**Weekly Timesheet: Week 07/10/2024 – 11/10/2024 (10:00 AM - 1:00 PM)**



| **Day** | **Session/Activity** | **Facilitator** | **Time** | **Notes/Comments** |
| --- | --- | --- | --- | --- |
| **Monday** | Introduction: What is Mental Health? | Omar Rahim | 10:00 - 11:00 AM | Overview of mental health, definition, and key concepts |
|  | Group Discussion: Personal Perceptions of Mental Health  Learners to watch videos and to provide a prospective of differing opinions related to mental health. |  | 11:00 - 12:00 PM | Encouraging open discussions among learners. Question and answer session. |
|  | Learners to work in teams and discuss examples of mental health issues. |  | 12:00 - 1:00 PM | Open discussion. |
| **Tuesday** | Social & Personal Effects of Mental Ill-Health.  Learner to take part in a question-and-answer session. | Omar Rahim | 10:00 - 11:30 AM | Exploring the impact of mental ill-health on individuals and society |
|  | Case Study Analysis: Living with Depression.  Learners to watch online video. |  | 11:30 - 1:00 PM | Learners analyse real-world cases, focusing on personal effects |
| **Wednesday** | Responses to Mental Health Issues.  Learners to understand the treatments available to people suffering mental health disorders. | Omar Rahim | 10:00 - 11:30 AM | Overview of treatments, support systems, and responses to ill-health |
|  | Workshop: Designing Support Strategies |  | 11:30 - 1:00 PM | Learners create hypothetical support strategies for mental health |
| **Thursday** | Cultural Diversity and Mental Health.  Learners to understand what hurdles are faced by differing cultures and the taboo surrounding mental health issues. | Omar Rahim | 10:00 - 11:30 AM | Understanding cultural perspectives on mental health |
|  | Activity: Sensitivity to Cultural Differences. |  | 11:30 - 1:00 PM | Role-play and group work focusing on cultural diversity |
| **Friday** | Final Review & Assessment Preparation | Omar Rahim | 10:00 - 11:30 PM | Recap of all topics and preparation for assessment |
|  | Assessment: Written Reflection on Mental Health Awareness |  | 11:30 – 1:00 PM | Students complete written assessments covering course content |
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**Attendance Register Declaration (Monday - Friday)**

I, **learner\_name** confirm I have attended the scheduled sessions from **07/10/2024** to **11/10/2024** as outlined in the weekly timetable. I understand that accurate attendance is important for the completion of this programme.

| **Day** | **Date** | **AM** | **PM** | **Learner Signature** |
| --- | --- | --- | --- | --- |
| **Monday** | 07/10/2024 | Present [am\_pr]  Absent [am\_ab] | Present [pm\_pr]  Absent [pm\_ab] |  |
| **Tuesday** | 08/10/2024 | Present [am\_pr]  Absent [am\_ab] | Present [pm\_pr]  Absent [pm\_ab] |  |
| **Wednesday** | 09/10/2024 | Present [am\_pr]  Absent [am\_ab] | Present [pm\_pr]  Absent [pm\_ab] |  |
| **Thursday** | 10/10/2024 | Present [am\_pr]  Absent [am\_ab] | Present [pm\_pr]  Absent [pm\_ab] |  |
| **Friday** | 11/10/2024 | Present [am\_pr]  Absent [am\_ab] | Present [pm\_pr]  Absent [pm\_ab] |  |

**Learner Declaration:**I confirm that the information above is correct and that my attendance has been accurately recorded for this week.

**Learner Name:** learner\_name  
**Signature:** learner\_signature  
**Date:** date

**Strictly the following section is limited to Tutors use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Tutor Declaration:**  
I confirm that the information above is correct and that the learner attendance has been accurately recorded for this week.

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| --- | --- | --- | --- |
| **Tutor Name:** | **Mr. Omar** | **Dr. Akram** | **Mrs. Sarah** |
| **Signature:** |  |  |  |
| **Date** |  |  |  |
| **Tutor Comments (Discuss attendance, punctuality and timekeeping)** | **Comments to be given**  **here** |  |  |