

Cellar Trust & Living Well Training Platform

1



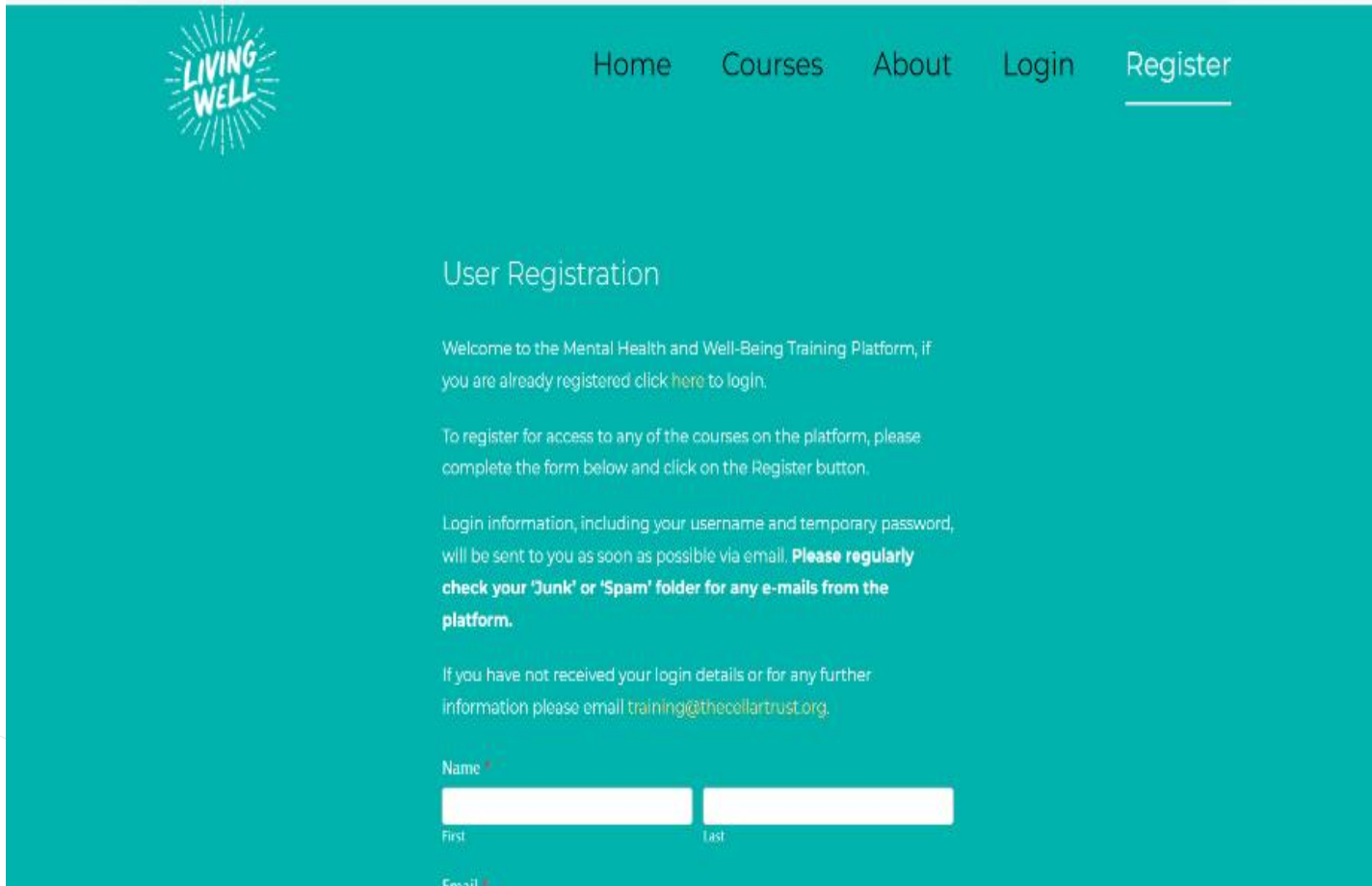
Mental Health & Wellbeing Training Platform

<https://livingwell.training>

- FREE Mental Health & Wellbeing Training for VCS Organisations
- E-learning modules which can be completed at the learner's own pace/convenience
- Facilitated webinars or face-to-face sessions with our expert training team
- We can create 'tailor made' training packages for the unique needs of each organisation
- Course content to help with staff/volunteer wellbeing and to signpost clients towards to help with their self-care
- Modules to help support staff with CPD
- Training to help managers with 'Leading Mental Wellbeing' in the workplace

Mental Health & Wellbeing Training Platform

<https://livingwell.training>



LIVING WELL

Home Courses About Login Register

User Registration

Welcome to the Mental Health and Well-Being Training Platform, if you are already registered click [here](#) to login.

To register for access to any of the courses on the platform, please complete the form below and click on the Register button.

Login information, including your username and temporary password, will be sent to you as soon as possible via email. **Please regularly check your 'Junk' or 'Spam' folder for any e-mails from the platform.**

If you have not received your login details or for any further information please email training@thecellartrust.org.

Name *

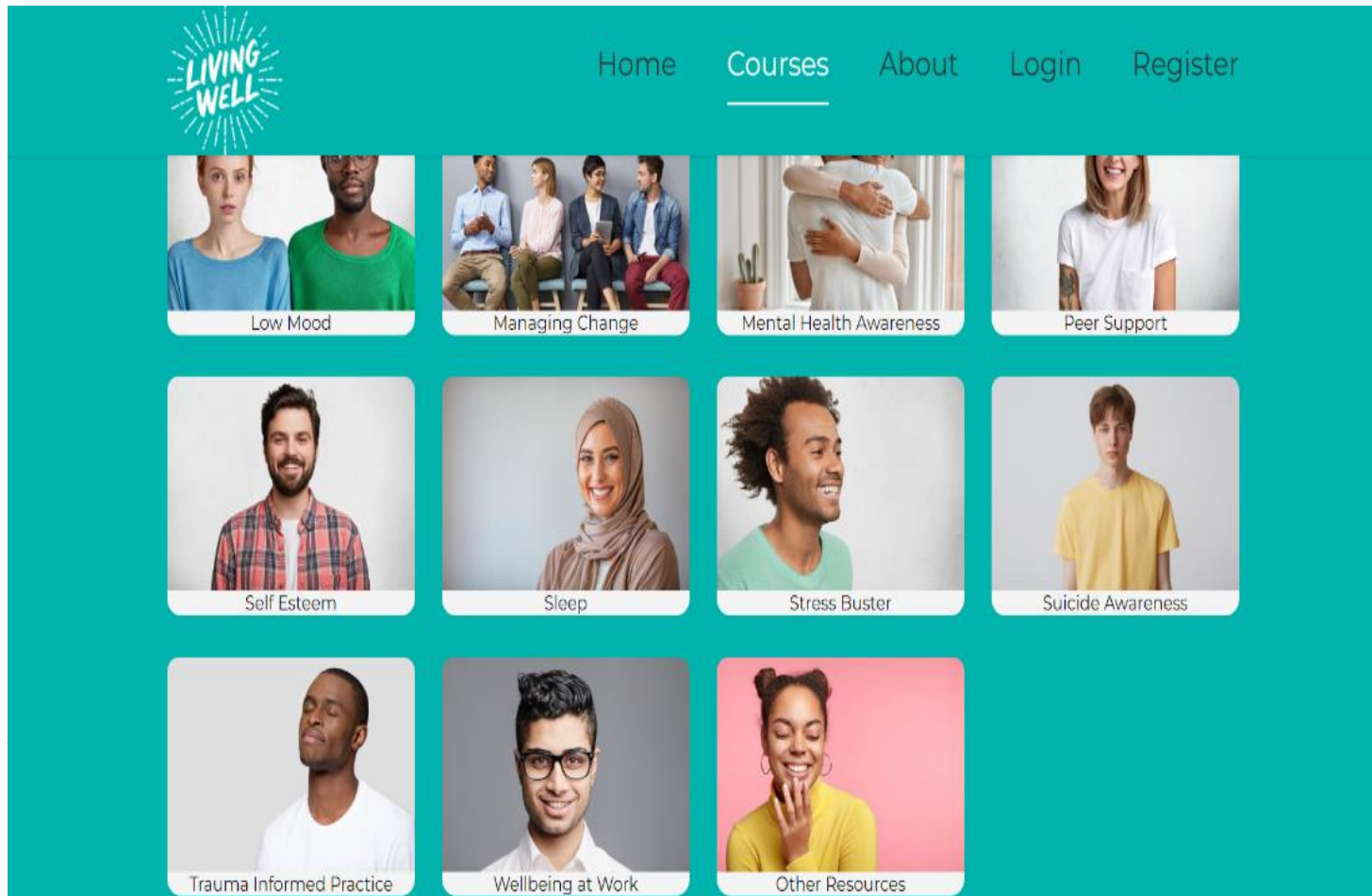
First Last

Email *

- Straightforward registration process
- Click 'register' along top toolbar and complete details and submit
- Please check spam/junk folder as sometimes initial registration email can be sent to there
- Login and enroll on courses of your choice
- We can do 'bulk upload' to make it easier for employers and can set up specific cohorts with specific assigned courses
- For support email training@thecellartrust.org or call 01274 586474

Mental Health & Wellbeing Training Platform

<https://livingwell.training>



E-learning Modules:

- 'Improving Sleep'*
- 'Stressbuster'*
- 'Understanding Low Mood'*
- 'Suicide Awareness'*
- 'Skills for Being Well in Adversity'
- 'Mental Health Awareness'*
- 'Wellbeing at Work' – guides for employees or for employers & managers

**can also be delivered as facilitated sessions*

Facilitated Webinars or Face-to-face Sessions:

- 'Leading Mental Wellbeing'
- 'Trauma Informed Practice'

What our course attendees say about us...



“The Leading Mental Wellbeing course was very thorough and well presented, plenty of opportunity for interaction and a great addition to my management toolkit.”

“The trainers on the Trauma Informed Practice course were lovely and relaxed and the training was very interesting and everything was explained easily.”

“The Suicide Awareness training very interesting and insightful and the facilitators provided a wealth of information and kept the course engaging.”



Further details:

- ✓ We are happy to meet separately to discuss your unique needs
- ✓ <https://www.thecellartrust.org/what-we-do/training/>
- ✓ Can provide 'tailor made' training packages for each organisation
- ✓ Email training@thecellartrust.org for registration support
- ✓ Contact details below to arrange follow-up meetings:



david.grant-roberts@thecellartrust.org



07309 668870

