



PRIFYSGOL
BANGOR
UNIVERSITY



SCHOOL OF HEALTH SCIENCES

**Are you looking for short courses/events/
CPD sessions to get ahead?**



Resilience, Health & Wellbeing 3rd October 2018

Do you want to learn more about resilience for a healthy lifestyle?

Do you work with people who are having problems self-managing their health and wellbeing?

Would you like to learn how to help more people to develop resilience, health and wellbeing?

Would you like to know more about the Five Ways to Wellbeing, Global Citizenship, Adverse Childhood Events (ACEs) and Self-Compassion?

This study day is suitable for anyone working in or in contact with health and social care services, including but not limited to third sector organisations.

Location: Bangor University, Wrexham Campus

Get in touch

For more information please contact:

Marjorie Ghisoni

m.ghisoni@bangor.ac.uk

01248 383139

To book, follow this link:

<https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences>

Time	Activity
9.30 – 10	Registration
10 – 11	Welcome and Overview of Resilience Health & Wellbeing
11-11.15	Resilience break
11.15 – 12.30	Workshop 1
12.30 - 1.30	Lunch and networking
13.30 – 14.30	Workshop 2
14.30-14.45	Resilience break
14.45 – 15.30	Feedback and close.



Suicide Awareness Study Day 26th October

Do you want to know more about the nature and scale of suicide in the UK and Wales?

Do you want to increase your knowledge of what may contribute to suicidal behaviour?

Do you want to develop your skills in talking to people who may be at risk?

If so then this one day course could be for you.

Time	Activity
9:30-9:45	Introduction and objectives
9:45-10:30	Defining suicide; epidemiology of suicide
10:30-10:45	Break
10.45-12.15	Theories of suicide, special groups; medico-legal aspects
12.15-1pm	Lunch
1pm-2.30	Therapeutic roles
2.30-2.45	Break
2.45-4pm	Staff self-care; National initiatives

This course is aimed at:

Professionals working in an environment where mental health problems may be evident e.g. probation, police, prison, social services, nursing staff of all disciplines and status (registered and unregistered.)

Location: Bangor University, Fron Heulog (Free Parking)

Get in touch

For more information please contact:

Russel Jones

Email: hss620@bangor.ac.uk

Lynne Williams

Email: lynne.williams@bangor.ac.uk

School of Healthcare Sciences

Bangor University, Bangor, Gwynedd, LL57 2EF

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Infection Prevention Best Practice and Behaviours MOOC

Infection Prevention Best Practice and Behaviours MOOC

Effective infection prevention and control reduces health care-associated infections by at least 30% (WHO, 2018)

The aim of this online MOOC is to equip individuals with the right knowledge and skills to provide leadership and promote best practice in infection prevention. Over 10 learning units, course content includes; principles of infection prevention, impacts of infections and local and global significance, behaviour change theory, managing change, leadership in infection prevention practice.

LEARNING UNITS DATES 2018

- ◆ 29th October
- ◆ 5th, 12th, 19th & 26th November
- ◆ 3rd & 10th December

A **certificate** is provided for successful completion for revalidation/CPD requirements.

MOOC



Bangor University is the only University in Wales to be awarded 'GOLD STANDARD' in the quality of its Teaching and Learning

Learn from the Best:

Our expert Faculty supporting this programme include:

Dr Lynne Williams (Senior Lecturer)

Tracey Cooper (Assistant Director of Nursing - Infection)

How will I learn?

This MOOC is available via an online learning platform. Different teaching, learning and assessment approaches will be offered including quizzes to recap on learning materials, films, podcasts, blogs.

The School of Health Sciences

Our School is founded on principles of partnership working to ensure that all that we do is of the highest possible standard, quality and value to service users, students, practitioners and other stakeholders. Recognising our bilingual heritage in North Wales, we pay special attention to maintaining language and cultural competence relevant to local, national and international partners.

Get in touch

If you would like further information about this course please contact:

Lynne Williams (01248383170)

lynne.williams@bangor.ac.uk

School of Health Sciences

Bangor University

Bangor, Gwynedd, LL57 2EF

To book follow this link <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymdygiad-college-of-health-and-behavioural-sciences/infection-prevention-best-practice-and-behaviours-mooc>



Safe guarding Study Morning 7th November

Does your role involve working with adults who have a need for care and support and who may be unable to protect themselves from abuse or harm?

Do you want to know more about how to reduce the risk of harm to adults and manage safeguarding concerns?

Does your role involve working with adults who have a need for care and support and who may be unable to protect themselves from abuse or harm?

Do you want to know more about how to reduce the risk of harm to adults and manage safeguarding concerns?

This study morning is suitable for nurses and health care support workers from primary and secondary care and the independent care sector, allied health professionals and students. The morning will provide an overview of adult safeguarding and will develop attendee's knowledge and skills in identifying and managing safeguarding issues.

It introduces safeguarding legislation, risk and harm reduction, explores different types of abuse, explains the Adult at Risk process and provides an opportunity to develop decision making skills with regard to safeguarding adults.

The study day includes informative teaching and workshop sessions based around a variety of case studies enabling attendees to develop their skills in adult safeguarding practices and safeguarding decision making.

Kay Plumpton has a background in Adult Safeguarding with experience as a Safeguarding Specialist Nurse for adults.

Time	Activity
9.00-9.15	Welcome and Registration
9.15-9.30	Introduction and programme aims
9.30-10.15	Adult Safeguarding, legislation, roles & responsibilities
10.15 - 11.00	Harm, harm reduction, risk management, empowerment
11:00-11:15	Coffee Break
11:15-11:45	Adult at Risk process or safeguarding actions?
11:45-12:45	Case Study workshop, developing decision making
12:45-13:00	Feedback, Evaluation and close

Get in touch

For more information please contact:

Kay Plumpton

Email: kay.plumpton@bangor.ac.uk

Ellen Gilliver

Email: e.m.gilliver@bangor.ac.uk

School of Healthcare Sciences

Bangor University, Bangor, Gwynedd, LL57 2EF

To book, follow this link: <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences/safe-guarding-study-morning-7th-november>



Sexual Health Study Morning

14th November

Does your work involve promoting sexual health?

Do you want to know more about current and emerging trends in sexually transmitted infections?

This study day is suitable for anyone with an interest in sexual health and sexually transmitted infections, including nurses, sexual health service commissioners, managers, School Nurses and front-line health and care staff and students. It introduces some of the most important viral and bacterial infections, their prevalence and routes of transmission, as well as engaging with concepts of health promotion as an approach to prevention.

The study day includes informative teaching and workshop sessions based around a variety of key sexual health challenges affecting Wales and the wider UK. It provides the opportunity to meet others with an interest in sexual health, share ideas, build knowledge and make professional links within the sexual health community.

Dr Simon Bishop's research interests focus on sexual risk-taking behaviour and sexually transmitted infections, particularly amongst marginalised groups both with the UK and internationally. He holds a PhD in Public Health and his most recent publications have explored attitudes towards sexual risk and HIV transmission in Thailand.

Time	Content
9.00 – 9.30	Registration and coffee/tea
9.30 – 10.00	Welcome and Introduction Setting the scene – The sexual health picture in Wales and the wider UK
10.00 – 11.00	Sexually transmitted infections – Risks, consequences and approaches to prevention.
11.00 – 11.30	Coffee, pastries and networking
11.30 – 12.30	Sexual health promotion workshop – Changing hearts, minds and behaviours
12.30 – 13.00	Squaring the circle – Ideas for solving the insoluble Feedback, evaluation, certificates and close

BOOK / GET IN TOUCH

If you would like further information about this course please contact:

Dr Simon Bishop,

☎ 01248 383246

✉ s.j.bishop@bangor.ac.uk

School of Healthcare Sciences, Fron Heulog, Bangor University
Gwynedd LL57 2EF

Book

To book a place please visit the University online shop: <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences/sexual-health-study-day-14th-november-2018>



Coming up: Recognising Intimate Partner Violence/ Domestic Abuse Study Day March 2019

We can provide short courses / CPD opportunities in, for example;

- Clinical Skills
- Falls Prevention
- Frailty
- Approaches to care in Mental Health and Learning Disability

Get in touch: Ellen Gilliver e.m.gilliver@bangor.ac.uk