

FREE Health and Wellbeing Training

Hi, I'm Neil the 'Connect 5' Trainer for n-compass!
'Connect 5' is an educational input designed to improve confidence in engaging in conversations about mental wellbeing. All courses are FREE to residents and workers in Fylde and Wyre. There is no pressure on anybody to share anything and I aim to make all sessions engaging, useful and enjoyable.

If you are interested in attending my 'Connect 5' courses (see below for dates), please get in touch:-

Email: neil.sladen@n-compass.org.uk

Text/call: 07734 872529



ONLINE COURSES

Connect 5 - Basic - 09.30am - 12.30pm

Improve confidence in having brief conversations about mental wellbeing in everyday encounters

Relevant to **everyone**, both in work and personal situations

First Tuesday of each month and
Second Wednesday of each month

Connect 5 - Complete - 09.30am - 4.30pm

All the learning of the Connect 5 Basic course, plus additional content to support mental wellbeing (of both self and others)

Ideal for workers with more regular contact with service users, plus anyone seeking greater understanding of mental wellbeing

Third Wednesday of each month

If these times/dates are not suitable or you would prefer a bespoke session for your team (including face-to-face delivery), do not hesitate to contact Neil.

“ This training also allowed me to reflect on my own wellbeing and ideas to help me in the future. A great session well presented with care and consideration, well worth the time to attend ”
– Helpline Operator

“ It was well organised, clear and very interesting! This is a brilliant course for people who have never completed any training in this area, and also for those who have to remind them of the importance of these conversations ”
– Support Worker



If you are on Facebook, please follow for training updates and useful signposting (search Connect 5 and look out for the n-compass swirl)

