



# Making a Difference not just a noise

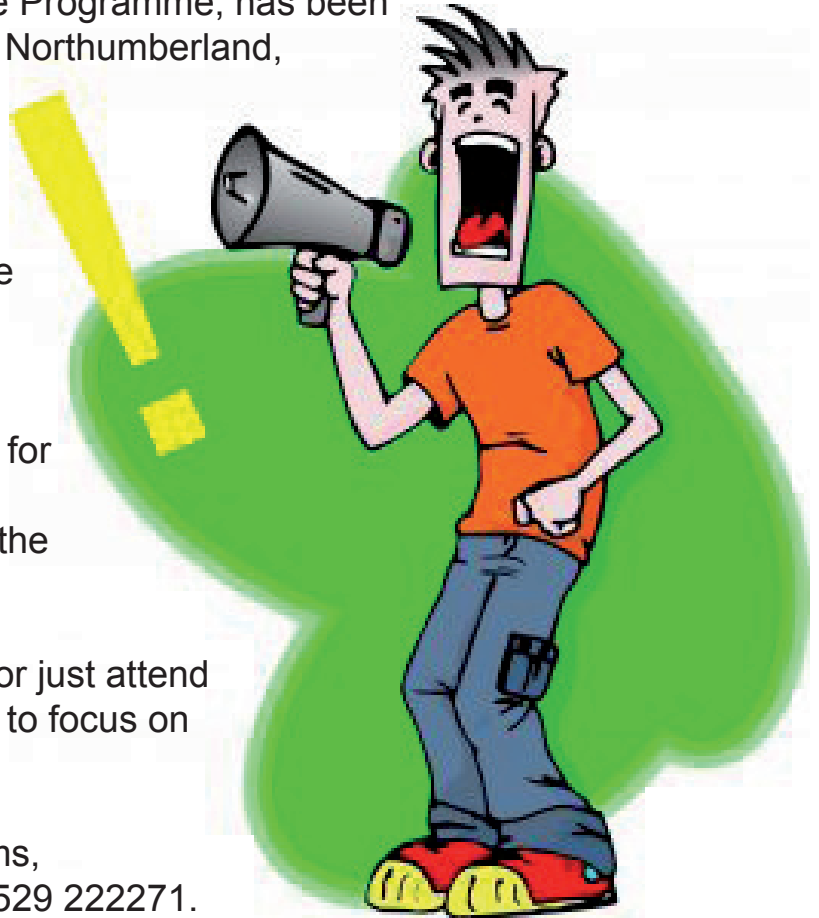
The Making A Difference Not Just A Noise Programme, has been designed by South Tyneside Council and Northumberland, Tyne and Wear Trust. It is a 10 module programme which incorporates topics listed in the table below.

The course has been designed for service users, carers, and mental health staff.

This course will run in partnership with The Healthy Hub, Lincoln, and is suitable for anyone who wishes to develop or refresh existing skills in any of the module areas the programme covers.

You can either undertake all 10 modules or just attend a module as a one off for those who wish to focus on areas specific to their needs.

For more information and application forms, please contact Marion Christopher on 01529 222271.



Dates for 2010	Course Title	Venue
Monday 25 January	Meetings and how they work	Meeting Room 1, Training Centre, Sleaford
Wednesday 24 February	Representing others	The Healthy Hub, Lincoln
Wednesday 24 March	Communicating with people	Meeting Room 1, Training Centre, Sleaford
Wednesday 28 April	Being assertive	The Healthy Hub, Lincoln
Monday 24 May	Managing anger	Meeting Room 1, Training Centre, Sleaford
Wednesday 23 June	Managing stress	The Healthy Hub, Lincoln
Wednesday 28 July	Leadership	Meeting Room 1, Training Centre, Sleaford
Wednesday 29 September	Recruitment & interviewing	Meeting Room 1, Training Centre, Sleaford
Wednesday 27 October	Making presentations	The Healthy Hub, Lincoln
Wednesday 24 November	Train the trainer	Meeting Room 1, Training Centre, Sleaford