

HD

Health Development
Training



2012 • 2013

Introduction

Welcome to the Health Development Training Brochure of the Health and Wellbeing Unit within East Sussex Healthcare NHS Trust.

Our goal, consistent with the national agenda, is to reduce health inequalities and improve health for the population of East Sussex. Health Improvement contributes to this goal primarily by enabling other practitioners in the statutory and voluntary sectors to undertake effective health improvement roles.

All areas of our work are underpinned by an holistic approach to improving health, principles of equality, evidence of good practice and partnership working. HD Training reflects these aspects of our work.

As well as the courses in this brochure, we can plan and deliver training designed to meet the needs of your organisation. Courses can be from 2 hours to 2 days, and can either 'stand alone' or be integrated into a larger course or programme. We can also provide training consultancy on any of the topic areas covered by this brochure.

Through this brochure and our bespoke tailor-made training, our HD Training programme aims to support you and your organisation in developing the skills, knowledge and confidence needed to improve health for your local population. All aspects of our training are supported by the HD Training's training policy and are systematically evaluated and developed to reflect your feedback.

If you would like to discuss how we can help you with your training needs on health issues, please don't hesitate to contact us on 01323 418 998.

Andrew Hoyt
Specialist Health Development Training Co-ordinator

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Behaviour Change for Healthy Communities

Many aspects of healthcare are concerned with preventable or avoidable conditions.

Every contact is potentially an opportunity to encourage healthier lifestyles and to support this work NHS Yorkshire and the Humber have developed the 'Prevention and Lifestyle Behaviour Change: A Competence Framework'.

This competency framework and a training programme that has been built around it has become known as 'Making Every Contact Count (MECC)'. Following its original use in NHS settings it is now being used to influence a number of training courses being delivered in other settings.

There are opportunities for the voluntary and community sector, social housing providers and others (in addition to health and social care staff) to help the individuals and communities they work with to lead healthier lives.

Planning for individual behaviour change in East Sussex

Improving the health of the population of East Sussex is everyone's business. However, not every one is confident in raising difficult subjects such as weight management, smoking cessation, alcohol use or sexual health with those they work with.

The Health Development Training Service within East Sussex Healthcare NHS Trust (ESHT) has developed a 1 day training course Making Every Contact Count (MECC) that covers the competencies outlined in Level 1 and Level 2 of the MECC framework.

The Making Every Contact Count training programme provides participants with an introduction to behaviour change models and practices with the key aim of equipping them with the skills they need to offer brief advice interventions to help patients change their behaviour and stay healthy.

This course offers the perfect introduction to health development with the expectation that participants can then go on to access one of our topic specific programmes.

By the end of this course, participants will be able to:

- Demonstrate an understanding of health inequalities in East Sussex, together with their causes and effects.
- Explain the cycle of change model and be able to apply basic motivational interviewing techniques to their practice.
- Feel more confident utilising a range of appropriate communication skills, and knowing when to use them appropriately and effectively.
- Make timely and appropriate referrals into specialist Health Development Services.

Also, to enable local stakeholder organisations to consider the benefits of this type of course, HD Training have devised a 1-day, adapted Making Every Contact Count. This covers a session on how to plan the course to maximise the best effect in different localities (neighbourhoods) and organisational settings e.g. social housing providers in collaboration with identified organisational leads.

This session will cover:

- Which groups of staff or volunteers would benefit most from attending
- Identifying leads from within those settings
- The role of identified leads
- How attendance at the course can be evaluated and its impact on both the practitioner and the organisation/neighbourhood
- Action planning for delivery

For more information, please contact

Andrew Hoyt
Training Co-ordinator
Tel: 01323 418 998.

Sheila O'Sullivan
Health Improvement Team
East Sussex Public Health Directorate
June 2012

Making Every Contact Count

FREE one day course (9.30 to 4.30)

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Improving the health of the population of East Sussex is everyone's business. However not everyone is confident in raising difficult subjects such as sexual health, substance misuse and weight management with their service users.

The Making Every Contact Count training programme provides participants with an introduction to behaviour change models and practices with the key aim of equipping them with the skills they need to offer brief advice interventions to help people change their behaviour and stay healthy.

This course offers the perfect introduction to health development with the expectation that participants can then go on to access one of our topic specific programmes.

Learning Objectives:

By the end of this course, participants will be able to:

- Demonstrate an understanding of health inequalities in East Sussex, together with their causes and effects.
- Explain the cycle of change model and be able to apply basic motivational interviewing techniques to their practice.
- Feel more confident utilising a range of appropriate communication skills, and knowing when to use them appropriately and effectively.
- Make timely and appropriate referrals into specialist Health Development Services.

Facilitators:

Andrew Hoyt,
Specialist Health Development Training Co-ordinator

Nicola Blake

Details of Courses:

Date	Location
5 September 2012	Crowborough *
17 October 2012	Eastbourne *
14 November 2012	Lewes
3 December 2012	Eastbourne
8 January 2013	Hastings
7 February 2013	Hastings *
5 March 2013	Uckfield *

* Courses for ESHT Clinical Staff Only*

For information on further dates, or more information about the course, please contact:

Andrew Hoyt
Specialist Health Development Training Co-ordinator
Tel: 01323 418 998

For a booking form please e-mail: HD.Training@esht.nhs.uk

Understanding Self- Esteem and Its Impact on Health

FREE One Day Course

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should attend?

This course is aimed at everyone who comes face to face with people. It looks at the causes of positive and negative self-esteem and illustrates practically how we can all help to improve a person's self-esteem, especially those who may have a very low self-esteem and therefore possibly putting themselves at risk to their health.

Aim:

To provide participants with the knowledge and examples of being able to increase people's self worth with those they come into contact with.

Learning Objectives:

By the end of this course participants will be able to:

- Understand what causes positive and negative self esteem.
- Understand the impact this can have on people's health choices.
- Discuss your own experiences of positive and negative self worth.
- Develop practical methods of enhancing people's self worth in their everyday routines.

Facilitator:

Andrew Hoyt
Specialist Health Development Training Co-ordinator

Details of Courses:

Date	Location
27 September 2012	Eastbourne
18 December 2012.....	Hastings
23 January 2013.....	Eastbourne
21 February 2013	Hastings

For a booking form please e-mail: HD.Training@esht.nhs.uk
For more information about the course, please contact:

Andrew Hoyt
Specialist Health Development Training Co-ordinator
Tel: 01323 418 998

Sexual Health

Tier One Basic Sexual Health Awareness

FREE Half Day Course

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should Attend?

This introductory course is aimed at anyone who has not undertaken any recent training on Sexual Health and young people and who would benefit from gaining an overview and update on the issues.

Aim:

To provide an introduction to Sex and Relationships Education and to encourage course participants to look at the issues involved with young people.

Learning Objectives:

By the end of this course participants will be able to:

- Gain an understanding of what is meant by Sex and Relationships Education.
- Provide information about the law relating to young people and sexual behaviour.
- Explore some of the issues affecting young people.
- Encourage participants to explore their own values, beliefs and attitudes and how these may impact on work with young people.

Facilitator:

Kevin Dillistone
Sexual Health Promotion Specialist

Details of Courses:

Date		Location
1 November 2012	1:00 - 4:30	Eastbourne
7 November 2012	9:30 - 1:00	Hastings
9 November 2012	9:30 - 1:00	Lewes
1 February 2013	9:30 - 1:00	Eastbourne
7 February 2013	1:00 - 4:30	Hastings
11 February 2013	1:00 - 4:30	Lewes

For a booking form please e-mail: HD.Training@esht.nhs.uk
For more information about the course, please contact:

Kevin Dillistone
Sexual Health Promotion Specialist
01424 457114

Sexual Health

Tier Two Basic Sexual Health Awareness

FREE One Day Course (9:30 - 4:30)

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should Attend?

This course is aimed at staff (from any agency) who have undertaken the Tier 1 course or those who have an understanding about Sexual Health and young people. It is strongly recommended that staff wherever possible attend the course that covers the area where they work, as the training is co-facilitated by staff working in the locality area.

Aim:

To provide an opportunity to explore the issues around sex and relationships facing young people.

Learning Objectives:

By the end of this course participants will be able to:

- Provide participants with up-to-date information about young people and their sexual health.
- Discuss confidentiality and the Law in relation to young people together with how this impacts on working with young people.
- Encourage course participants to look at ways of developing Sex and Relationship education within their own work.
- Explore the resources available to support staff in their work.

Facilitator:

Kevin Dillistone
Sexual Health Promotion Specialist

Details of Courses:

Date	Location
11 September 2012	Hastings
13 September 2012	Lewes
18 September 2012	Eastbourne
12 December 2012	Hastings
14 December 2012	Lewes
18 December 2012	Eastbourne
4 March 2013	Eastbourne
6 March 2013	Lewes
7 March 2013	Hastings

For a booking form please e-mail: HD.Training@esht.nhs.uk
For more information about the course, please contact:

Kevin Dillistone
Sexual Health Promotion Specialist
01424 457114

C Card Registration and Distribution

FREE Half Day Course

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should Attend?

This course is aimed at those working with, or coming into contact with, young people and who are interested in and in a position to operate the C-Card registration and/or distribution.

Aim:

To give an explanation of the C-Card project and full training so that recipients can operate the C-Card scheme.

Learning Objectives:

By the end of this course participants will be able to:

- Understand the importance and relevance of the C-Card scheme.
- Be able to register young people onto the C-Card scheme.
- Be able to distribute condoms to young people on the C-Card scheme.
- Understand and be able to complete the reporting forms required to fulfil the C-Card scheme.

Facilitators:

Kevin Dillistone
Sexual Health Promotion Specialist

Fiona Shanahan
Project Worker, Sexual Health Promotion

Details of Courses:

Date		Location
27 September 2012	1:00 - 4:00	Eastbourne
17 October 2012	1:00 - 4:00	Hastings
19 November 2012	1:00 - 4:00	Lewes
11 January 2013	1:00 - 4:00	Eastbourne

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Kevin Dillistone
Sexual Health Promotion Specialist
01424 457114

Blood Borne Viruses & Vulnerable Populations

FREE One Day Course

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should Attend?

This course is aimed at people working with vulnerable clients such as homeless, intravenous drug users, people affected by HIV and/or hepatitis, public sex environment users or commercial sex workers.

Aim:

To give an overview of HIV, Hepatitis A, B and C transmission, prevention and epidemiology, and to explore how and why vulnerable groups are particularly affected.

Learning Objectives:

By the end of this course participants will be able to:

- Identify key issues affecting vulnerable populations in relation to HIV and Hepatitis.
- Work more effectively with these groups around prevention and harm reduction.
- Understand their own and others' attitudes to HIV, Hepatitis and vulnerable populations.
- Discuss up-to-date information on HIV and Hepatitis.

Facilitator:

Andrew Hoyt

Specialist Health Development Training Co-ordinator

Details of Courses:

Date	Location
4 October 2012	Eastbourne
19 November 2012	Hastings
4 January 2013	Eastbourne
13 February 2013	Hastings

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Andrew Hoyt

Specialist Health Development Training Co-ordinator on
01323 418 998

Sexual Health & Ethnic Service Users

FREE Full Day Course

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should Attend?

This course is aimed at anyone whose work may bring them into contact with ethnic service users.

Aim:

To provide participants with the knowledge to understand the needs of people from various ethnic groups and cultures they may meet in the course of their work.

Learning Objectives:

By the end of this course participants will be able to:

- Gain an understanding of different ethnic groups and cultures.
- Explore your own values and attitudes to different cultures and ethnic groups.
- Gain information on the current legislation affecting some ethnic groups.
- Discuss practical changes in your own work environment that may be helpful to those from different ethnic and cultural backgrounds.

Facilitator:

Kevin Dillistone
Sexual Health Promotion Specialist

Details of Courses:

Date	Location
11 October 2012	Hastings
16 January 2013	Eastbourne

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Kevin Dillistone
Sexual Health Promotion Specialist
Tel: 01424 457114

People with Learning Disabilities and Sexual Health

FREE two-day course (9:30 to 4:30)

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who is it for?

This introductory course is aimed at anyone who has completed the Tiers 1 and 2 Basic Sexual Health Awareness Training who wishes to improve their knowledge around Sex and Relationship Education (SRE) for young people with learning disabilities / special needs.

Aim:

To improve understanding of general sexual health issues and to improve awareness, skills and confidence in working more effectively in the area of sexuality and relationships with people with learning disabilities / special needs.

Objectives:

- To create an understanding of values and attitudes (your own and other peoples) to sexuality and people with learning disabilities and how these can impact on your work.
- To experience practical and relevant communication skills to enhance sexual health, sexuality, sex and relationships related work.
- To improve competence in supporting people with learning disabilities, to access appropriate information / services regarding their sexuality, sexual health and relationships.
- To have a clear understanding of working with young people with learning disabilities around sex and relationships, sexuality and the law.

Facilitator:

Andrew Hoyt
Specialist Health Development Training Co-ordinator

Details of Courses:

Date	Location
10 & 11 September 2012	Eastbourne
9 & 10 October 2012	Hastings
12 & 13 December 2012	Eastbourne
12 & 13 March 2013	Hastings

For a booking form please email: HD.Training@esht.nhs.uk

For more information on the course please contact:

Andrew Hoyt

Specialist Health Development Training Co-ordinator
Tel: 01323 418 998

Delay - R u Ready Yet?

Supporting Young People to consider their readiness for sexual relationships

FREE one-day course (9:30 to 4:30)

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Many young people continue to report high levels of regret associated with their first sexual experiences. The earlier young people have sex means they are less likely to be engaging in consensual sex and less likely to practice safer sex leaving them emotionally vulnerable and at risk of STIs or an unplanned pregnancy.

This course is aimed at anyone who has completed the Tiers 1 and 2 Basic Sexual Health Awareness Training.

Aim:

This course will explore the issues and pressures on young people to become sexually active and enable practitioners to be more confident in offering young people practical skills and strategies to delay sex until they are ready. These principles apply not only to first sex but to ongoing new sexual relationships.

Objectives:

- Have a greater awareness on the influences and pressures on young people to become sexually active and the reasons why early sex happens.
- Understand why early sex is a problem.
- Understand the theory and rationale of the 'Delay approach'.
- Gain confidence and practical strategies to help & support young people delay sex & be more assertive in saying no to unwanted sex.

Facilitator:

Andrew Hoyt
Specialist Health Development Training Co-ordinator

Details of Courses:

Date	Location
27 November 2012	Eastbourne
6 December 2012	Hastings
15 February 2013	Eastbourne
22 March 2013	Hastings

For a booking form please email: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Andrew Hoyt
Specialist Health Development Training Co-ordinator
Tel: 01323 418 998

World AIDS Day Train the Trainer Seminar

FREE

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should Attend?

This is an opportunity for Nurses and Youth Workers working in schools who would like to deliver a one-hour seminar workshop this World AIDS Day to help educate and promote awareness around a very important issue.

Aim:

Participants must arrange a date/dates within their schools to deliver the seminar (and this could be either for a small group, for example a class, or a large assembly), and be willing to evaluate the seminar.

We will provide the training to you, a training pack including templates for hand outs, fact sheets and exercises as well as the World AIDS Day presentation in PowerPoint.

Learning Objectives:

By the end of this course participants will be able to:

- Discuss up-to-date information on HIV/AIDS.
- Understand the transmission and prevention of HIV.
- Consider the issues affecting people in relation to HIV/AIDS.
- Understand the history and importance of World AIDS Day.

Facilitator:

Andrew Hoyt
Specialist Health Development Training Co-ordinator

Details of Courses:

Date	Location
22 November 2012 9:30 - 12:00	Eastbourne

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Andrew Hoyt
Specialist Health Development Training Co-ordinator
Tel: 01323 418 998

Smoking Cessation

Smoking Cessation Brief Intervention

FREE 3 Hour Workshop (9.30am-12.30pm)

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Aim:

To contribute to an overall reduction in tobacco use through delivery of effective brief intervention and referral to Stop Smoking Service as required.

Learning Objectives:

By the end of this course participants will be able to:

- Raise the issue of smoking.
- Give advice on benefits for stopping.
- Assess motivation to quit.
- Arrange support through Stop Smoking Service.

Who should Attend?

Recommended for clinical staff

Staff working in voluntary, public, private sector, engaging in health promotion activities. Staff working with children or young people.

Details of Courses:

Date	Location
Thursday 6 September 2012.....	Eastbourne
Monday 5 November 2012.....	Hastings

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Sue Bliss

Stop Smoking Service Manager
Training and Development Lead
Tel: 0800 917 8896 (option 2)

Smoking Cessation

Smoking Cessation - Intermediate Intervention

FREE 2 Day Workshop (9.30-16.30)

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Aim:

By the end of the workshop, participants will have gained knowledge and skills in the planning and delivery of smoking cessation support in practice.

Learning Objectives:

Day 1 provides a range of knowledge based activities aimed at increasing understanding of smoking prevalence and public health policy relating to tobacco use; health risks of smoking; nicotine addiction and effective interventions to help people quit.

Day 2 will include activities in developing interpersonal skills, motivational interviewing and planning treatment programmes with your client groups.

Who should Attend?

- Staff providing stop smoking intervention through Local Enhanced Service (LES) contract.
- Staff working in the voluntary, public and private sector providing support to smokers wanting to stop smoking. This may be as part of a generic or specialist area, e.g. mental health, young people, hospital staff.
- Applicants should have previously attended smoking cessation - brief intervention training or be experienced in giving brief advice and directing clients to the Stop Smoking Service.

Assessment

Applicants intending to work under LES agreement will be required to complete Stage 1 training on-line at www.ncsct.co.uk and to gain practice experience through shadowing and be able to demonstrate competences.

Details of Courses:

Date	Location
12 & 13 September 2012	Eastbourne
14 & 15 November 2012	Hastings

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Sue Bliss

Stop Smoking Service Manager
Training and Development Lead
Tel: 0800 917 8896 (option 2)

Substance Misuse

Drug and Alcohol Basic Awareness

FREE One Day Course (9.30am-4.30pm)

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should attend?

The course is suitable for those working in Primary Care, community and acute healthcare, housing, social care, mental health, police and criminal justice, further education and voluntary organisations and for anyone new to the substance misuse sector.

Aim:

This is an excellent introduction to the field of adult substance misuse, its related problems and interventions. The content of the course is regularly revised in response to current issues. It gives the essential knowledge for anyone who comes into contact with problematic drug or alcohol users in their work.

Understand the reasons for substance use and the range of problems it can cause.

Learning Objectives:

By the end of this course participants will be able to:

- Describe the health risks of commonly used substances.
- Identify and respond more effectively to substance misuse in your work.
- Be aware of the range of specialist agencies and services.

Facilitator:

Nick Casey

Substance Misuse Specialist, Health Development

Details of Courses:

Date	Location
13 September 2012	Eastbourne
2 October 2012	Hastings
8 November 2012	Eastbourne
4 December 2012	Hastings
16 January 2013	Eastbourne
5 February 2012	Hastings

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Cari Bunker

Project Support Worker, Substance Misuse

Tel: 01323 418990

Substance Misuse

Alcohol Identification and Brief Advice

FREE One Day Course (10am-4pm)

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Who should attend?

The course is suitable for all staff working in primary, community and acute healthcare, housing, social care, mental health, police and criminal justice, further education and voluntary organisations. It is also appropriate for those working with drug users where problem drinking is also an issue.

Aim:

This course aims to equip professionals with the knowledge and skills to use screening tools to identify individuals who are drinking at risky levels, and then to deliver an effective brief advice intervention.

Learning Objectives:

By the end of this course participants will be able to:

- Understand the difference between risky and dependent drinking.
- Use screening tools such as AUDIT, AUDIT C and FAST
- Deliver simple brief interventions to high risk drinkers.
- Know when and how to refer dependent and/or more problematic drinkers to specialist services.

Facilitator:

Nick Casey

Substance Misuse Specialist, Health Development

Details of Courses

Date	Location
18 September 2012	Lewes
18 October 2012	Eastbourne
13 November 2012	Hastings
30 January 2013	Eastbourne
12 February 2013	Hastings
7 March 2013	Lewes

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Cari Bunker

Project Support Worker, Substance Misuse

Tel: 01323 418990

Alcohol and Older People

Half day course

(There is no charge for the course but a non-attendance fee of £50 is payable if 48 hours notice of cancellation is not given).

Alcohol can be a particular problem in older people. Current recommended 'safe limits' for alcohol consumption are based on work with younger adults; these safe limits may be too high for older people.

Additional problems can arise due to the combination of alcohol and prescribed and over the counter medications. Excessive alcohol use may be implicated in symptoms such as falls, confusion, urinary tract infections etc.

Aim

To equip workers with the knowledge and skills to identify individuals who are drinking hazardously and harmfully, to be aware of possible health implications and to have the skills to deliver a simple brief intervention or refer on where appropriate.

Objectives

- Enable you to use screening tools AUDIT and FAST.
- Clarify units of alcohol and recommended drinking levels
- Provide you with practical skills in discussing drinking and providing brief advice.
- Know when and how to refer clients/patients to specialist services.

Who should attend

Anyone who works with, or has responsibility for caring for older people.

Facilitator:

Nick Casey

Health Promotion Substance Misuse Specialist

Details of Courses:

Date	Location
26 September 2012	Eastbourne
22 January 2013	Lewes

For a booking form please e-mail: HD.Training@esht.nhs.uk

For more information about the course, please contact:

Cari Bunker

Project Support Worker, Substance Misuse

Tel: 01323 418990

Stay Active Keep Well Courses

Training for Staff Working with Older People

Half/Full day course

A bespoke training session for those providing housing, residential or day care support to older people. Health promotion information can allow older people to maintain or improve their health and ability to live independently. This course will help housing scheme managers and others to update themselves on current healthy living messages for those aged 50+ years. It will also give ideas on how these messages can be conveyed to an audience of older people, including the use of health promotion resources, quizzes etc. The focus will be on the key topics covered in the Stay Active Keep Well courses offered to residents - Mental Wellbeing, Healthy Eating, Physical Activity and Falls Prevention - previously facilitated by East Sussex Healthcare Trust's Health Development Team.

Aim:

To enable managers in housing for older people schemes or residential and day care settings to provide health promotion sessions for their residents or service users.

Objectives:

Participants will be able to identify relevant health promotion messages for the older people they work with.

Participants will be able to use appropriate resources to engage older people in residential or care settings with health promotion topics.

Facilitator:

Angela Broomfield
Health Promotion Specialist, Older People

Details of Courses:

These training sessions are flexible. Please ring for an informal chat. We can travel to you.

Maggie Cornish

Project Support Worker, Older People

Tel: 01424 457 129

email: maggie.cornish@esht.nhs.uk

Healthy Weights

The Healthy Weights Team offers bespoke training courses for your organisation or team covering the fundamentals of healthy eating and physical activity, supporting behaviour change, social marketing tools and how to use them.

Courses range from two hours to two days and can be tailored to compliment your needs, time constraints and skill level.

Healthy Weights Training courses are designed to provide the knowledge, skills and resources for individuals to offer advice and support to service users and clients in making the best food and activity choices for health.

We can provide an introduction into how diet and physical activity can impact on health and well-being and an overview to the obesity pandemic.

Participants will gain a basic understanding of what healthy eating is through different life stages, considerations for physical activity and how needs change over time, as well as a summary of recommended government guidelines for a healthy lifestyle.

Let's Get Moving is a behaviour change intervention, designed to provide a standardised approach to identifying and supporting inactive adults to become more physically active, both for the purpose of prevention and management of inactivity-related chronic disease.



Essentially, Let's Get Moving provides a five stage, physical activity care pathway which can be used by a variety of different organisations to recruit and screen individuals using a validated physical activity questionnaire and then support those identified as not meeting physical activity recommendations to increase their activity level through a number of evidenced behaviour change methods. Such methods include brief interventions, motivational interviewing, goal setting, the provision of written resources and follow-up support.

Let's Get Moving training provides participants with an overview of the pathway and access to a variety of Let's Get Moving resources; however it is primarily designed to enable healthcare practitioners to feel more confident at initiating conversations around physical activity and supporting behaviour change in this area.

Festival Effect and Olympic Legacy workshops help you to actively market an event by showing you how to use Sport England Pen Portraits. This will show you who the dominant pen portraits are in your area and the best ways to communicate information to them, covering everything from the brands they like to their barriers and motivations around physical activity.

The festival effect aims to encourage people not typically interested in formal physical activity to get thinking about the benefits of doing so through events associated with national occasions such as sporting tournaments and national holidays.

Workshops offer the chance to use these resources, practise planning and marketing an event, and access free resources and evaluation support.

Further information

Emma Eaves-Anderson
Project Worker, Healthy Weights Team

Tel:01323 418992

email: emma.eaves-anderson@nhs.net



Healthy Cooking in the Community: Cookery Leader Training

This two day course aims to increase the food literacy of participants: equipping them with essential knowledge of healthy eating and the skills to plan, prepare and run their own cooking sessions in a work or community setting.

On day one, individuals will learn how diet affects health and how dietary requirements change throughout the life stages, as well as practical food skills to help people achieve a balanced diet. The second day gives the opportunity for participants to experience setting up their own cooking class, practice recipes, make a nutritious lunch and be given useful resources to help run a successful club after the course.

We welcome onto the course competent cooks who are passionate about the role of food in promoting health and well-being, recognise the importance of cooking skills as an essential life skill for all and are committed to cascading what is learnt to different client groups.

The course is suitable for workers or volunteers who work on an individual or group basis in a variety of settings. Previous participants have come from a number of different areas including adult social care, mental health charities, residential programmes for young people and expectant mothers, foster care, and drug and alcohol services.

Facilitator:

Emma Eaves-Anderson
Project Worker, Healthy Weights Team

Details of Courses:

There are three courses taking place this year in different areas of the county, details below.

Date	Location
1 & 2 November 2012	Eastbourne
6 & 7 December 2012.....	Seaford
21 & 22 February 2013.....	Lewes

For more information regarding course requirements and booking please contact:

Emma Eaves-Anderson
Project Worker, Healthy Weights Team
email: emma.eaves-anderson@nhs.net
Tel: 07920 831 768.



Facilitator Profiles &

Nicola Blake

Nicola is a Health Development Co-ordinator for the Healthy Weights Team and has both a BSc (Hons) in Exercise Science and an MSc in Health and Exercise Science. She is a qualified motivational interviewing practitioner (Advanced Level) and working with specialist patient groups, has run highly successful behaviour change clinics. In her current role, Nicola provides specialist input to support the development of local strategy and action plans. She also delivers training to organisations around physical activity and behaviour change and works to build capacity and enable effective communication between those with a role in promoting the benefits of physical activity.

Sue Bliss

Sue has a PGCert in Health and Social Care Education and is a Registered Nurse Lecturer / Practice Educator and has a BSc degree in Health and Social Care Studies. She has worked as part of the Stop Smoking Service through its development over the past 12 years and has been involved in training in brief and intermediate interventions throughout, taking on the role of Training and Development Lead two years ago.

Angela Broomfield

Angela has worked in health promotion for a number of years, having previously gained experience working as a registered nurse and midwife in various settings in England and the USA. Her current role is Health Promotion Specialist for Older People, in which she focuses on promoting a healthy lifestyle to older people through delivering evidence based health promotion interventions, including designing, delivering and evaluating training opportunities, communication and social marketing campaigns, provision of resource and information services and technical advice and guidance.

Nick Casey

Nick has a diploma in Youth and Community Work and has many years experience working with vulnerable young people and young offenders. He spent 6 years as a rural outreach worker in the field of substance misuse. He is the Health Promotion Specialist for Substance Misuse. He has developed training and harm reduction across county to multi agency groups, facilitated and developed a 1 day "Basic Drug and Alcohol Course" since 1992 and facilitated a wide variety of other courses including "Reefer Madness", "Drugs the Real Thing", "Assessment and Referral into Treatment" and "Alcohol and Brief Interventions" and an input into Police and Ambulance personnel training.

Kevin Dillistone

Kevin has a Certificate in Health Education and became the Health Promotion Advisor for HIV and Aids. Because his work was primarily with young people he developed a peer education programme which, over the course of time, evolved and developed so that eventually, peer educators who joined the project had the opportunity to gain a BTEC in Peer Education which is recognised nationally. Recently his work has been directed at developing a holistic sexual health promotion programme for asylum seekers, refugees and the BME community. Kevin has worked in the field of sexual health for a great many years. He has worked across all age ranges, with professionals and non professionals alike.

Emma Eaves-Anderson

Emma Eaves-Anderson BSc (Hons) PGCert is the Project Worker for the Healthy Weights Team. She is responsible for running the Cookery Leader Training programme, equipping paid and voluntary workers with the skills to run healthy eating and cooking sessions in local communities; she is the team's resident Social Marketing champion and a stickler for evaluation. Her areas of interest are the obesogenic environment, the development of small scale community interventions to empower individuals and the importance of food literacy and culinary skills through the life cycle.

Resources Support

Andrew Hoyt

Andrew has a Post Graduate Diploma in Counselling, Certificate in Counselling Skills, BA Hons in Art and Design; he studied in France for 7 years. He joined the NHS in 1996 and co-ordinated the Street Outreach Service for 5 years before joining Health Development as a Sexual Health Development Advisor in East Sussex Downs and Weald PCT. After a secondment in 2010 with the Department of Health working with the National Support Team for Sexual Violence, Andrew returned to East Sussex and took up the role of Training Co-ordinator. His training experience ranges from training direct with clients to health educators, nursing and medical staff, Local Authority, Home Office, Prison Service through to consultancy in sexual health development in Eastern Europe.

Jenne Nicholson

Jenne Nicholson BSc (Hons) MA ASFHT is the Health Development Specialist for Adult Healthy Weight Services. She has worked in the NHS for 8 years, developing and running services in physical activity and behaviour change. Her areas of interest are health policy, behaviour change, Exercise Referral and Cardiac Rehabilitation Phase IV. Jenne is a novice tri-athlete and is passionate about creating a society which makes enjoying regular physical activity and maintaining a healthy weight possible.

Fiona Shanahan

Fiona relocated to East Sussex 8 years ago from Surrey and qualified as a Youth Worker working with pupil referral groups, probation services and young offenders. She has a C&G Adults and Further Education Teaching Certificate and is qualified to teach adults in further education. In 2008 she joined ESHT as Sexual Health Project Worker, where she delivers training for the C Card Scheme across the county to Pharmacists, GPs, School Nurses and Youth Workers.

Diana Taylor

Diana Taylor BEd (Hons) is a Health Development Co-ordinator for the Healthy Weight Team. She has been with the NHS for 3 years, prior to which she was a teacher for 15 years, specialising in the teaching of Science and Literacy. Her lifelong interest in nutrition led to an interest in its role and effect on child development, learning and behaviour, and on health generally. An avid walker, she has recently started running, so has a personal interest in the benefits of exercise, particularly for people taking it up later in life. In her current role, she is the Communications lead for the team. She is researching access to and availability of fresh food in East Sussex and providing training and advice on diet, nutrition, and behavioural intervention.

East Sussex Health Promotion Resources Centre:

We provide health promotion/public health materials and resources for loan, free of charge to anyone with a role in health promotion. This service is available to anyone who works or lives within the boundaries of East Sussex, Downs and Weald and Hastings & Rother.

Visits to the Resources Centre are by appointment
9.00am to 4.00pm Monday to Friday or via a
drop-in service 10.00am - 2.00pm every Wednesday.

Jacqui Rushton & Michelle Onyett

1st Floor, Bexhill Hospital, Holliers Hill
Bexhill-on-Sea, TN40 2DZ

Tel: 01424 735 678, Fax: 01424 735 601

Email: healthpromotion@hastingsrotherpct.nhs.uk

www.healthpromotion.eastsussex.nhs.uk

2012

September

6	Stop Smoking - Brief Interventions
10 + 11	People With Learning Disabilities and Sexual Health
11	Tier 2 Sexual Health Basic Awareness
12 + 13	Stop Smoking - Intermediate Interventions
13	Tier 2 Sexual Health Basic Awareness
18	Tier 2 Sexual Health Basic Awareness
18	Alcohol Identification and Brief Advice
26	Alcohol and Older People
27	Understanding Self Esteem and Its Impact On Health
27	C Card

October

2	Drug and Alcohol Basic Awareness
4	Blood Borne Viruses & Working With Vulnerable Populations
9 + 10	People With Learning Disabilities and Sexual Health
11	Sexual Health and Ethnic Service Users
17	Making Every Contact Count – For ESHT Clinical Staff
17	C Card
18	Alcohol Identification and Brief Advice

November

1	Tier 1 Sexual Health Basic Awareness
1 + 2	Healthy Cooking in the Community - Cookery Leader Training
5	Stop Smoking - Brief Interventions
7	Tier 1 Sexual Health Basic Awareness
8	Drug and Alcohol Basic Awareness
9	Tier 1 Sexual Health Basic Awareness
13	Alcohol Identification and Brief Advice
14	Making Every Contact Count
14 + 15	Stop Smoking - Intermediate Interventions
19	Blood Borne Viruses and Working With Vulnerable Populations
19	C Card
22	World AIDS Day Train the Trainers
27	Delay - R u Ready Yet?

December

3	Making Every Contact Count
4	Drug and Alcohol Basic Awareness
6	Delay - R u Ready Yet?
6 + 7	Healthy Cooking in the Community - Cookery Leader Training
12	Tier 2 Sexual Health Basic Awareness
12 + 13	People With Learning Disabilities and Sexual Health
14	Tier 2 Sexual Health Basic Awareness
18	Understanding Self Esteem and Its Impact On Health
18	Tier 2 Sexual Health Basic Awareness

2013

January

4	Blood Borne Viruses and Working With Vulnerable Populations
8	Making Every Contact Count
11	C Card
16	Sexual Health and Ethnic Service Users
16	Drug and Alcohol Basic Awareness
22	Alcohol and Older People
23	Understanding Self Esteem and Its Impact On Health
30	Alcohol Identification and Brief Advice

February

1	Tier 1 Sexual Health Basic Awareness
5	Drug and Alcohol Basic Awareness
7	Making Every Contact Count – For ESHT Clinical Staff
7	Tier 1 Sexual Health Basic Awareness
11	Tier 1 Sexual Health Basic Awareness
12	Alcohol Identification and Brief Advice
13	Blood Borne Viruses and Working With Vulnerable Populations
15	Delay - R u Ready Yet?
21	Understanding Self Esteem and Its Impact On Health
21 + 22	Healthy Cooking in the Community - Cookery Leader Training

March

4	Tier 2 Sexual Health Basic Awareness
5	Making Every Contact Count – For ESHT Clinical Staff
6	Tier 2 Sexual Health Basic Awareness
7	Tier 2 Sexual Health Basic Awareness
7	Alcohol Identification and Brief Advice
12 + 13	People With Learning Disabilities and Sexual Health
22	Delay - R u Ready Yet?

Calendar 2012 - 2013

.Eastbourne 9:30 - 12:30
.Eastbourne 9:30 - 4:30
.Hastings 9:30 - 4:30
.Eastbourne 9:30 - 4:30
.Lewes 9:30 - 4:30
.Eastbourne 9:30 - 4:30
.Lewes 9:30 - 4:30
.Eastbourne 9:30 - 12:30
.Eastbourne 9:30 - 4:30
.Eastbourne 1:00 - 4:00

.Hastings 9:30 - 4:30
.Eastbourne 9:30 - 4:30
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.Eastbourne 9:30 - 4:30
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.Eastbourne 1:00 - 4:30
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.Hastings 9:30 - 12:30
.Hastings 9:30 - 1:00
.Eastbourne 9:30 - 4:30
.Lewes 9:30 - 1:00
.Hastings 9:30 - 4:30
.Lewes 9:30 - 4:30
.Hastings 9:30 - 4:30
.Hastings 9:30 - 4:30
.Lewes 1:00 - 4:00
.Eastbourne 9:30 - 12:00
.Eastbourne 9:30 - 4:30

.Eastbourne 9:30 - 4:30
.Hastings 9:30 - 4:30
.Hastings 9:30 - 4:30
.Seaford 9:00 - 4:00
.Hastings 9:30 - 4:30
.Eastbourne 9:30 - 4:30
.Lewes 9:30 - 4:30
.Hastings 9:30 - 4:30
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.Eastbourne 9:30 - 4:30
.Hastings 9:30 - 4:30
.Eastbourne 1:00 - 4:00
.Eastbourne 9:30 - 4:30
.Eastbourne 9:30 - 4:30
.Lewes 9:30 - 12:30
.Eastbourne 9:30 - 4:30
.Eastbourne 9:30 - 4:30

.Eastbourne 9:30 - 1:00
.Hastings 9:30 - 4:30
.Hastings 9:30 - 4:30
.Hastings 1:00 - 4:30
.Lewes 1:00 - 4:30
.Hastings 9:30 - 4:30
.Hastings 9:30 - 4:30
.Eastbourne 9:30 - 4:30
.Hastings 9:30 - 4:30
.Lewes 9:00 - 4:00

.Eastbourne 9:30 - 4:30
.Uckfield 9:30 - 4:30
.Lewes 9:30 - 4:30
.Hastings 9:30 - 4:30
.Lewes 9:30 - 4:30
.Hastings 9:30 - 4:30
.Hastings 9:30 - 4:30

Training Policy

How to Apply

To apply for any of the courses, please photocopy the booking form opposite, remembering to complete a separate form for each course and return it to the address below. Alternatively you can request a form by contacting:

hd.training@esht.nhs.uk

Cancellation Policy

If you are unable to attend a course you have already booked, please let us know as soon as possible. Where there is less than 48 hours notice, there will be a cancellation fee of £50. You are welcome to send a colleague in your place.

Quality Assurance

In order to constantly review and improve the training we provide, you will be asked to evaluate the course you attend on the day as well as complete an action plan from the training. A further outcome evaluation will be sent after a three month period.

Any additional comments, complaints or plaudits can be made by telephone or in writing to the HD Training Co-ordinator at the address below.

**HD Training
Health and Wellbeing
Centenary House
The Avenue
Eastbourne
BN21 3XY**

0800 917 8896 (Option 6)

HD.Training@esht.nhs.uk

Health Development Training Application Form

Please Print Clearly and use only one application form
per applicant per training course

Course Title:

Course date and time:

Course location:

First Name:

Surname:

Job title:

Employing Organisation:

Email:

Phone:

Mobile:

Workplace Address:

Please indicate any special requirements (mobility, sight etc):

To be completed by your line manager:

- I confirm that I have discussed this course and its Aims and Objectives with the participant and that it forms part of their personal development plan. I am aware there will be a follow-up evaluation approximately 6 weeks following the training to identify impact on practice.
- I am aware that applications outside of the East Sussex area will be charged £120
- I accept that there is a cancellation fee of £50 for non-attendance unless we are informed:
 - At least 48 hours before the training day or
 - Arrange for a colleague to attend in their place and inform you prior to the training day

Signed:..... Date.....

Name:.....

Job Title:.....

Email:.....

Phone:.....

Please return to:

By post: Health Development Training, East Sussex Healthcare NHS Trust, Health Development, Centenary House, The Avenue, Eastbourne BN21 3XY

By email: HD.Training@esht.nhs.uk (if returning this form by email, please ensure it is sent from your manager's email account and this will serve as "Line Manager's Authorisation".)

- We are unable to provide lunch, applicants are invited to bring their own lunch; we do however provide coffee and tea.

For further information about
these and other training opportunities,
please contact
Health Development Training:

By post

Health Development Training
East Sussex Healthcare NHS Trust
Health Development
Centenary House
The Avenue
Eastbourne
BN21 3XY

By email

HD.Training@esht.nhs.uk

By phone

Andrew Hoyt
Specialist Health Development
Training Co-ordinator

01323 418 998

0800 917 8896 (Option 6)

HD

Health Development

Training