



April 2017

# NEWSLETTER

[www.pragmatic-consulting.co.uk](http://www.pragmatic-consulting.co.uk)



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07747 740311

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Or email us at:  
[training@pragmatic-consulting.co.uk](mailto:training@pragmatic-consulting.co.uk)

Please give us a call to discuss your training requirements, we are here to help!

## REDCAR OFFICE OPENS

We are delighted to announce that we have opened a new office in Redcar, Cleveland to accommodate the training requirements in the North East of the country. Our full suite of training courses will be available at this training location and we you will find all the details in the training schedule at the end of this newsletter.

This is great news for Pragmatic Consulting and we will introduce the full training team to you in the next newsletter once they have all started! In the meantime, please call Kate or Tor if you would like to book any training at this location and they will be delighted to help you.



## NATIONAL GRID PERSON TESTS

We would encourage all Clients that need Person tests in the coming weeks to book as early as possible, there is a very high demand for courses at the current time and with availability being on and first come, first served basis booking early to avoid the rush would be very wise !

As always, by booking your Person tests via Pragmatic Consulting we will pay for your tests in advance and will then forward you an invoice to pay us on 30 days – easier than trying to get your payments through your own accounts departments in time!!



# SICM – SERIOUS INCIDENT CONTROL MEASURES

We are now offering our Clients the opportunity to book onto the newly launched “Counter Terrorism and Serious Incident Control Measures” course that is designed to provide companies and organisations with the skills and qualifications to protect their infrastructure and staff. This course is a two day face to face training package, which can be delivered at the client’s location or on one of our public courses.

## COURSE OUTLINE

### 1. CPD Regulated Qualification in Serious Incident Control Measures.

- Understand the threat, understand your weaknesses, plan and prepare to control them.
- Hostile Reconnaissance of your location.
- Armed attack.
- Multiple Site attacks.
- Suspect packages, persons, vehicles.
- Suicide bombers.
- Secondary Devices.
- Lockdowns.
- Emergency procedures.

### 2. CPD Regulated Qualification in Control of Catastrophic Bleeding.

- Which will allow the use of the latest military/NHS grade emergency medical equipment as per HSE guidelines to include the following.
- Haemostatic Agents.
- Tourniquets.
- Chest Seals.

### 3. Access to the SICM Programme, an easy 5 step Programme to help you manage your long term procedures and training to continually meet the bespoke threats to your organization.

### 4. Access to the growing SICM Network, a unique communications network of all SICM qualified organisations to share suspicious reports or live incidents at local and nation levels. This will also be a 24hr source of SICM information and downloads.

**If you would like to book a place on the next course, 26th and 27th June at Stoneleigh, please call the office and we will arrange this for you. The cost is £280.00 per candidate.**



# HSG47 NEW FORMAT

We have redesigned the HSG47 courses and we have now had two different formats approved with EEIAS and these can be included on the EUSR Cards.

There is a one day course which is for those working on construction sites and then a 2 day course for those who are working within HV Substations.

## HSG47 - AVOIDING DANGERS FROM UNDERGROUND SERVICES (PRAGMATIC)

This training is aimed at persons operating on general construction sites on or near utilities but outside of substations. This is a one day course and the training is valid for 3 years with a refresher course available giving a further validation period of 3 years.

## HSG47 - AVOIDING DANGERS FROM UNDERGROUND SERVICES - HV SUBSTATIONS (PRAGMATIC)

This training is aimed at persons operating within National Grid substations and compounds.

The course is over 2 days and the initial training is valid for 3 years with a refresher course available giving a further validation period of 3 years.

The courses use a Cat and Genny 4+ but if you have an RD8000 machine instead then the training can be adapted for this also. Please see the schedule for the next available courses and locations.



# TRAINING DATES

## BESC AME ONLY

25th April	8.30am	Hitchin
26th April	10.30am	Bristol
28th April	10.30am	Bristol
3rd May	11.00am	Hitchin
4th May		Kent
8th May		Manchester
10th May		Hitchin

## PERSON & BESC AME (BESC AME Only also available)

17th May		Bristol
18th May		Bristol
19th May		Manchester
23rd May		Kent
25th May		Hitchin
30th May		Manchester
31st May		Hitchin
8th June		Manchester
8th June		Bristol
9th June		Bristol
12th June		Manchester
14th June		Kent
15th June		Hitchin

## National Water Hygiene

9th May		Stoneleigh
25th May		Redcar

## Safety Health & Environmental Awareness (SHEA) - Power

11th May		Stoneleigh
16th May		Bristol
26th May		Redcar

## Safety Health & Environmental Awareness (SHEA) - Gas

15th May		Stoneleigh
30th May		Redcar

## Safety Health & Environmental Awareness (SHEA) - Waste

2nd May		Stoneleigh
31st May		Redcar

## Impressed Voltage Awareness

19th May		Stoneleigh
1st June		Redcar

## Emergency First Aid at Work - 1 day

19th May		Stoneleigh
25th May		Redcar

## First Aid at Work - 3 day

16th, 17th & 18th May		Stoneleigh
22nd, 23rd & 24th May		Redcar

## HSG47 - 2 day

25th & 26th May		Kent
30th & 31st May		Wales
19th & 20th June		Kent

## HSG47 - 1 day

25th May		Wales
5th June		Stoneleigh
23rd June		Redcar

## Serious Incident Control Measures

26th and 27th June		Stoneleigh
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## IOSH - Managing Safely

Please contact the office		
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## NEBOSH - General Certificate

Please contact the office		
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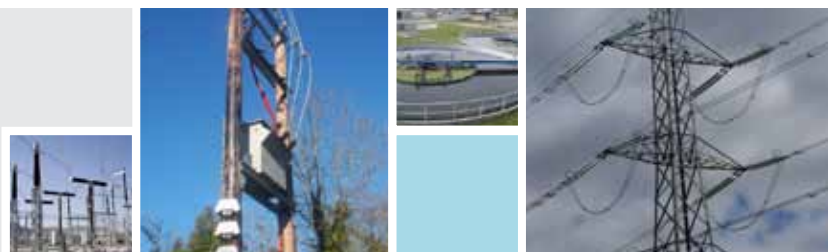
## Mental Health First Aid\*

1st and 2nd June		Stoneleigh
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The dates listed are for our open courses, if you would like us to look at alternative options for you please do get in touch.

We are also happy to provide bespoke courses if you have something specific identified in your training needs, please give us a call to discuss.

\*Please see the attached document regarding this training.





Adult MHFA



MHFA England

# Mental Health First Aid starts with you

Learn more at  
[mhfaengland.org](http://mhfaengland.org)



## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Adult MHFA courses can be attended by people aged 16 upwards and are relevant for the general population.

Everyone on an Adult MHFA course is taught a set of skills which enables them to support someone experiencing mental health issues.

Each and every MHFA course is delivered by a quality assured instructor, who has attended the seven day instructor training programme accredited by the Royal Society for Public Health.

## What will I learn on a two day MHFA course?

Our MHFA instructors deliver training in four manageable chunks, each with a focus on how to apply Mental Health First Aid skills:

### Session 1

Mental Health First Aid, mental health, and depression.

### Session 2

Depression (cont.) and suicidal crisis.

### Session 3

Anxiety, personality disorders, eating disorders and self-harm.

### Session 4

Psychosis, schizophrenia and bipolar disorder.

Everyone who attends the course will receive a copy of the MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will also receive a certificate to confirm that you are a trained Mental Health First Aider.

## How will becoming a Mental Health First Aider help?

The course will:

- Give a deeper understanding of the issues that impact on and relate to people's mental health
- Teach practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues and feel confident guiding people towards appropriate support

Independent research and evaluation shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health and feel confident guiding people towards appropriate support
- Boosts knowledge and confidence in dealing with mental health issues
- Encourages people to start a conversation with a person who may be experiencing a mental health issue
- Promotes early intervention which enables recovery

MHFA won't teach you how to be a therapist, but you will be able to say you're a Mental Health First Aider.

To find out more about MHFA England training and consultancy please contact:

**020 7250 8062**

**[info@mhfaengland.org](mailto:info@mhfaengland.org)**

**[www.mhfaengland.org](http://www.mhfaengland.org)**

To book an MHFA course please contact:

**Pragmatic Consulting - 07747740311**

**[training@pragmatic-consulting.co.uk](mailto:training@pragmatic-consulting.co.uk)**



MHFA England