

TRAINING – HOW TO HELP OTHERS THROUGH TOUGH TIMES

What is the training about?

The cost-of-living crisis represents the largest drop in household disposable income in over a century. We know that the number of people with financial worries and mental health issues is growing.

Many Londoners are facing depleted financial resilience, have no capacity to save and are therefore unable to prepare for future economic shocks. All of this places many at an increased risk of anxiety, cumulative stress and mental health issues, exacerbated by the onset of the winter months and crisis fatigue.

"Great to practice the way to approach and support those most in need".

But although we know all this, getting help to those who need it isn't that easy. A conversation had with someone about their mental health – in which they can really share their problems, many of which may be complex and interconnected, and you explore and find solutions together – is a very different kind of conversation.

Really talking to people in this way, to help them through tough times, takes skill. It takes practice. But this is something that anyone can learn.



Core Conversations Training - what will you learn?

This training is based on 7 principles for great Core Conversations. These were co-created with nearly two hundred front-line experts from the public and voluntary sector during the pandemic.

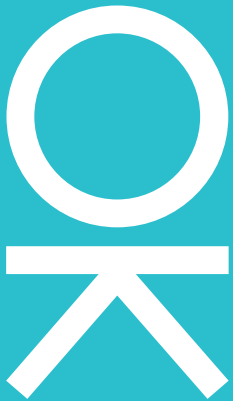
The training uses these principles to enhance people's existing ability to quickly build a relationship with the person they're aiming to help, form a holistic understanding of the challenge at hand and to co-create solutions to overcome them.

The training is lively and interactive. Through the use of forum theatre, we enable attendees to experiment with alternative

approaches to having meaningful conversations, reflect on their own practice and learn from each other in a safe environment.

There is no perfect template for a Core Conversation. Whether you've got 2 days' experience or 20 years, there's always more to learn. We learn something new together every session.

The London Boroughs who signed up will develop a local community of practitioners. We train people and you gain all the materials, so you can run the training yourself within your borough.



Who is it for: Anyone – particularly front-line workers

How long is it for: 2 hours

Where: Online - Zoom

www.thriveldn.co.uk/coreconversations

Trainers

Basis
Changing the Change

Basis is a consulting and training organisation based in London. They are driven by a need to make the challenging moments in people's lives easier. They were part of co-developing this training and have now delivered it to hundreds of front-line workers in London.

These Core Conversations training sessions are funded and supported by the Mayor of London under the remit of the Mental Health and Wellbeing Recovery Mission, which is being delivered in partnership with Thrive LDN. The mission aims to build a coalition of wellbeing champions and empower Londoners to act to improve their own and their communities' wellbeing.

Core Conversations

Locally-led



OK



The offer – and our ask of London boroughs

For local authorities (and their VCS partners), you gain one dedicated **Core Conversations training session** for up to 20 people online.

Additionally, three people will be **trained as trainers**, so that each local authority is able to run the training independently, as many times as you like. You will get all the training materials and manuals.

This is all without any charge.

However, to help make this work and to increase the reach of this training, we ask each local authority to agree to some simple parameters in order to participate in Core Conversations training.

Registration for the first seven sessions will open for local authorities at 10am on Tuesday, 13 December 2022. To register your borough, go to:

www.thriveldn/coreconversations

- ✓ Sign up as a London borough for one session only.
- ✓ You help promote, identify, and sign-up 20 participants (front-line and community workers in your borough).
- ✓ Three people who attending the session from your borough will also join a train-the-trainer programme.
- ✓ Following this, the trainers must together run at least two further sessions in their borough.



The detail of the agreement

- ❑ All 32 London boroughs and the City of London are welcome to participate and register for a training session. However, there are 15 sessions available which are offered on a first come-first-served basis. Each borough can only sign-up for one session.
- ❑ Once registered, you are responsible for promoting and signing up 20 people who work with residents in your borough. You know best who needs this training the most; participants could be part of the local authority, the NHS, charities, community and/or faith organisations. We also ask for two people to help coordinate the training. For each session, we will need to register participants individually – Thrive LDN can support you with this.
- ❑ Each borough who participates also needs to support three people from the session to separately join the train-the-trainer programme. This consists of pre-work and an interactive half-day online training session. Boroughs then commit to supporting the new trainers to, together, run at least two further sessions for participants in your borough.
- ❑ We highly recommend each borough pulls together a list of local resources and services where people can find further help, which can be used in the training sessions.
- ❑ For our evaluation purposes, we will require some specific information on participants as part of the registration for training sessions. Thrive LDN can support you with this.



Any questions?

Core Conversations Training



Contact Max on:
max@basis.co.uk



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Thrive LDN
towards happier, healthier lives

