Face
23 February 2027	9:30am - 16:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Fluids and Nutrition

Course Overview

This half day course is designed to give attendees an insight into the importance of a healthy diet and looks at all food groups and their actions on the body. It also considers the effects a poor diet can have on a person's health and the different ways that this can affect them from both a physical and mental health perspective.

Audience

All Social Care Staff

Venue

Online Delivery—via Microsoft Teams

Trainer(s)

TLC Learning Academy

Dates	Times	Delivery
9 April 2026	09:30am - 12:30pm	Face to Face
10 June 2026	09:30am - 12:30pm	Face to Face
10 August 2026	01:30pm -16:30pm	Face to Face
26 October 2026	01:30pm - 16:30pm	Face to Face
9 December 2026	09:30am -12:30pm	Face to Face
18 February 2027	01:30pm -16:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Oral Health Adults

Course Overview

This 2 hr course from Oral Health Team NHS- covers all elements of oral health in Adults – demonstrations included

Audience

All Social Care Staff

Venue

Castle Hill Training Centre

Trainer

Lorna Dibnah NHS

Dates	Times	Delivery
28 July 2026	09:30am - 11:30am	Face to Face
3 September 2026	09:30am - 11:30am	Face to Face
28 October 2026	13:30pm -15:30pm	Face to Face
6 January 2027	09:30am- 11:30am	Face to Face
17 February 2027	13:30pm -15:30pm	Face to Face

Price

Internal/ External Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

Mandatory Adult Social Care Training : 2 Day

Course Overview

This is a two-day course designed for people new to the caring profession and any staff who have not attended this mandatory training as an update for over three years. Any staff new to Bolton Council will be placed on this course as part of their induction programme. The course is offered to Adults, Children's Care staff, Occupational Therapists and Community Assessment Officers. Internal and External

This course covers **Moving and Positioning Individuals**, **Hoist and Safe Use of Equipment** and **Infection Prevention Contro**l. It also includes the Bolton High 5 Assessment Process.

Audience

Support workers / Care assistants Adults and Children's who support people with Moving and Handling, Occupational Therapists and Community Assessment Officers

Venue

Independent Living Services and Community Loan Stores, Adelaide Depot, Adelaide Street, Bolton, BL3 3NY

(Please note no refreshments available at this venue)

Dates	Times	Delivery
2 + 3 March 2026	09:30am - 16:30pm	Face to Face
15 + 16 June 2026	09:30am - 16:30pm	Face to Face
24 + 25 September 2026	09:30am - 16:30pm	Face to Face
27 +28 January 2027	09:30am - 16:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Mandatory Adult Social Care Refresher Theory

Course Overview

This new ½ day course is Face to Face and covers Moving and Positioning Individuals and Infection Prevention Control.

This covers the **pre- course training** for the annual Mandatory Adults Social Care Training Refresher practical session.

This is an alternative to completing the pre- training via me-learning

Audience

Staff who have previously completed Mandatory Adult Social Care Training: 2 Day -

Care Staff in Adults, Children's Services, Occupational Therapists and Community Assessment Officers Internal and External

Venue

Castle Hill Training Centre

Dates	Times	Delivery
16 July 2026	9:30am-13:00pm	Face to Face
16 July 2026	13:30pm-17:00pm	Face to Face
27 August 2026	9:30am-13:00pm	Face to Face
27 August 2026	13:30pm-17:00pm	Face to Face
28 September 2026	9:30am-13:00pm	Face to Face
28 September 2026	13:30pm-17:00pm	Face to Face
27 October 2026	9:30am-13:00pm	Face to Face
27 October 2026	13:30pm-17:00pm	Face to Face
27 November 2026	9:30am-13:00pm	Face to Face
27 November 2026	13:30pm-17:00pm	Face to Face
20 January 2027	9:30am-13:00pm	Face to Face
20 January 2027	13:30pm-17:00pm	Face to Face
18 February 2027	9:30am-13:00pm	Face to Face
18 February 2027	13:30pm-17:00pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Mandatory Adult Social Care Training Refresher

Practical Session

Course Overview

This course is split into two parts with a blended learning approach.

Part 1 - Online training to be completed via ME Learning or Face to Face Training**

Part 2 - Practical classroom based training at Adelaide Loan Stores

**** From July 2026 the Pre Course learning can be completed by attending Mandatory Adult Social Care Refresher Theory Course at Castle Hill.**

You will need to complete the following ME Learning / Face to Face courses within 3 months prior to completing Part 2 of this training.

· **Infection Prevention Control & Moving and Positioning of Individuals**

*if you complete these courses any earlier or do not provide the certificates at the practical session, you may be refused access to the course.

To purchase a ME Learning licence to allow you to complete Part 1 contact the Learning and Development Team - Licences cost £30 inc VAT

YOU MUST TAKE EVIDENCE THAT YOU HAVE COMPLETED PART 1 TO THE PART 2 FACE TO FACE COURSE

Dates for Part 2 of the Mandatory Adult Social Care Training :Refresher practical (learning) dates are shown below, please complete a nomination form to apply for this course

Audience

Staff who have previously completed Mandatory Adult Social Care Training: 2 Day -

Care Staff in Adults, Children's Services, Occupational Therapists and Community Assessment Officers Internal and External

Venue -Independent Living Service and Community Loan Stores, Adelaide Depot, Adelaide Street, Bolton, BL3 3NY

Trainer(s)

TLC Learning Academy

See dates on the next page.

Mandatory Adult Social Care Training Refresher Training Dates

Dates	Times	Delivery
11 March 2026	09:30am - 13.00pm	Face to Face
9 April 2026	09:30am - 13.00pm	Face to Face
9 April 2026	13:30pm - 17.00pm	Face to Face
7 May 2026	09:30am - 13.00pm	Face to Face
7 May 2026	13:30pm - 17.00pm	Face to Face
18 June 2026	09:30am - 13.00pm	Face to Face
18 June 2026	13:30pm - 17.00pm	Face to Face
9 July 2026	09:30am - 13.00pm	Face to Face
9 July 2026	13:30pm- 17:00pm	Face to Face
30 September 2026	09:30am– 13:00pm	Face to Face
30 September 2026	13:30pm - 17.00pm	Face to Face
5 October 2026	09:30am - 13.00pm	Face to Face
5 October 2026	13:30pm - 17.00pm	Face to Face
4 November 2026	09:30am - 13.00pm	Face to Face
4 November 2026	13:30pm - 17.00pm	Face to Face
3 December 2026	09:30am - 13.00pm	Face to Face
4 January 2027	09:30am - 13.00pm	Face to Face
4 January 2027	13:30pm - 17.00pm	Face to Face
3 February 2027	09:30am– 13.00pm	Face to Face
3 February 2027	13:30pm – 17:00pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Person Centred Practice (PCP)

Course Overview

This course will explain what Person-Centred Care is and the importance of Person-Centred Values and how they influence all aspects of health and social care work. The course offers some practical tools for working in a person-centred way.

Audience

All Social Care Staff

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer(s)

Olga Baba

Dates	Times	Delivery
13 April 2026	09:30am - 16:30pm	Face to Face
8 June 2026	09:30am - 16:30pm	Face to Face
13 August 2026	09:30am - 16:30pm	Face to Face
27 October 2026	09:30am - 16:30pm	Face to Face
7 December 2026	09:30am - 16:30pm	Face to Face
25 February 2027	09:30am - 16:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Pressure Ulcer and Basic Waterlow Score

Course Overview

This course will provide staff with an understanding of who is at risk of developing a pressure ulcer and potential causes of pressure ulcers. It will also provide staff with evidence - based knowledge on how a Waterlow Score is obtained to promote good practice and care.

Audience

All staff within adult social care who have a responsibility for providing personal care, extra care etc.

Venue

Castle Hill

Trainer(s)

TLC Learning Academy

Dates	Times	Delivery
27 April 2026	09:30am - 12:30pm	Face to Face
13 May 2026	09:30am - 12:30pm	Face to Face
22 June 2026	09:30am - 12:30pm	Face to Face
10 August 2026	09:30am - 12:30pm	Face to Face
29 October 2026	09:30am - 12:30pm	Face to Face
24 November 2026	09:30am -12:30pm	Face to Face
7 January 2027	09:30am - 12:30pm	Face to Face
1 February 2027	09:30am - 12:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Recognising and Responding to Abuse

Course Overview

Essential for anyone working in Adult Health and Social Care, this short course will provide you with the information and knowledge on how to spot and respond to the abuse and neglect of those who we care for.

The course will provide information on the roles and responsibilities of the worker, principals of safeguarding, the different types of abuse and neglect, acting on concerns and the role of the Local Authority. The course will also provide an overview of the Mental Capacity Act and DoLS framework and how these are linked to good and safe care of the individuals we support.

Audience

All frontline support staff

Venue

Castle Hill Centre

Trainer(s)

TLC Learning Academy

Dates	Times	Delivery
5 March 2026	13.30pm- 16.30pm	Face to Face
27 April 2026	13:30pm - 16:30pm	Face to Face
11 May 2026	13:30pm - 16:30pm	Face to Face
30 June 2026	9:30pm - 12:30pm	Face to Face
13 July 2026	13:30pm - 16:30pm	Face to Face
17 August 2026	13:30pm - 16:30pm	Face to Face
21 September 2026	13:30pm - 16:30pm	Face to Face
29 October 2026	13:30pm - 16:30pm	Face to Face
24 November 2026	13:30pm - 16:30pm	Face to Face
7 January 2027	13:30pm - 16:30pm	Face to Face
1 February 2027	13:30pm - 16:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Stoma Care

Course Overview

This course will cover the three main types of stomas. Identify basic anatomy and physiology of the digestive system. Identify how to dispose of used stoma pouches correctly. Use correct procedures for reporting issues / concerns. Demonstrate the correct method for measuring and sizing a new pouch. Demonstrate correct procedure for emptying a pouch

Audience

Any staff who support a person with a stoma (Urostomy / Colostomy or Ileostomy) as part of their working day.

Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Trainer(s)

Stoma Nurses - Bolton NHS

Dates	Times	Delivery
11 March 2026	14:30pm - 16:30pm	Face to Face
15 April 2026	14:30pm - 16:30pm	Face to Face
6 May 2026	14:30pm - 16:30pm	Face to Face
10 June 2026	14:30pm - 16:30pm	Face to Face
15 July 2026	14:30pm - 16:30pm	Face to Face
2 September 2026	14:30pm - 16:30pm	Face to Face
14 October 2026	14:30pm - 16:30pm	Face to Face
11 November 2026	14:30pm - 16:30pm	Face to Face
13 January 2027	14:30pm - 16:30pm	Face to Face
10 February 2027	14:30pm - 16:30pm	Face to Face

Price

Internal Delegates—No charge to attend, however if circumstances change and you can no longer attend, you must cancel your place, to avoid Internal Recharge of £30 per place

External Delegates £30 plus VAT

Mental Health and Wellbeing Training

This **FREE** training programme helps people to gain insights into their own mental health and wellbeing, as well as learn how to recognise the signs of poor mental wellbeing in others, provide support and advocate for mental health awareness in the workplace.

There are a number of different courses on offer, ranging from one-hour introductory sessions to courses with up to seven sessions on different days.

Training is available both online and in person.

Please take a look at the Mental Health and Wellbeing training offer using the link below.

Mental Health Training Programme



Important Booking Information

Please see Information on how to book on to courses at the front of this brochure.

If the course is being delivered online via Microsoft Teams you will be able to access the session link once you have enrolled. Upon enrolment, a 'Join Now' button will appear in you Me Learning courses with the name of the event. You will also receive a notification email of your enrolment and will be able to add the event to your calendar.

On the day of the course, you will need to log in to Me learning, select 'My courses' and click 'View' then 'Join Now' to access the training session. Please ensure you have Microsoft teams installed ready and join the training at least 5 mins before the start time.

Please discuss with your Supervising Social Worker if there is any other training you require.

Useful Links

Homepage – Learning and development

Me Learning

Email: Learninganddevelopment@bolton.gov.uk

Tel: 01204 337600