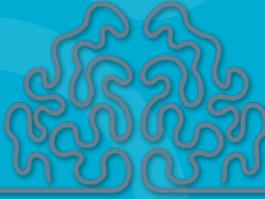


CHANGING MINDS



CHANGING LIVES

CHANGING MINDS,

CHANGING LIVES

IS A NATIONAL COMPANY WITH

A TRULY PERSONAL TOUCH.

Diane Palmer founded Changing Minds, Changing Lives in 2018 due to her personal passion and commitment, to help raise the standards of mental health treatment for military personnel and veterans. Diane's interests also extend to children's mental health and emotional wellbeing, more specifically her desire to improve awareness of ADHD in schools.

CORE SERVICES

- **Mental Health Awareness Training**
- **Military and Veterans Awareness Training**
- **Understanding PTSD**
- **Safeguarding Children and Adults Level 3**
- **Preparing for a CQC inspection in Community Mental Health Services**
- **ADHD Training**

BESPOKE TRAINING

Our range of Health and Social Care experts can devise individually tailored training packages to suit your needs.

DELIVERY

Innovative and interactive, using a multimedia approach in a face-to-face setting.

LOCATION

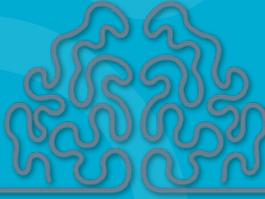
Our experts are available to come to your place or work or a location of your choice. We operate nationwide.

Prices on enquiry

Contact: diane@changingmindschanginglives.co.uk

Suite 4, East Barton Barns, East Barton Road, Great Barton, Bury St Edmunds, Suffolk IP31 2QY

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Diane is a national multi-award winning Nurse, Social Worker and Therapist who has over 25 years experience within the NHS, MOD, Social Care and the Charitable and Private sectors at a local, regional and national level. She has extensive expertise in securing funding, setting up new and highly specialist services, forming clinical networks, hosting events and delivering innovative training courses in mental health, military and veterans awareness, safeguarding and ADHD awareness. Diane has partnered with esteemed colleagues to create bespoke training packages and to provide advice and consultancy in a variety of health, social care and educational settings.

Diane also founded the National Football Association Mental Health Consulting Group and supported them to create a national survey, a mental health strategy and a resource pack for managers and coaches. Diane has delivered mental health training and advice to premiership football clubs and has a Diploma in Sports Psychology.

As a part-time CQC Specialist Advisor she has extensive knowledge and understanding of the inspection process and has been inspected in her former NHS services. She is therefore able to help provide advice and support to those preparing for an inspection.



Diane sits on the board of the Anglia Ruskin University Veterans and Families Institute for Social Research and is a clinical member of several NHSE clinical reference groups and networks.

It is Diane's absolute dedication to these causes and her charitable endeavours that led her to establish **Changing Minds, Changing Lives**. Diane is driven to share her experiences and knowledge with others and inspire people to think twice about how they look after their own mental health or support others with theirs.

WWW.CHANGINGMINDSCHANGINGLIVES.CO.UK