



TARGETED LEARNING OPPORTUNITY

Refugee Mental Health & Wellbeing

Advanced Core Skills Workshop for Frontline Practice

Refugees Welcome, in collaboration with Cheshire East Adult Mental Health and Wellbeing Alliance, introduces a fully funded, premium training masterclass designed specifically to elevate frontline expertise, deepen clinical awareness, and protect daily wellbeing.

What You Will Learn

Deepening Trauma Understanding

Unpack clinical frameworks for PTSD and relocation stress, anchored in live international field-work insights.

Trauma-Focussed Practice

Gain evidence-based, CBT-informed grounding techniques to manage flashbacks and acute anxiety safely.

Meaningful Wellbeing Check-Ins

Learn how to conduct culturally sensitive "wellbeing audits" that build iron-clad trust and safety.

Referral & Clinical Advocacy

Map local healthcare pathways and learn to act as a robust advocate within the complex UK health system.

Key Details

15 - 20

STRICT PARTICIPANT LIMIT

Fully Funded

by Cheshire East Adult Mental Health and Wellbeing Alliance

CONFIRMED DATE

Wednesday 23rd September 2026

TIMINGS

Arrival: From 09:30 AM

Course Session: 10:00 AM – 03:30 PM

VENUE

Central Macclesfield (exact venue TBC)

MENTORSHIP INCLUDED

Includes a private 1-on-1 online clinical consultation follow-up for **all** attendees.



COURSE OVERVIEW & LEARNING ARCHITECTURE

The Triple-Perspective Partnership

Moving from general awareness to advanced clinical and strategic advocacy.

This program goes far beyond baseline training. It combines global clinical mastery with modern lived experience to build upon your existing frontline wisdom.

Meet Your Instruction Team

Clinical Leadership: David Raines MSc

David is a distinguished Cognitive Behaviour Therapist with over 40 years of experience in common mental health issues and clinical education. Having previously led CBT courses at the University of Chester and the University of East Anglia, David also brings extensive international field experience teaching for the **World Health Organisation (WHO)** in conflict zones like Syria, Libya, and Palestine.

Lived Experience Consultants

Co-delivered by two independent consultants who relocated to the UK as refugees within the last five years. They provide the essential, first-hand evidence of the displacement journey and navigating the current UK relocation landscape.

How This Maps to Your Role

CORE TOPIC	WHAT YOU BRING BACK TO THE FIELD
Mental Health Needs	Deep understanding of the 'triple trauma' of displacement (origin, journey, and UK relocation).
Health Inequalities	Identifying specific cultural, linguistic, and systemic barriers using modern consultant testimony.
Trauma Approaches	Practical application of CBT-informed grounding techniques to handle flashbacks and acute panic.
Everyday Actions	Hands-on roleplay of the "Meaningful Check-in" framework to build sustainable safety.
Referral & Advocacy	The knowledge to effectively map local healthcare pathways and act as a clinical advocate.

Extended Clinical Mentorship for All Attendees

To embed long-term change, **every single participant** (including volunteers and representatives attending from partner agencies) is entitled to a private, online **1-to-1 Clinical Consultation** with David Raines. This session allows you to discuss specific, anonymised frontline challenges you encounter in your work. All attendees will also receive the co-produced **Follow-up Toolkit**.

Registration & Eligibility

To ensure a balanced split between Refugees Welcome volunteers and external agency participants, places are being strategically allocated by the Alliance grant program.

If you have been targeted for this training, please send your confirmation or inquiry directly to:

refugeescheshireeast@gmail.com