



WELLBEING 101

22-30 SEPTEMBER 2023
MOFFAT, SCOTLAND, UK

ERASMUS+ TRAINING COURSE
KA1 MOBILITY OF YOUTH WORKERS



INFORMATION PACK



In this pack is information about the course, it's objectives, the venue, the training team, project partners, participating countries, travel, costs, reimbursement, and more! To go straight to the application: trainings.salto-youth.net/11347



Co-funded by the
Erasmus+ Programme
of the European Union

PROJECT SUMMARY

"Wellbeing 101" is a 7-day residential training course for youth workers, social workers and educators, funded by the Erasmus+ programme and promoted by the UK NGO Coyote Initiatives. Participants will develop the basic knowledge mental health & wellbeing, and learn practical, evidence based methods, which young people can implement in their own lives to successfully manage their wellbeing. Participants will experience the wellbeing tools themselves, learn the science behind them and plan how they can develop them for the young people they work with. Participants will leave with a toolkit full of tried and tested methods to improve both their own and young people's mental health and wellbeing.

The project will take place in Scotland, UK, in the town of Moffat, which is 50 miles south of Edinburgh. The venue is The Well Road Centre, a large Victorian building which was once a boarding school, and now hosts trainings, events, youth groups and other events. The training runs from the 22 - 30 September 2023. It will involve 30 participants from 10 different European countries (Italy, Czech Republic, Hungary, Spain, Turkey, Poland, Slovenia, Estonia, Greece, and United Kingdom).

The levels of Anxiety, Depression and other mental health issues are rising in society across Europe & beyond, especially in young people & there is not yet a corresponding rise in methods to deal with this, especially in terms of anxiety management. The effects of this are felt across all demographics of young people & particularly those with fewer opportunities.

It is clear that youth workers & youth field professionals are being left - and even expected - to deal with these issues. While the issues should be dealt with by mental health professionals, often the youth workers & are the first port of call. While we need to work towards better policies and government funding etc, we need to train those youth workers in practical, evidence based tools which are effective and easy to use.

While we should not expect youth workers to be able to deal with all of this, it is beneficial for them to be able to: a) recognise symptoms; b) have an awareness of the initial steps or 'first aid' that can be applied in a situation, c) be able to pass on evidence based tools to young people and parents to deal with some of the symptoms, and d) know who to refer them to for further support.

In this course we will provide clear information on some aspects of mental health, and introduce the concept of Trauma Informed Support, and mainly include evidence based tools which are proven to work and are relatively quick and straight forward to learn. We will also convey how the workers themselves can take care of themselves when dealing with these things.

This course will be an introduction to the topic, provide tools, and also provide an opportunity for us to share our experiences and collect effective methods from each other.

CONTACTS



PROJECT ADMINISTRATORS
Steve Gasgarth & Ollie Clubb
wellbeing101tc@gmail.com





THE COURSE



AIM & OBJECTIVES

Our main aim is;

To develop the competences of youth workers, teachers & social workers to support young people to manage their mental health and wellbeing and develop resilience.

To reach this aim we have the following objectives:

- To equip participants with the knowledge and tools to empower young people to make positive changes in their lives to increase their mental health & wellbeing;
- To provide youth workers with a baseline understanding of anxiety & some key mental health conditions;
- To explore scientifically proven approaches and methodologies to improve mental health & wellbeing;
- To equip participants with the tools to train young people in anxiety management & sleep hygiene;
- To explore the participants' target groups and develop suitable action & session plans for implementation of the learning outcomes from the training;
- To share best practices and increase the quality of youth work in Europe

OUR APPROACH

The programme is based on non-formal education methods and experiential learning. It will include many different activities, theory and practice of up to date information, evidence based tools and practice, plus reflection, discussions, open workshops to encourage critical thinking and personal contributions. A strong focus will be put on how to pass the results of the course to the organisations and the beneficiaries back home.

The course has been designed in a format which introduces topics, and gives the tools to deal with them throughout. This is a complex topic, and we will create fun and engaging non-formal learning opportunities, based on practical activities, outdoor learning, theoretical inputs, technical tools, discussions, debates and moments for personal and group reflection.

PARTICIPATION & DISSEMINATION

Once accepted onto the course, participants commit themselves to actively participate in the whole process, including:

- to read all the information carefully
- to communicate timely with the organisers
- to prepare adequately for the training course
- to take actively part in the full duration of the activities
- to participate in the evaluation process after the course



Dissemination is a crucial area of the E+ project lifecycle. It gives the opportunity to communicate and share outcomes, thus extending the impact of a project. Sharing results, lessons learned, outcomes and findings will enable a wider community to benefit from a work that has received EU funding. You will be encouraged and required to actively take part in the dissemination of the project during and after the course. We will offer you tips and space for coming up with ideas and planning.

TEAM OF TRAINERS

ZÖE REID

Zoe works in one of Scotland's leading mental health charities and has developed and delivered various wellbeing, mental health and resilience trainings with both charities and corporate companies. She has worked in the charity sector for more than 20 years, including 9 years as a Youth Development worker & Trainer for Epilepsy Scotland, 2 years in Rape Crisis, 4 years at Health in Mind as Support & Development worker, Assistant Manager, Counselling Team Leader and Trainer. Zoe has a passion for seeing people leave her trainings with practical tools that they can use anytime and anywhere to improve their mental wellbeing.

Zoe has a wealth of experience working with young people, including those with disabilities, in trauma support, is an expert in anxiety management, and has been a trainer in managing difficult epilepsy for over 10 years. Zoe has a passion to explain the science and biology behind all the tools she teaches; all of which are evidence-based, tried and tested. Alongside all of this Zoe originally trained as a Nurse and has counselling training. Zoe has been involved in the Erasmus+ programme since 2016.

<https://www.capitalcaretraining.com/zoe>

STEVE GASGARTH

Steve has been involved in the Erasmus+ / Youth in Action programmes since 2009, working internationally as a trainer in the Erasmus+ programme following completion of SALTO's Training of Trainers for youth work programmes in 2013. Since 1998 Steve has been a youth worker, worked in social care, and has developed effective methods in utilising music, films and creativity in project work with young people with fewer opportunities working across Scotland and the UK.

Steve has also trained in counselling and psychotherapy, and brings that knowledge and experience into all the work he does.

Steve works with Zöe to design trainings for charities and corporate companies, bringing his experience of non-formal education into the mix to create more interesting and impactful trainings and experiences for participants.

www.salto-youth.net/tools/toy/steven-gasgarth.3132/

LOCAL EXPERTS

For this training we have decided to bring in a number of local experts to deliver sessions for us who can bring their specific skills to support all our learning during the week. These are all people who have worked extensively with young people and mental health. These include: Mental Health Peer Led Support; Outdoor Wilderness Experience/Therapy; Choice Theory; Community Projects (1:1 & Groups); Yoga for young people & mental health.

QUESTIONS?

wellbeing101tc@gmail.com



ACCOMMODATION

The training course will take place in Moffat, a small town 50 miles south of Edinburgh. The venue is The Well Road Centre (www.wellroadcentre.com). The accommodation will be in shared rooms of between 4 and 10 people. Showers and toilets are shared. Linen will be provided, **but you must bring your own towel**. The course is residential, so we will stay together in the venue for the whole time. Our group will be responsible for living together during the course. This is a normal part of our educational approach and encourages community spirit, responsibility and sharing. Everyday tasks will be shared by participants, as part of the community living experience.

You can arrive at the house anytime after 14.00 on Friday 22nd September. Dinner will be at 19.00 and there will be a short evening programme starting at 20.30. The end of the course is scheduled on Friday 29th September with a farewell evening, so that all of us will leave on Saturday 30th September after breakfast. We have to leave the venue by 10.00 at the latest.

Our programme includes half a day free and we will provide information about the local area. No trip will be organised to visit Edinburgh. If you want to have some leisure time you can take up to 2 days before and after the course for your own plans, and still be eligible for a travel reimbursement. We cannot reimburse travel outside of this limitation. Any accommodation costs for those extra days will be fully up to you.

We will give more detailed information about travel, reimbursement etc once you have a place on the course.



WE ARE VERY SORRY TO SAY THAT THE VENUE IS NOT ACCESSIBLE.

There is no elevator, and all accommodation is on the 1st and 2nd floors, accessed only by stairs. We were unable to secure an accessible venue, and we apologise for this.

ATTENDANCE FOR THE WHOLE COURSE - FROM THE 22nd - 30th SEPTEMBER - IS ONE OF THE BASIC CONDITIONS FOR PARTICIPATION, SO PLEASE ARRANGE YOUR TRAVEL TO BE THERE ON TIME. IN CASE OF ANY COMPLICATIONS, PLEASE LET US KNOW AS SOON AS POSSIBLE.

TRAVEL REIMBURSEMENT



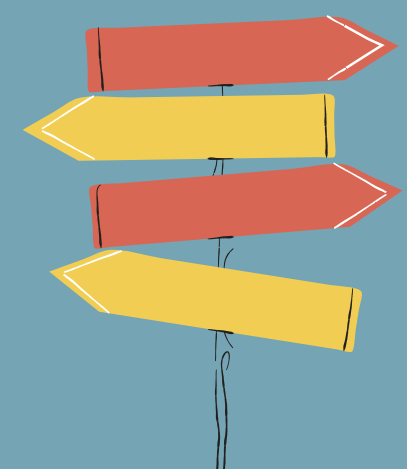
The course is co-funded through the Erasmus+ European programme. We can reimburse only the cheapest transportation possible and only public transport, and only standard or 2nd class fares. We cannot reimburse any Taxis or Private Cars.

For the reimbursements, we will need:

1. An invoice with the **itinerary** of your trip including the **names of the passengers** and, very important, the **price of the ticket**. Usually all this information is available on the e-tickets for flights or on the confirmation email.
2. All your original travel tickets and receipts (**train and bus tickets**) which you wish to have reimbursed. We cannot provide reimbursement without the **original documents**, so it will be your responsibility to take good care of them.
3. All boarding passes. This can be original printed boarding passes, or any mobile passes, printed out.
4. All exchange rates for the project are set by Erasmus+ and any calculations to Euros will follow the official set project rates.

The following list is the maximum allowed per person for a full return (2-way) journey, and we will not refund more than this.

**HUNGARY, SLOVENIA, SPAIN, ITALY,
CZECH REPUBLIC, ESTONIA, POLAND: €275**
GREECE: €360
TURKEY: €530
UK: €180



IMPORTANT:

In terms of where you are from, for the purposes of qualifying for this programme, it is where you live, not where you are from. Your country of residence, not your nationality.

For example, we can accept a person living in Italy, as long as they travel from, and return to Italy, no matter what nationality is shown on your passports. Please, don't ask for exceptions ("I'm originally from Italy, but now I live in Belgium - can I travel from there?") as these are the rules set by Erasmus+ and unfortunately we cannot change them!

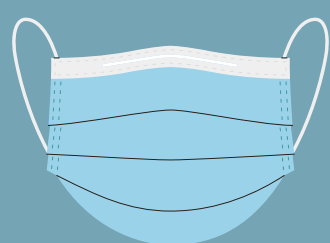
The reimbursement will be done after the end of the project, after we successfully get all the tickets and boarding passes from you - including any return passes, tickets etc. We will make the transfers once we have all the tickets from everyone, and no later than 6 weeks after the course has finished. Instructions and forms will be provided during the training course.

COURSE FEE



The Erasmus+ funding does not fully cover the course. We work with the training team, project coordinator and ourselves to provide subsidised rates for this course. This, along with your contribution of the course fee and the time and effort put in by our partner organisations for voluntarily, allow this course to take place. All of these aspects act as co-funding of this project.

A course fee of €70-€200 (£60-£175) based upon your own, and your organisation's situation, is required for the course. We will ask that you pay this in advance, upon selection, to guarantee your place on the course. Please contact us for further information if this is a barrier.



COVID-19

Although we do not expect any issues with Covid-19, the U.K. National Agency will not refund **any** costs due to Covid, including all flights, travel costs and our project costs. If you wish, please fully insure your own travel as we will not be able to reimburse any missed flights for any reason.

IMPORTANT INFORMATION



It is the participant's responsibility to obtain full insurance for themselves.

This includes travel insurance and medical insurance.

Emergency medical treatment is **free** in the UK.

Any pictures, videos, images taken at the course, as well as the materials produced during the activities, can be used to document the activity in reports, on websites or social networks, or for promotional material.

The course will include light outdoor activities Please pack clothes which also suitable for outdoor activities.

Internet is available at the venue, but the quality is low, especially when there are many people using it, so we ask that you organise your own mobile wifi / phone wifi for your time at the venue if you need it, as we cannot guarantee wifi signal.

We will ask you to provide any dietary requirements and mobility requirements prior to the course. This does not remove the participant's personal responsibility for ensuring their own health and safety.

The Venue is not an accessible venue. We are very sorry about this, and apologise unreservedly.

Pack your own phone & laptop chargers, and travel adaptors according to the UK.


You will need to provide your own Towel and personal toiletries etc.

PARTNER ORGANISATIONS

 **Muovimente Societa Cooperativa Sociale** (Italy) muovimente.it/en

 **Vice Versa** (Czechia) viceversa.cz


 **Yaygin Egitim Merkezil Dernegi** (Turkey) yegitim.org.tr

 **Biodiversa** (Spain) asociacionbiodiversa.org

 **Zavod Anima Vita** (Slovenia) animavita.si

 **Medeina** (Poland) medeina.org

 **Zavod Voluntariat** (Slovenia) zavod-voluntariat.si/en

 **TIA** (Hungary) tudatosifjusag.hu/

 **Inter Alia** (Greece) interaliaproject.com

 **MTU Link** (Estonia)

 **Coyote Initiatives** (UK) - Host coyoteinitiatives.com

APPLY HERE

trainings.salto-youth.net/11347

DEADLINE FOR APPLICATIONS: 7TH JULY 2023



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