

Gipsy Hill Wellbeing Champion - MHFA Application Form

We are welcoming applications from Gipsy Hill residents (locals) who are interested in becoming Gipsy Hill Wellbeing Champions.

PLEASE READ THIS INFORMATION PRIOR TO COMPLETING THE FORM:

If you choose to join the GHWC Crew (limited, FULLY FUNDED places) - you will get the opportunity to become a certified Mental Health First Aider and join a community of locals who want to inspire positive change in Gipsy Hill and support and encourage others.

A Gipsy Hill Wellbeing Champion will ideally be:

- Open to learning more about mental health education and wellbeing
- Curious about how they can support others and inspire a well-being focus in the community

Important things to note:

- This group will be an educational and wellbeing resource sharing group
- You do not need to be a professional or have any formal education in wellbeing to becoming a Gipsy Hill Wellbeing Champion
- There is no time or space for any bullying, discrimination or anti-social behaviour in this group - we expect you will all respect each other and that we're all on a different stages of our learning journeys associated with mental wellbeing
- The courses you'll have an opportunity to take part in are education sessions, not therapeutic sessions.
- Please ensure you are aware of the content of the MHFA course and ask us if you're concerned about any of the topics we cover.

Upon joining the Wellbeing Champions crew:

- You'll get access to monthly online wellbeing education sessions where resources will be shared, which you can, in turn, share with your community.
- You'll get an opportunity to complete the two day face to face Mental Health First Aid Course (worth £300) - either Youth MHFA or Adult MHFA. This is an internationally recognised certification which will help you become more confident in supporting others experiencing poor mental health in a non-professional capacity.
- You'll be a part of a group of locals who want to work together to increase mental health awareness and connect the community.

Application Process:

- There are limited places to attend the MHFA courses, so we're only able to accept a limited amount of places to attend these.
- If you're interested in accessing the monthly online wellbeing sessions for free, but do not want to be considered for a MHFA place, please mention this in your application
- We will review all applications and contact you directly in response to each completed form.

The outcomes of the MHFA(England) adult course are as follows:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

Head here for information on both the Youth and Adult MHFA course. These have the outline of the core course content, value of the course etc.

Please copy and past the links below in your browser to find information about the content.

Youth MHFA 2 day course: <https://mhfaengland.org/individuals/youth/2-day/>

Adult MHFA 2 day course: <https://mhfaengland.org/individuals/adult/2-day/>

DATES FOR THE 2 DAY MHFA COURSES:

Saturday 21st and Saturday 28th May from 9.30am - 5pm
Adult MHFA(England) Gipsy Hill Wellbeing Champion Course
Location: Christ Church, Gipsy Hill, 1 Highland Rd, Norwood, London SE19 1DP, United Kingdom

Saturday 18th and 25th June from 9.30am - 5pm
Youth MHFA(England) Gipsy Hill Wellbeing Champion Course
Location: Upper Norwood Library Hub, 39 Westow Hill, SE19 1TQ

If you have any questions, please contact info@itsaplayground.org and reference Gipsy Wellbeing Champions.

* Required

This project is funded by Lambeth Public Health in partnership with Norwood Forum to bring new Health and Wellbeing projects to the residents of Gipsy Hill



1. Why are you interested in becoming a Mental Health First Aider? *

2. Why are you interested in becoming a Gipsy Hill Wellbeing Champion?

3. Please confirm that you've reviewed the content of the MHFA course of your choice (links shared in the above information)

Check all that apply.

Yes

Other: _____

4. Which MHFA Course are you interested in? *

Mark only one oval.

Youth MHFA (for adults who support young people)

Adult MHFA (for adults supporting adults)

5. Are there any other comments or questions you'd like to share

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