

## Testimonials

Very useful course, excellently presented, with lots of useful discussion"

"I'm much more aware of how a young person with mental health issues may behave, ways to cope, my own responses and signposting."

"The whole content was excellent, covered signs and symptoms, how we could deal with clients and how to safeguard our own mental health"

"Excellent!" (**Gill Mason, Training Manager, Connexions Humber**)

"The training session was informative and thought provoking. The day passed quickly and was very interesting. Rachel obviously has a thorough understanding of the subject and has an interactive style of training, engaging with all participants to ensure all feel involved." (**Caroline Frost, HICA Care Homes**)

"Our advisers found this to be a very enjoyable, informative training session which was well structured and effectively delivered. The trainer's knowledge and presentation skills were excellent and everyone left the training with a greater awareness and understanding of mental health problems." (**Sally Todd, igen Ltd**)



*Move On tutor, Rachel Hunter receiving HLC Tutor of the Year Award 2008*

### Unique Learner Number

The Managing Information Across Partners (MIAP) service is operated by the Learning Skills Council (LSC) for learners aged 14 years and over and learners registering for relevant post-14 qualifications.

MIAP offers a Learner Registration Service to allocate Unique Learner Numbers (ULNs) which enable the individual to access a Learner Record Service. The Learner Record Service will offer the Learner the facility to access their participation and achievement data via a website and to share this with other organisations and individuals where permission is granted.

The MIAP service will allow those organisations listed on section 537A of the Education Act ([www.miap.gov.uk](http://www.miap.gov.uk)) to use the Unique Learner Number as a key to sharing participation and achievement data in a consistent and approved manner, promoting good information management practice.

All organisations that will have access to the information you provide are registered under the Data Protection Act 1998. At no time will your personal information be passed to organisations for marketing or sales purposes.

**[www.mindworkstraining.co.uk](http://www.mindworkstraining.co.uk)**

Registered Charity Number: 1101976  
Company Number: 4936165  
Charity Registered in England



Starts  
October!

**Move On**

**FREE 10 week course**

'Move On' to the next level in your life by taking part in this new course. Learn new skills and make new friends over the 11 week period!

**Hull and East  
Yorkshire Mind  
- Hull Office**

FREE High Street  
Voucher worth £15  
for fully completing  
the course!



For better  
mental health

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1101976  
Company Number: 4936165  
Charity Registered in England

**Tel: 01482 240134**

# Move On

Move On is a FREE structured 11 week personal development programme designed to help people experiencing mental health issues to establish a positive lifestyle and take steps to sustaining employment or other vocational activity.

The project is made up of a 11 week structured programme with at least two structured information, advice and guidance sessions from an allocated trained vocational support worker.



Above, Move On tutor, Rachel Hunter delivering at The Courtyard in Goole.

## At Mind, we have 4 aims:-

- To promote better mental health
- To campaign on mental health issues
- To provide quality services
- To challenge inequality



## Summary of Activities

Here is a list of the variety of topics that will be covered in the 11 week period. The project runs for one day per week from 10a.m. until 3p.m, and starts on the 16th October 2009.

**Weeks 1 - 4 'My Lifestyle'** - Looks at presentation and relaxation methods, preparing basic healthy meals and the learning the impact of food on mood and sleep.

### This will include:-

Nutrition and Mood Foods  
Sustainable Exercise  
Appearance and Presentation  
Relaxation, Wellbeing and Coping Strategies

**Weeks 5 - 8 'My Communication and Confidence'** - Build your confidence, develop social skills and become more effective in conversation.

### This will include:-

Being More Confident  
Communicating for Success  
Public Transport and Public Places  
Communicating at Work

**Weeks 9 - 11 'My Future'** - Finally prepare to 'Move On'. Gain guidance to help you find paid employment or volunteer work.

### This will include:-

Volunteering  
Education and Training  
Employment  
Planning My Future

Once all 11 weeks are completed, you can claim your FREE £15 high street gift voucher! To qualify for the voucher, you must attend all of the 11 weekly courses.

## Booking Form

Name

Address

Phone

I would like to sign up to the Move On course for the 11 week period including information advice and guidance sessions.



**Hull and East  
Yorkshire Mind**

Registered Charity Number: 1101976  
Company Number: 4936165  
Charity Registered in England

**Hull and East Yorkshire Mind**  
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HU3 1XH

01482 240134  
Fax: 01482 336878  
E-mail: [mindworks@mindhey.co.uk](mailto:mindworks@mindhey.co.uk)

Before attending the course it is required to meet with the trainer to officially enrol.