

**RedbridgeCVS and Redbridge Faith Forum Present:**

**Psychological Health:  
A Foundation Training Course for Faith and Community Leaders**

We are pleased to invite you to take part in a 6 day course aimed at those who already give up so much time to support their communities to live healthy, happy and meaningful lives.

The course is designed to enhance local faith and community leaders' understanding of psychological wellbeing.

**What will the participants take away from the course?**

- **An understanding of common psychological disorders (such as depression), how to recognise these and the treatments available**
- **Knowledge of local referral routes to specialist support (ie ways that you can help people to secure appropriate support from the NHS and elsewhere)**
- **The importance of their own role in the recovery and wellbeing of the communities they serve**
- **Culturally and religiously sensitive ways to prevent psychological distress**

Lack of reading and writing skills in English will not be a barrier to participating in the course. The organisers will work to ensure that written information is provided in participants' preferred languages.

**Early booking is advised to secure a place - only 12 places available per faith.**

**When:**

- **Christianity** starting on 20 April 2010
- **Hinduism** starting on 10 June 2010
- **Islam** starting on 21 April 2010
- **Judaism** starting on 8 June 2010
- **Sikhism** starting on 9 June 2010

From 10.00 – 2.45pm each day

Selected dates will not clash with religious/cultural festivals or school holidays.

**Cost:** The course is free of charge and lunch will be provided.

**Where:** RedbridgeCVS 5<sup>th</sup> floor  
Forest House, 16-20 Clements Road  
Ilford, IG1 1BA

**Certificates of attendance will be awarded to all those who complete the course.**

**For more information or to book a place on the course, please contact:**

**Nisema at RedbridgeCVS on: 020 8514 9620**

**Saira or Jacque at Redbridge Faith Forum on: 020 8708 2478**

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