



**Health Promotion in
Education Settings**
South Gloucestershire

Free Public Health CPD Opportunities

South Gloucestershire schools

Mental Health

Bitesize courses

E Learning bitesize courses available for anyone that lives or works in South Gloucestershire on the following topics:

- Mental Health Awareness
- Resilience and Self Care
- Trauma Awareness

(Approximate learning time 45-60 minutes each)

Access via the [Learning Development Hub](#) (search course titles)

Fundamental Wellbeing First Aid

This two day course qualifies you as a Mental Wellbeing First Aider.

Free (Except £25 for course manual). Book via the [Learning Development Hub](#)

Short Fundamental Wellbeing Courses

Delivered in-school for groups of 10–12 staff:

[Fundamental Wellbeing Foundation- 4 hours](#)

(£10 Per Person cost for course manual)

[Fundamental Wellbeing Essentials- 2.5 hours](#)

(£4 Per Person cost for digital course manual)

Book or enquire: healthpromotionineducation@southglos.gov.uk

Drugs & Alcohol

The **Young People's Drug and Alcohol Service (YPDAS)** offer the following bitesize sessions:

- Illegal drugs, alcohol and how to work with young people who use them.
- 'Brief intervention' covering drugs, alcohol, smoking, and sexual health.

Contact: ypdas@southglos.gov.uk

Healthy Weight

Why Weight? Changing the Narrative Around Obesity

An e-learning module exploring:

- Factors influencing weight and health
- Building blocks for wellbeing
- Real-life experiences and expert insights

Access via the [Learning & Development Hub](#)

Sexual health

Yuno is fully funded across Bristol, North Somerset and South Gloucestershire to provide a range of free training courses. This includes topics to help teachers and PSHE leads deliver safe and effective Relationships and Sex Education.

Further information on upcoming events and booking via Eventbrite:

[Yuno Professional Training | Eventbrite](#)

Other Health & Wellbeing Training

A wide range of free national webinars and e-learning modules are also available.

The programme shares trusted opportunities through:

- Termly schools bulletin
- PSHE resource & information SharePoint site

Stay updated or request signposting:

healthpromotionineducation@southglos.gov.uk

South Gloucestershire families: Build everyday emotional resilience!

- Free Online training from Togetherness

For families:

A range of online learning for families. Big feelings, how the brain works, and relationship ideas for happier lives.

Free to South Gloucestershire Families with the access code: **CONCORDE**

[Togetherness - Online training](#)

For Professionals:

Free recorded short videos for practitioners to support families use the above:

[Togetherness - Online videos for practitioners](#)

A range of online modules including trauma attachment and brain development, additionally specific educators' courses:

- Understanding your emotional health as a teacher
- Understanding your emotional health for school support staff

[Togetherness - Learning pathway](#)

Free to South Gloucestershire professionals with the access code: **CONCORDE**





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