

# Grow Training's

## *Virtual Academy*

Monthly  
Email Newsletter



## Post Covid19 road map!

WRITTEN BY DEBORAH FORTUNE

As we were waiting poised to see if the 4th phase of reopening would go ahead, it felt a lot like sitting at the crest of what looks like the start of the 2nd wave of this pandemic in our country. With this uncertainty it will bring with it a considerable degree of fear, concern and worry among certain groups, such as older adults, care providers, people with underlying health conditions and also in the wider public. The wearing of masks has been mandatory for the last few weeks on public transport and now in indoor areas such as shops, this will come as a enormous relief to many. We must continue to emphasize wearing PPE, social distancing and training, is the key in keeping your staff and customers safe while moving the business forward. With the push back of the 4th phase it has its own problems in public mental health terms, the impact to date sees elevated rates of stress or anxiety and now his may push it higher. It also will increase the impact on many people's livelihoods, routines or usual activities. Which will reflect vastly on day to day life and see an expected rise on levels of loneliness, depression, self-harm or suicidal behaviour and harmful alcohol and drug use. Preparing your work force, ensuring that your staff have relevant training in such areas my prove vital.

GROW Training can support you during this process check out, <https://growtraining.ie/health-social-care-onlinetraining/> ...These include courses such as Drug and Alcohol Awareness, Mental Health Awareness, Stress Management. Our face to face training is with smaller groups, implemented and fully adhering to HSE covid19 guidelines to keep us all safe. As always, we are committed to providing you with excellent service and if you need any help, support or refresher courses contact us

# Events and Campaigns 2020

**GROW SMARTER GROW FASTER**

1st) My Summer Cycle For Croí – Croí Heart & Stroke Charity

(2nd-9th) European Transplant & Dialysis Sports Championships – Irish Kidney Association

(16th) Pieta 100 Kildare/Dublin/Meath – Pieta House

(30th) Milford Hospice Harvest Fair – Together For Hospice

## Virtual Academy

**FEATURED COURSE - MENTAL HEALTH AWARENESS**

**GROW SMARTER GROW FASTER**

### CPD Approved

**Course Description-** People often equate the words mental health with mental illness and there are many definitions of what mental health actually is.

Mental health issues can happen to anyone despite social background, intelligence, gender or other factors.

This course explains the difference between mental health and mental illness. It covers the symptoms of a number of the most common mental illnesses so you will know what to look out for or what to expect if you are working with someone with one of these conditions.

As well as providing some practical advice on how you can work effectively with those affected by these conditions.

Unfortunately with the pandemic creating uncertain times, within the current climate we will surely see a dramatic surge in mental health problems.

**CONTACT INFO:**

**Phone: 0834014242**

**Email: [info@growtraining.ie](mailto:info@growtraining.ie)**

**Web: <http://growtraining.ie>**

### Target Audience

This course is aimed at anyone who works with in the care sector

### Advantages

CPD approval means that this course can be used by those that need to prove they are continually developing themselves.

Online training is flexible, efficient and cost-effective, so candidates can progress through the modules at their own pace, in their own time, making it easy to fit the training around their work and personal life

### Further Progression

Courses that would complement this one would be:

**Duty of Care** all health and social care professionals, or organisations providing health and care services.

**"GROW YOUR SKILLS,  
GROW YOUR  
POTENTIAL, GROW  
YOU!"**

### WHAT OUR CUSTOMERS HAVE TO SAY!

*"The group are buzzing from the training yesterday and said Jenn and Hazel were great fun and they learned a lot" thanks again team*



### Monthly Support Courses:

*My Summer Cycle For Croí*

*Stroke Awareness*

*CPD Approved*

*European Transplant & Dialysis Sports Health Awareness*

*Diabetes Awareness*

*CPD Approved*

*Milford Hospice Harvest Fair*

*End of Life Care*

*CPD Approved*