

Diane Mellor People Partner Health & Care People Team

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Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace (NCFE)



In partnership with Stoke on Trent College we are pleased to be able to offer you the opportunity to study for this Level 2 Certificate.

Course Summary

Unit 01: Exploring Mental Health

This unit will introduce learners to different types of mental ill health. They will understand factors which may contribute to mental ill health and actions that can be taken.

Unit 02: Understand how to support individuals with mental ill health

The aim of this unit is to understand how to support individuals with mental ill health. Learners will understand their responsibilities and how to protect their own mental health.

Unit 03: Understand a Mentally Healthy Environment

Learners will know about relevant legislation. They will understand mentally healthy environments and wellness action plans.

Entry Requirements

- You must be aged 19+
- There are some eligibility restrictions dependent on where you live (full details will be provided at the session).
- You must have been an EU resident for at least 3 years

Delivery method

This course is delivered through Distance Learning. You will study for this qualification in your own time and toward set deadlines at your own pace. You will be assigned a tutor to support you through the qualification plus support is also offered at the College.

Enrolment

To help with enrolment a short introductory session with the College has been arranged, which will give you an introduction to the course content, how you will study and what support you will receive.

- **Tuesday 21 January 2025**
- **Thursday 13 February 2025**
- **Thursday 13 March 2025**

Please follow this link to book your place or scan the QR Code
<https://buytickets.at/staffordshirestokeontrentics>



Maths Functional Skills

- Working in partnership with Stoke on Trent College conducting initial assessments for those looking to complete their Maths Functional skills before enrolling onto the right level of course, to help with career development such as apprenticeships.
 - Courses starting in February 2025
 - If you have staff needing to complete please get in touch diane.mellor@mpft.nhs.uk
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Book your Financial Health Check

Have a chat with our team to support you to review all aspects of your finances.

No matter who you bank with, we are here to support you with your financial needs and could help you to make better decisions about your finances, now and in the future. Get access to tools, practical tips and guidance on making the most of your money – our service is non-advised.

We can help with...

- Cost of Living Support
- Budgeting
- Savings
- Home ownership
- Pensions basics (non-advised)
- Borrowing
- Credit history
- Protection



Book your initial Financial Health Check with one of our team*. This complimentary service is available regardless of where you bank. Booking is simple, scan the QR code, select a time and date that's suitable for you, and get confirmation of your appointment immediately.



* After the initial discovery meeting further appointments with relevant HSBC UK staff members can be booked on request.

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PUBLIC





PHYSICAL ACTIVITY

Taking small, but important steps to achieve:

Less anxiety, fewer worries, less stress, better sleep, lower blood pressure, better digestion, less pain, fewer diseases, lower risk of diabetes.



EATING HABITS

How you eat doesn't just affect your weight. Even small improvements can give you:

Less depression, fewer digestive problems, better mood, better skin, better dental health, better wellbeing.



STRESS

Reduced stress not only relieves physical pain, but it also helps with:

Better mood, better memory, better concentration, better digestion, better sleep, increased resistance to illness, improved sex drive.



SMOKING

Quitting smoking is better than anything else you can do for your health, and we have just made it easier to do:

Better chance of getting pregnant, fewer wrinkles, better skin, much lower risk of blood clots, less risk for common diseases.



ALCOHOL

Lowering your alcohol intake will aid with:

Better sleep, lower blood pressure, less risk of cancer, stronger mental health, fewer headaches and migraines, better relationships with others, easier to lose weight.



MOOD

Better mood improves:

Risk of depression, less risk of infections, less risk of a heart attack, more creativity, more power to perform, more resistance to pain.



SLEEP

Better sleep habits mean improved rest and:

Better resistance to illness, more stable mood, more stable weight, better concentration, better memory, lower blood pressure, increased production of hormones that develop the brain.

47 REASONS TO easychange

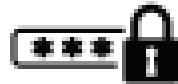


How to access Easy Change



Download the Easychange app

Available on [Apple](#) and [Android](#) app stores.



Insert assigned code

Use the assigned six-digit code to gain free access to Easychange

Assigned Code 541712



Complete the Lifestyle Check

This quick 5-minute assessment will help the app tailor a programme specifically for you.



Start your personalised programme

Begin your journey to better health and wellbeing with daily support and guidance.



Enable notifications

You will only receive notifications that are relevant to your programmes

Welcome To Each Person

Make a positive impact on
your people

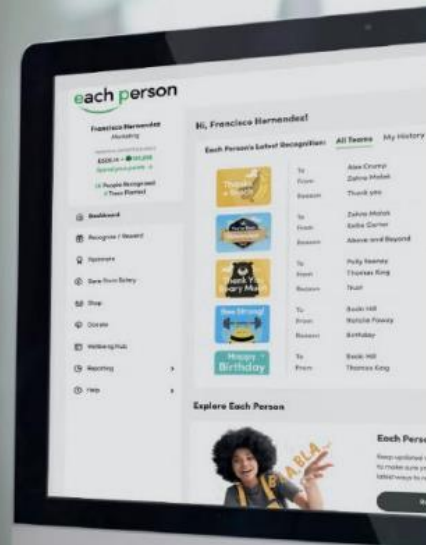
Share the feel-good factor and start your unique recognition
and rewards journey for your people today



The Employee Scheme

The Employee Scheme That Makes Recognition Simple

More often than not, businesses fall short of looking after their people. At Each Person, we aim to provide employees with the ultimate 'feelgood' package to create a positive work environment and culture for all. Each Person aims to address the issue of unhappy and unmotivated employees and help businesses connect better with employees by making them feel valued.



Why Happy People Are Your Priority

Each Person matters and deserves recognition for a job well done. With current worldwide financial impacts, it's more important than ever for businesses to adapt and support employees' needs and wellbeing.

66%

will quit their job if they don't feel recognised

50%

feel more valued with a simple Thank You

31%

lower employee turnover with regular recognition

65%

have more energy than unhappy employees

Your employees are what makes a company successful, and when they're well rewarded, they work harder, smarter and stick around longer. Incorporate happiness into your work culture today and every day!

The New Approach to Employee Recognition

It's more important than ever to ensure that your business provides mental, physical and financial support for its employees. That's why we've ensured Each Person offers a flexible, highly customisable platform with robust features.

Rewards & Recognition Features + Benefits for Your People

Features

Ecards

A creative & in the moment way to show that you recognise their efforts

Milestones

Important dates are automated, so you never forget a birthday or Anniversary

Nominations

Showcase a team or an individual & tailor it to your company's values

Wellbeing Hub

A supportive go-to place to access helpful and up-to-date information

Benefits

Diesel Card

your employees up to 40p off every litre of diesel

Gym Pass

Discounted membership with flexible access, workouts & classes

Cashback

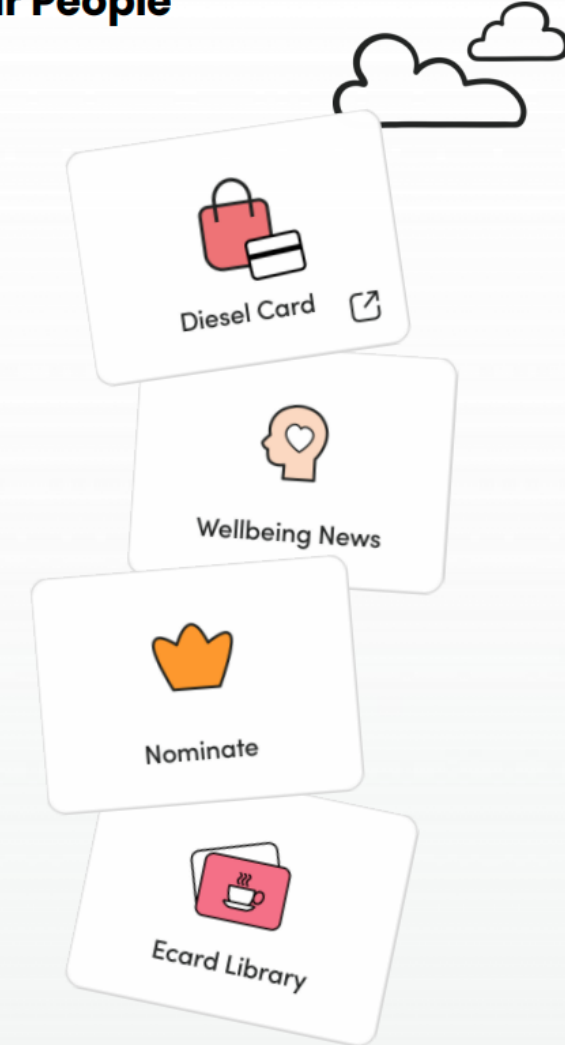
Be rewarded with up to 20% back with every order placed via the platform - the highest on the Market

Employee Savings

The purpose of our savings solution is to provide employees with a financial cushion to handle unexpected costs and help to establish healthy savings habits.

Team Work

As a reward and recognition platform, our team rightly holds the highest standards for engaging each other in the workplace. Between our team, there are decades of experience in the reward sector.





Staffordshire and
Stoke-on-Trent
Integrated Care System

Winter Wellness Toolkit



<https://mpft-nhs.pagetiger.com/ics/SSOTWinterWellnessToolkit2024>



Microsoft Edge
PDF Document