



training calendar

July 2016

Wellbeing for Life Training Calendar

Our training provides learners with the opportunity to increase their knowledge and skills in health and community related subjects. This training opportunities calendar varies regularly to provide an exciting and comprehensive learning programme for professionals, volunteers and community members.

We offer training to develop you such as leadership skills or the skills to improve resilience (how to cope with the pressures of life). You may be interested in developing skills to support your community by utilising Asset Based Approaches, Volunteer Walk Leader Training or to offer brief advice through Make Every Contact Count. We always offer the Royal Society for Public Health Level 2 Award in Understanding Health Improvement. This national qualification provides the foundation knowledge around health inequalities and the wider determinants of health.

Our trainers are friendly, approachable and supportive and will help you to get the most out of your learning experience. Our training sessions are welcoming and fun and who knows where all this learning may take you, anything is possible.

Training is FREE. Any cancellations must be made within 2 working days of the date of training otherwise a charge of £50 will be incurred per person.

Contents:

- Leadership Skills
- Groupwork Skills
- Five Ways to Wellbeing
- RSPH Level 2 in Understanding Health Improvement (2 days)
- Making Every Contact Count
- Building Personal Resilience To Change
- Motivational Interviewing
- Asset Based Approaches to Community Development
- Brief Introduction To Motivational Interviewing
- Brief Introduction To Healthy Eating
- Basic Mental Health Awareness
- Mental Health First Aid
- Partnership Working



To book a place on these courses please visit our website at www.hits.cdd.nhs.uk or for more information telephone: 01388 455253 / 01325 327442

Leadership Skills

Aims: By the end of this session learners will have had an introduction to leadership styles and be able to identify their leadership style.

Learning Objectives:

By the end of this session the learner will have :

- Gained an understanding of the difference between a leader and manager
- Identified their leadership style and considered a range of self-reflection tools to promote team development
- Explored different leadership styles and the impact these can have on teams or groups
- Considered the pace of organisational change and have gained an understanding of how to support their team
- Considered the importance of skills mix in team development

Date	Time	Venue
2 nd August 2016	9:30 – 12:30	Chester le Street Community Hospital, Front St, Chester le Street DH3 3AT



Groupwork Skills

Aims: The use of groups in delivering key messages around health improvement can be an alternative approach to engaging with clients. This session will explore how you can incorporate group work into your practice.

Learning Objectives:

- Identify why groups can work in health improvement
- Explore the value of planning and preparation in group work
- Consider the importance of group dynamics when delivering a session
- Explore activities that can be used in group work
- Recognise the importance of evaluation and reflection to develop and build good practice

Date	Time	Venue
29 th July 2016	9:30 – 12:30	Sniperley House, Lanchester Road, Durhan DH1 5RD
4 th August 2016	9:30 – 12:30	Willington Health Centre, Chapel St, Willington DL15 0EQ

Five Ways to Wellbeing

Aim:

The aim of this session is to increase knowledge and skills around the 5 Ways to Wellbeing, and how this can be included into your everyday life to improve the emotional health and wellbeing of yourself or your clients.

Learning Objectives:

The learner will be able to:

- Identify the individual elements of the Five Ways to Wellbeing
- Consider how to utilize the Five Ways to Wellbeing to support clients
- Understand the wider aspects of emotional health and wellbeing

Date	Time	Venue
5 th July 2016	9:30 – 12:30	Bishop Auckland Hospital, Cockton Hill Road, Bishop Auckland DL14 6AD
22 nd July 2016	9:30 – 12:30	Sniperley House, Lanchester Road, Durhan DH1 5RD
18 th August	9:30 – 12:30	Healthworks, Paradise Lane, Easington Colliery SR8 3EX

RSPH Level 2 in Understanding Health Improvement (2 day)

This course is offered over two days and is accredited with the Royal Society for Public Health. The qualification covers examples of inequalities in health on a local and national level. It examines possible reasons for the inequalities in health and current approaches to improve individuals' health and wellbeing. ****Please note learners must attend both days.**

Aims

- Provide candidates with a knowledge and understanding of:
- The principles of promoting health and wellbeing
- How to direct individuals towards further practical support in their efforts to maintain and attain a healthier lifestyle

Learning Objectives:

- Know how inequalities in health may develop and what the current policies are for addressing these
- Understand how effective communication can support health messages
- Know how to promote improvements in health and well-being to individuals
- Understand the impact of change on improving an individual's health and well-being

The assessment of this course is completed by a 30 question multi-choice exam at the end of the 2nd day.

Learners can access this course as a stand-alone course, or as the entry level to other RSPH courses.

Dates	Times	Venues
15 th & 16 th September 2016	9:30 – 4:30	Caterpillar Learning Centre for Light, Judson Rd, Peterlee SR8 2QJ
22 nd & 23 rd August 2016	Day 1: 9:30 - 4:30 Day 2: 10:00 - 5:00	Woodham Village Community Centre, St Elizabeth Close, Newton Aycliffe, County Durham, DL5 4UE



Making Every Contact Count

Aims: To enable learners to take opportunities to promote better health and wellbeing.

Objectives/Learning Outcomes:

- Increased knowledge of the impact of lifestyle behaviours on health (smoking, alcohol, physical exercise, food and health)
- Develop an understanding about the promotion of lifestyle behaviour change
- Appreciate different roles involved in health improvement including personal role
- Build confidence to discuss lifestyle behaviours and understand the concept of giving brief advice in the context of an opportunistic encounter
- Develop skills in giving brief advice in an empathetic non-confrontational manner and be able to judge when this is an appropriate and relevant intervention
- Explore how best to support people to effectively improve health, including signposting opportunities

This half day training course provides participants with the knowledge and skills to develop a role in health improvement. It puts the prevention of health problems and disease at the heart of every contact through the promotion of healthier lifestyle choices in areas such as weight management, stopping smoking, increasing activity and reducing consumption of harmful alcohol levels.

Date	Time	Venue
13 th July 2016	9:30 – 12:30	Willington Health Centre, Chapel St, Willington DL15 0EQ
28 th July 2016	1:30 – 4:30	Chester le Street Community Hospital, Front St, Chester le Street DH3 3AT
1 st August 2016	9:30 – 12:30	Healthworks, Paradise Lane, Easington Colliery SR8 3EX
8 th September 2016	9:30 – 12:30	Sniperley House, Lanchester Road, Durham, DH1 5RD

Building Personal Resilience to Change

This course identifies personal strategies to be able to maintain high performance and positive well-being whilst adapting to change or navigating transition

Learning Outcomes:

- To be able to identify where your strengths are and what you might need to change to support you in transition
- To be able to assess what you can and cannot influence
- To identify personal action point
- To consider your support networks and self-care mechanisms

Date	Time	Venue
25 th July 2016	1:30 – 4:30	Willington Health Centre, Chapel St, Willington DL15 0EQ
8 th August 2016	9:30 – 12:30	Sniperley House, Lanchester Road, Durhan DH1 5RD
25 th August 2016	1:30 – 4:30	Chester le Street Community Hospital, Front St, Chester le Street DH3 3AT

Motivational Interviewing (1 day)

Aim: To develop skills in motivational interviewing as a form of collaborative conversation for strengthening a person's own motivation and commitment to change.

For

Motivational Interviewing usually has a cost of £225 but it is a fully subsidised course that will benefit anyone working with clients on behaviour change.

Objectives

- Attending this course will help your practice by:
- Reflecting on the common ways of trying to motivate clients
- Helping you to understand people's existing motivation through careful listening of the language they use
- Learning how to build and strengthen client's motivation to engage in rehabilitation/make positive changes in their behaviours
- Learning about engaging and working collaboratively with even highly resistant people
- Equipping you with practical ideas of how to integrate the approach into your practice
- By completing this course you will be able to empower your clients to become actively involved in managing their own health and wellbeing.

Date	Time	Venue
24 th August 2016	9:30 – 4:30	Bishop Auckland Hospital, Cockton Hill Road, Bishop Auckland DL14 6AD

Partnership Working

Aim: To provide learners with an understanding of what a partnership is, how to set one up, and how it can benefit your community.

For: This course will benefit members of local community groups, parish councils, residents associations, community centre staff, volunteers and health champions

Learning Objectives:

By the end of this session participants will:

- Know what partnership working is, and the benefits to a group or community
- Be able to identify appropriate members of the partnership, and what they can offer the process
- Have considered the successes or identified challenges of previous partnership working, and the consequences of any future partnership working
- Have explored the difficulties in setting up a partnership

For more information please call Health Improvement Training Solutions on 01388 742555 or email us.

Date	Time	Venue
18 th July 2016	9:30 – 12:30	Sniperley House, Lanchester Road, Durhan DH1 5RD
16 th August 2016	9:30 – 12:30	Willington Health Centre, Chapel St, Willington DL15 0EQ



Asset Based Approaches to Community Development

Aim:

To explore with community members what is currently available within their local community and what assets could be further utilised.
To explore partnerships that could contribute towards the reduction of health inequalities with the local community.

Objectives/Learning Outcomes:

- To enable the learner to gain practical experience of the skills needed to further develop their own local community
- To provide the learner with Participatory Appraisal (PA) Toolkit which they will be able to use to build capacity and confidence within their own group/community
- To identify and work with key stakeholders within the community to contribute to the reduction of health inequalities within their area

A health asset is any factor or resource which enhances the ability of individuals, communities and populations to maintain and sustain health and well-being. The asset approach values the capacity, skills, knowledge, connections and potential in a community. It doesn't only see the problems that need fixing and the gaps that need filling as focused on in the deficit approach. Instead it empowers communities to control their futures and create tangible resources.

Dates	Times	Venues
25 th July 2016	9:30 – 12:30	Willington Health Centre, Chapel St, Willington DL15 0EQ
8 th August 2016	1:30 – 4:30	Sniperley House, Lanchester Road, Durhan DH1 5RD



Brief Introduction to Motivational Interviewing

Aim:

To provide an introduction to the concepts and practice on motivational interviewing technique within the context of supporting people to achieve a healthy lifestyle

Objectives:

- To understand the concepts and skills of motivational interviewing
- To appreciate how motivational interviewing can be applied in supporting people to change

Course outline:

- What is Motivational Interviewing?
- Principles of Motivational Interviewing
- Identify appropriate communication skills
- Application in practice

Date	Time	Venue
18 th July 2016	1:30 – 4:30	Sniperley House, Lanchester Road, Durhan DH1 5RD
4 th August 2016	1:30 – 4:30	Willington Health Centre, Chapel St, Willington DL15 0EQ

Brief Introduction to Healthy Eating

Aim:

To increase knowledge and understanding around the importance of a healthy diet, and all factors linked to that.

Objectives:

- By the end of the session the learner will have a good knowledge of the Eat Well Plate
- Function and dietary sources of food groups and government guidelines
- Have an increased knowledge of fats, sugar and salt within the diet

Date	Time	Venue
13 th July 2016	1:30 – 4:30	Willington Health Centre, Chapel St, Willington DL15 0EQ
15 th August 2016	9:30 – 12:30	Caterpillar Learning Centre for Light, Judson Rd, Peterlee SR8 2QJ
1 st September 2016	9:30 – 12:30	Healthworks, Paradise Lane, Easington Colliery SR8 3EX



Basic Mental Health Awareness

Aims: To improve staff awareness about mental health and know what the signs of poor mental health are and how to support people to improve their mental health.

Objectives:

- Understand the difference between mental health and mental illness
- Identify the signs and symptoms of mental health conditions
- Explore our perception of situations - as everything is not always as it seems
- Explore the key facts and myths about mental health conditions
- Understand the impact of stigma
- Identify positive strategies for improving mental health
- Identify our role in mental health improvement

Dates	Times	Venues
7 th July 2016	1:30 – 4:30	Sniperley House, Lanchester Road, Durhan DH1 5RD
15 th August 2016	1:30 – 4:30	Caterpillar Learning Centre for Light, Judson Rd, Peterlee SR8 2QJ



Mental Health First Aid

Mental Health First Aid Training (MHFA)

First Aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. First Aid is given until appropriate treatment is received or until the crisis resolves. MHFA is a two day workshop.

Please be aware this course explores issues of a sensitive nature and it is therefore recommended that you feel confident to participate.

Dates	Time	Venue
9 th & 10 th August 2016	9:30 – 5:00	Caterpillar Learning Centre for Light, Judson Rd, Peterlee SR8 2QJ



Training Calendar

For more information on these courses or to book a place,
Please visit our website www.hits.cdd.nhs.uk

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