



Mental Health and Wellbeing

2024/25





We are a countywide mental wellbeing charity that believe everyone deserves a life of value, one that enables them to Shine.

Our mission is to create, connect, and deliver services that support and promote positive mental wellbeing, accessible to all and grounded in the benefits of communities.



Donate here



NETWORKING & SIGNPOSTING

We collaborate and network to build a range of support, to offer opportunities across the county for people to seek what they need to thrive.



FUNDING & PROJECT SUPPORT

We administer funding and project support to grass roots and community projects countywide.



PEER SUPPORT

We provide unique support from people with lived experience of mental health and wellbeing journeys.



EDUCATION & TRAINING

We deliver courses across child and adult mental, physical and suicide first aid.

01507 304548

info@shinelincolnshire.com

www.shinelincolnshire.com

Bert House, 7 Bull Ring, Horncastle, LN9 5HX

@ShineLincolnshire

@ShineLincs

@Shine_Lincoln



Registered charity no. 1175616 in England and Wales

Training with Shine Lincolnshire

WHY TRAIN?

It is a legal requirement for workplaces to have adequate emergency First Aid provisions (Health and Safety at Work Act, 1974).

Poor mental health is the main cause of workplace absence in the UK, costing around £56bn to the economy with an employee absent for an average of 18 days per year [1].

Investing in your staff's development and wellbeing helps improve engagement and morale and increase productivity.

A happier workforce creates a more motivated team with fewer ailments and absenteeism.

WHY SHINE?

Our Training Team have over 25 years' experience in teaching and provide a personal approach to delivering Courses from nationally recognised MHFAE and Quallsafe Awards.

We have a number of different courses and Refreshers around Physical First Aid, Mental Health First Aid and Suicide First Aid courses to suit all needs and we are proud to deliver a variety of legal and recommended training across Lincolnshire and beyond.

By choosing to undertake your training with Shine Lincolnshire, you enable us to continue our vital work supporting mental health and wellbeing across communities in Lincolnshire.

OUR BESPOKE COURSES

At Shine Lincolnshire, our dedicated team of experts will work closely with you to understand your specific challenges and goals.

Together, we can design a customised program that reflects your requirements.

Whether it's specialised or needs focus, we're here to create a learning experience that promotes mental health awareness, resilience, and support within your organisation.

Let's Shine Together

Physical First Aid

The Health and Safety Regulations (1981) require that employers ensure their employees receive immediate attention if they are injured or taken ill at work, including appointing a suitable amount of first aiders.

Our first aid training courses cover beginner to annual refreshers, all of which are compliant with HSE legislation and requirements.

L2 Basic Life Support & Safe Use of an AED

RQF | Half Day

Essential skills needed to administer safe, prompt and effective basic life support in an emergency.

L3 Emergency First Aid at Work

RQF | 1 day | valid for 3 years

CPR, AED use, choking, recovery position and cuts and wound management.

L3 First Aid at Work

RQF | 3 days | valid for 3 years

An upskill from the 1 day course, providing a comprehensive set of skills to deal with most eventualities.

Also explores conditions such as head injuries, diabetes, anaphylaxis and heart conditions.

*L3 Emergency First Aid at Work
Requalification 2 day*

L3 Emergency Paediatric First Aid

RQF | 1 day | valid for 3 years

Learn the roles and responsibilities of the emergency paediatric first aider and the skills needed to deal with a range of paediatric first aid situations, such as CPR and controlling external bleeding.

L3 Paediatric First Aid

RQF | 2 day | valid for 3 years

This course is a mandatory requirement for a child minding NVO and meets all NCMA and Ofsted guidelines.

Covers first aid for children and equips you with the knowledge and skills to confidently administer a range of first aid treatments tailored to children.

This includes common injuries, specific childhood conditions and life threatening emergencies.

L3 Combined Emergency First Aid at Work & Emergency Paediatric First Aid

RQF | 1 day | valid for 3 years

A specially designed course to achieve both qualifications by minimising the duplication of topics. Learn the skills and knowledge needed to provide both emergency adult and paediatric first aid.



Mental Health First Aid

Mental Health First Aid (MHFA) is an internationally recognised training course delivered by a quality assured instructor who has attended the MHFA England Instructor Training programme accredited by the Royal Society for Public Health.

What will I learn?

What you learn will depend on the level of qualification. These vary in length from 4 hours to 2 days.

A basic level covers what mental health is, how to challenge stigma and look after your own wellbeing. An advanced level looks at understanding the many different mental health conditions, how to support wellbeing, practical skills in spotting signs and triggers of ill mental health and how to help in a crisis.

Mental Health Awareness | Half Day
Mental Health Champion | 1 Day
Mental Health First Aid | 2 Day
Mental Health First Aid Refresher | Half Day (within 3 years of the above)
Youth Mental Health First Aid | 2 Day
Mental Health Skills for Managers | Half Day



MHFA England

Suicide First Aid

Our mental wellbeing is intertwined and influenced by the workplace. Having a positive approach to mental wellbeing including an open culture, policy and support, creates a proactive, preventative workplace. This training builds on the skills learnt on the mental health first aid course, or can stand alone.

Suicide First Aid Lite | 4 hours

Knowledge and tools to understand that suicide is one of the most preventable deaths. Basic skills that can help someone with thoughts of suicide stay safe from their thoughts.

Suicide First Aid | 1 day | Optional level 4 accreditation through City & Guilds
Participants learn and practice the skills needed to identify someone who

may be thinking about suicide, and to competently intervene to help create a safe plan, as a first aid approach.

CYP Suicide First Aid in Schools | 1 day

Gain knowledge and skills to identify CYP who may be thinking about suicide and build confidence to competently facilitate a SFA Intervention.



Training to support Adults|Youth|Children

education@shinelincolnshire.com
01507 304 548

Join a course at our premises in Horncastle or enquire about a date and location to suit you.



Adult | Youth Mental Health First Aid
(Mental Health First Aid England®)



Adult | Children & Young People
Suicide First Aid (NCSPET®)



Adult | Paediatric Physical First Aid
(Qualsafe Awards Accredited)





Volunteer
with us

Shine Lincolnshire are a countywide mental wellbeing charity that believe everyone deserves a life of value, one that enables them to Shine.

Our mission is to create, connect, and deliver services that are accessible to all. Supporting personal choice; and offering opportunities that promote positive health and wellbeing, independence and choice.

To do this we need you! Lots of options, just tell us what you can do!



REMOTE WORK



**COMMUNITY
SUPPORT**



CHARITY SHOP



EVENT SUPPORT

 01507 304548

 info@shinelincolnshire.com

 www.shinelincolnshire.com

 Bert House, 7 Bull Ring, Horncastle, LN9 5HX

 @ShineLincolnshire

 @ShineLincs

 @Shine_Lincoln

Beryl's

BARGAIN VAULT

EST. 2024

CHARITY SHOP OPEN NOW!

TUESDAY - THURSDAY

09:00-15:00

Pop in for a look around!

CLOTHES ● SHOES ● GAMES ● BOOKS ● TOYS

