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**Northumbria Healthcare**  
NHS Foundation Trust

**Community Services Business Unit**

# Integrated Wellbeing Service

## Training Programme 2017 – 2018

For general enquires please contact;

**Northumberland Integrated Wellbeing Service**  
**Northumbria Healthcare NHS Foundation Trust**

Floor 2, Block 6

County Hall,

Morpeth

Tel: 01670 623096

[Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)



## **About us**

We are an Integrated Wellbeing Service working within the county of Northumberland. Our focus is on providing specialist health improvement support and training to local organisations and individuals in order to reduce health inequalities and improve the health and wellbeing of those living and working within Northumberland. We have many years of experience in providing health and wellbeing services and are the leading provider within Northumberland.

We are qualified educators and accredited training providers of Royal Society for Public Health and City and Guilds training and qualifications as well as designing and delivering bespoke training packages.

We offer specialist health improvement training and our service also provides a health trainer service that offers support and advice to people who wish to make healthy lifestyle changes; ie: healthy eating, stopping smoking, reducing alcohol intake and increasing exercise. You can find out more about this service on our webpage: <https://www.northumbria.nhs.uk/our-services/healthy-living/> or by ringing 01670 623840

## **Training Methods and Venues**

Our training is delivered by experienced and professional trainers offering a variety of training methods and styles which are tailored to fit participant and qualification requirements. Trainers also have knowledge and experience of health and social issues which affect the local communities. We undertake our training in venues throughout Northumberland. Check individual training for locations.

## **How to Apply**

You can apply for training by emailing application forms to: [hlthimpr.training@nhct.nhs.uk](mailto:hlthimpr.training@nhct.nhs.uk). For further information about courses you can contact the trainer directly (see individual flyers for details) or by ringing our administration team on 01670 623096.

## **Costs**

Our training and courses are currently provided free of charge (unless stated otherwise).

## **Cancellations**

Due to high demand for places where possible please give at least 48 hours notice of non-attendance so your place can be re-allocated. Courses are free but we reserve the right to charge a standard fee of £150 for non-attendance where no cancellation notification has been received.

## **Evaluations and Feedback**

All participants are asked to complete a post training evaluation form to enable us to improve and tailor the training packages and services we offer.

## **Accessibility**

We aim to ensure that our training courses are accessible to everyone and If you have any specific training requirements, eg: accessibility, alternative formats, etc please indicate this on your application form or contact us on 01670 623096 for any queries.

**Integrated Wellbeing Service Team Lead Biographies**

Tracy Cole	Tracy has worked in mental health promotion since 2003. Her previous work roles include Women's Mental Health, Emotional Health & Wellbeing for Healthy Schools and a number of years working with vulnerable young people as part of the Targeted Mental Health in Schools Team. As one of our Health Improvement Specialists Tracy has experience in alcohol & substance misuse as well as equality and diversity. Tracy has a Master's in Public Health (Mph), is an experienced and qualified facilitator who aims to raise awareness and increase knowledge about mental health as part of our training course delivery.
Stephanie Edwards	Stephanie has worked in the NHS for over 20 years in various roles including management consultancy services and service improvement, and for the health improvement service for the last 9 years. She has previously managed the Health Trainer service within Northumberland and is currently the specialist for cancer awareness, health champion programme, service development and training lead. She is a qualified trainer as well as an assessor and internal verifier.
Kent Flanighan	Kent qualified as an adult general nurse in the early 90s before moving in 1999 from the acute setting into the community where he assisted in setting up the Northumberland stop smoking service. As a stop smoking specialist Kent continues to provide 1:1 patient support in addition to providing training and support to a variety of healthcare professionals within secondary care, prison setting, mental health, primary care and pharmacies.
Tim Holmes	Since 2000 Tim has worked in health improvement services across the North East of England. Initially focussing on HIV prevention with Gay & Bisexual men Tim broadened his experience to include sexual health. 2013 Tim embraced a new challenge with the position of Tobacco Control Lead for Northumbria Healthcare NHS Trust. An experienced trainer Tim aims to deliver informative engaging training sessions. MPH, Prof. Grad. Cert. Ed., PG Dip HSHP, BSc (Hons) HHS.
Louise Ray	Louise has worked in a variety of roles within the NHS since 2008. These roles have included service improvement and commissioning, providing an information and support service to Stroke patients and their families and then as a result of completing her Masters in Public Health, Louise took up the challenge of her current role within Health Improvement as manager of the Children's Healthy Weight Team for Northumberland.
Jane Telfer	Jane is the Health Improvement Specialist for Sexual Health and Teenage Pregnancy with over 20 years' experience of working within sexual health promotion. Previously co-ordinated several adolescent prevention programmes around risk taking behaviours. Currently supports teachers with relationships and sex education, workshops for professionals and is a lecturer on the University of Northumbria FDSIL programme. PcET, BA(Hons), PG Cert HCL (Open), MPH
Janette Wood	In 2008 following over 20 years working in education settings Janette joined the health improvement service as a Health Trainer promoting healthier, lifestyle choices within the community. Janette has experience delivering information to children, adults and people with educational learning needs. Since 2011 Janette's role as a Health Improvement Practitioner has been involved with accident prevention (0-19 & the elderly) and tobacco control.
Kay Yeo	Kay has been a part of the HIMP team since 2002. Her back ground is in Community Development and the training she delivers looks at the challenges and health inequalities we face in the county of Northumberland. Kay is a qualified assessor and Internal Verifier she also has a teaching certificate.

## Integrated Wellbeing Service

# Training Programme Overview

### General Health Improvement Awareness / Prevention Training

- Basic Drug Awareness
- Cancer Prevention/Awareness Sessions
- Child Safety & Accident Prevention Training
- Dementia Awareness Training
- Every contact a health promoting contact
- Health Champion Training
- RSPH Understanding Health Improvement
- Smoke Free Families – Reducing Exposure of second hand smoke
- Stop Smoking Intermediate Training

### Healthy Weight

- Healthy Weight in Adults Brief Intervention
- Healthy Weight in Children & Young People Brief Intervention
- Maternal Obesity – Supporting women to achieve a healthy weight

### Mental Health

- Basic Suicide Awareness Training
- Mental Health First Aid

### Sexual Health / Healthy Relationships

- C Card Training
- Fantasy vs. Reality: Sexualised Media & Healthy Relationships
- Introduction to Sexual Health Training
- Supporting Northumberland Foster Parents to talk about growing up

## Integrated Wellbeing Service

# Basic Drug Awareness

### Training overview:

This training will give participants basic knowledge and understanding in relation to substance use. Participants will gain an understanding of a range of drugs, as well as the effects on the individual.

We will look at the difference in terms of stimulant, depressant and hallucinogenic drugs. This training will look at some of the reasons people use drugs and also the effect substance use has on communities.

### Learning Outcomes:

- To increase learner confidence and understanding in relation to drugs
- To understand the effects of drugs on individuals and communities
- To identify why drugs and alcohol are public health issues

### Is this Training for Me?

This training is aimed at those who have little or no experience of drug issues and wish to gain the foundations of drug awareness.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Tim Holmes, Health Improvement Specialist. Telephone (01670) 623864

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
<p>Wednesday 15<sup>th</sup> November 2017 1.00 pm – 4.30 pm</p>	<p>Room 12 Education Centre Wansbeck General Hospital Ashington NE63 9JJ</p>

### Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Integrated Wellbeing Service

# Cancer Prevention/Awareness

### Training overview:

One to two hour tool box talks covering cancers; including signs & symptoms and prevention. Toolbox talks offered on:

- How to reduce your cancer risk – lifestyle changes you can make to reduce your cancer risk.
- Breast Cancer Awareness
- Prostate Cancer Awareness
- Bowel Cancer Awareness
- Bladder and Kidney Cancer Awareness
- Lung Cancer
- Skin Cancer Awareness

### Learning Outcomes:

- How to reduce your cancer sessions - an estimated 4 in 10 cancers could be prevented by lifestyle changes. This session will enable you to develop your knowledge and understanding of how lifestyle choices impact on cancer risk – and what you can do to reduce your risk.
- Awareness sessions - offer you the opportunity to develop a greater awareness of common signs and symptoms of cancers

### Is this Training for Me?

This training is aimed at those who have an interest in gaining awareness of the signs and symptom of cancer and how lifestyle choices can affect your cancer risk.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Stephanie Edwards, Health Improvement Specialist. Telephone (01670) 623860

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
<u>How to reduce your cancer risk</u> Tuesday 19 <sup>th</sup> September 2017 1.00 pm – 2.30 pm	Room 4/5 Education Centre Wansbeck General Hospital Ashington NE63 9JJ
<u>Breast Cancer Awareness</u> Tuesday 19 <sup>th</sup> September 2017 2.45 pm – 4.15 pm	

**Dates for other sessions available on request. If you would like an awareness session run at your place of work please contact us for more details**

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## Integrated Wellbeing Service

# Child Safety and Accident Prevention Training

### Training overview:

This training provides professionals working with families and parents/carers the knowledge and practical skills to address the leading causes of unintentional injuries among children.

*'Everyone who works with children should go on this training.'*

*'An extremely informative course, lots of information that will be relevant to the families I work with.'*

### Learning Outcomes:

- Understand the causes and effects of accidents to children
- Raised awareness of the links between child development and accidents
- Inform good practice and risk management
- Establish effective information sharing methods

### Is this Training for Me?

This interactive training includes demonstrations and visual materials to raise awareness of injury hazards and prevention measures that reduce the risk of unintentional injury, disability or death to young children. The session is aimed at front line professionals, parents and carers.

To attend this course you must also either be working or living within Northumberland.

### Lead Facilitator Details:

Maureen Turner, Health Improvement Specialist. Telephone (0191) 2704514  
Janette Wood, Health Improvement Practitioner. Telephone (01670) 623867

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
To be confirmed – please ring for details	To be confirmed – please ring for details

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## Integrated Wellbeing Service

# Dementia Awareness Training

### Training overview:

A training session to increase knowledge and understanding of Dementia and Alzheimer's.

Develop understanding of the common features/behaviours for people with memory loss. Look into ways we can best support someone with memory loss.

The training is designed to help workers, paid carers and volunteers feel more comfortable with this client group and better equipped to meet their individual needs.

### Learning Outcomes:

- Increase awareness of memory loss behaviour, Dementia and Alzheimer's
- Understand common features for someone with memory problems
- Help to Identify any concerns when working with these clients
- Explore possible practical solutions to potential problems
- Understand benefits of activity therapy for clients with memory loss

### Is this Training for Me?

This training is aimed at those who work, volunteer or care for older people and wish to know more about dementia and Alzheimers.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Kay Yeo, Health Improvement Specialist. Telephone (01670) 629136

### Cost:

Free to those living and/or working in Northumberland

#### Date/times

To be confirmed – please ring for details

#### Venue

To be confirmed – please ring for details

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## Integrated Wellbeing Service

# Every Contact a Health Promoting Contact (Making Every Contact Count – MECC)

### Training overview:

This training session is focused on Making Every Contact Count (MECC) and will up skill people with the knowledge and ability to enable them to promote healthy lifestyles and positive wellbeing. It focuses on the lifestyle issues that, when addressed, can make the greatest improvement to an individual's health:

- Stopping smoking
- Drinking alcohol only within the recommended limits
- Healthy eating
- Being physically active
- Keeping to a healthy weight
- Improving mental health and wellbeing.

Making Every Contact Count is an approach to behaviour change that utilises the millions of day to day interactions that organisations and individuals have with other people to support them in making positive changes to their physical and mental health and wellbeing.

### Learning Outcomes:

- An understanding of Health Promotion and Public Health
- Be able to identify opportunities to promote healthy messages / brief advice
- Knowledge and understanding of tools and skills that can be used to engage with members people about their health and wellbeing
- Be aware of signposting opportunities

### Is this Training for Me?

This training is aimed at those who work with the public and wish to understand how they can talk to people about health, wellbeing and healthy lifestyle choices.  
To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Stephanie Edwards, Health Improvement Specialist. Telephone (01670) 623860  
Kay Yeo, Health Improvement Specialist. Telephone (01670) 629136

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Thursday 14 <sup>th</sup> September 2017 9.30 am – 1.00 pm	Room 4/5 Education Centre Wansbeck General Hospital, Ashington, NE63 9JJ
Wednesday 20 <sup>th</sup> September 2017 1.30 pm – 4.00 pm	Room 3 Education Centre Wansbeck General Hospital, Ashington, NE63 9JJ

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## Integrated Wellbeing Service

# Health Champion Course

### Training overview:

Would you like to know more about health and wellbeing and how to support people to live a healthier lifestyle? The Health Champion course is ideal for those who would like to know more about how people can make positive changes to their lifestyle to improve their health and wellbeing.

The training offers practical tools and skills that will enable you to pass on key health and wellbeing messages to clients, colleagues, friends and family and signpost people into services that will help them live a healthier lifestyle. You will also receive a folder with handouts, leaflets, information and services which can support people who wish to make lifestyle changes.

The training is particularly suited to individuals who have an interest in health and wellbeing and whose current employer or volunteering organisation is interested in allowing them to train and promote health and wellbeing messages within their current role.

### Learning Outcomes:

The course develops your knowledge of key Health Improvement topic areas and includes :

- 4 Health Bite sessions (covering Healthy Weight, Healthy Eating, Alcohol, Smoking, Exercise, Stress and wellbeing, Making every contact count, etc)
- There is also an opportunity to gain a Level 2 Royal Society of Public Health - Understanding Health Improvement Award.

### Is this Training for Me?

This training is aimed at those who have an interest in health, wellbeing and healthy lifestyles and wish to pass on their knowledge to clients, colleagues, friends and family.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Stephanie Edwards, Health Improvement Specialist. Telephone (01670) 623860

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Session 1 : Tuesday 31 <sup>st</sup> October 2017      1.00 pm – 4.00 pm Session 2 : Tuesday 7 <sup>th</sup> November 2017      1.00 pm – 4.00 pm Session 3 : Tuesday 14 <sup>th</sup> November 2017      1.00 pm – 4.00 pm Session 4 : Tuesday 21 <sup>st</sup> November 2017      1.00 pm – 4.00 pm (Candidates will need to attend all 4 sessions as each session covers different topic areas)	Venue to be Confirmed

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## Integrated Wellbeing Service

# RSPH Understanding Health Improvement

### Training overview:

The aim of this qualification is to provide candidates with an understanding of the principles of promoting health and wellbeing and enable them to direct individuals towards further practical support in their efforts to attain a healthier lifestyle.

It covers examples of inequalities in health within the UK, their possible causes and current approaches to tackling these inequalities. Candidates will learn how effective communication can support health messages, how to promote improvements in the health and wellbeing of others and understand the impact of behaviour change on improving an individual's health and wellbeing.

### Learning Outcomes:

To provide candidates with a knowledge and understanding of:

- The principles of promoting health and well being
- How to direct individuals towards further practical support in their efforts to maintain and attain a healthier lifestyle

### Is this Training for Me?

This qualification is aimed at people with an interest in health and wellbeing and equips them with basic knowledge to enable them to engage with clients/customers/etc giving them a greater understanding of the factors which affect a person's health.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Stephanie Edwards, Health Improvement Specialist. Telephone (01670) 623860

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Thursday 23 <sup>rd</sup> November 2017 9.00 am – 5.00 pm	Room 2, Education Centre Wansbeck General Hospital Ashington NE63 9JJ

### Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Integrated Wellbeing Service

# Smoke Free Families

## Reducing exposure of second hand smoke

### Training overview:

To increase participants' awareness about the effects of second-hand smoke. Particularly in relation to children's health

### Learning Outcomes:

- To equip participants with the knowledge and skills to help them embed advice to parents and carers on protecting their families from second-hand smoke
- To introduce participants to the smoke free families programme and how it fits in with the delivery of tobacco control in the North East.

### Is this Training for Me?

This training is aimed at those who work with parents/carers/guardians of children/young people and who wish to engage clients with the sensitive issue of creating a smokefree environment.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Tim Holmes, Health Improvement Specialist. Telephone (01670) 623864

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Wednesday 20 <sup>th</sup> September 2017 10.00 am – 12.00 noon	Room 6/7 Education Centre Wansbeck General Hospital Ashington NE63 9JJ
Wednesday 22 <sup>nd</sup> November 2017 10.00 am – 12.00 noon	

### Integrated Wellbeing Service Contact Details:

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Northumbria Healthcare NHS Trust  
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County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Health Improvement Department

# Smoking Cessation Brief Advice Training

### Training overview:

This 1 hour training will give participants basic knowledge and understanding in relation to smoking cessation. Participants will gain an understanding of the effects of smoking on health, the benefits of quitting and the 3 A's: Ask Advice and Act (30 second approach to save a life recommended by the Department of Health).

### Learning Outcomes:

- To increase learner confidence and understanding in relation to tobacco smoking.
- To understand the effects of smoking on health.
- To identify referral pathways.

### Is this Training for Me?

This training is aimed at those who have little or no experience of tobacco smoking issues and wish to gain the foundations of smoking awareness.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Kent Flanighan/Connie Reardon, Stop Smoking Specialist. Telephone (01670) 813135

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
To be confirmed – please ring for details	To be confirmed – please ring for details

### Integrated Wellbeing Service Contact Details:

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Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Health Improvement Department

# Stop Smoking Intermediate Training

### Training overview:

A one day course aimed at all qualified nurses, pharmacy technicians and GP practice nurses who wish to provide stop smoking support to the smoking population,

### Learning Outcomes:

- To understand the importance of the provision of a high quality service for reducing health inequalities and improving the health of the local population.
- To understand the consequences of smoking on the major organs/systems of the body and to the unborn child.
- To understand the consequences of exposure to second-hand smoke.
- To understand the benefits of stopping smoking.
- To understand what unlicensed nicotine containing products are available: e.g. e-cigarettes
- To understand the importance and completion of data collection.
- To understand the treatment programme including behavioral support and licensed stop smoking pharmacotherapies.

### Is this Training for Me?

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Kent Flanighan/Connie Reardon, Stop Smoking Specialist. Telephone (01670) 813135

### Cost:

Free to those living and/or working in Northumberland

#### Date/times

To be confirmed – please ring for details

#### Venue

To be confirmed – please ring for details

### Integrated Wellbeing Service Contact Details:

Stop Smoking Service  
Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
County Hall  
Morpeth, NE61 2EF

Phone: (01670) 813135  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Integrated Wellbeing Service

# Healthy Weight in Adults Brief Intervention

### Training overview:

This training aims to offer you age related guidance and resources so you can give brief advice or, when able, a brief intervention to help address weight concerns specifically in overweight or obese adults.

### Learning Outcomes:

To become confident in providing brief advice to adults with weight concerns and when able, offer a brief intervention.

### Is this Training for Me?

This training is aimed at those who work with or come into contact with adults in their role and wish to learn more about the causes and consequences of adult obesity, current trends and local data. The course will also give advice on how to initiate a conversation about achieving a healthy weight and what support and signposting you can offer those individuals.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Steven Chater, Health Improvement Specialist. Telephone (01670) 623862

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Thursday 18 <sup>th</sup> January 2018 9.30 am – 12.00 noon	Room 3 Education Centre Wansbeck General Hospital Ashington NE63 9JJ

### Integrated Wellbeing Service Contact Details:

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Northumbria Healthcare NHS Trust  
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County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Integrated Wellbeing Service

# Healthy Lifestyle Brief Interventions in Children and Young People (0-19 years)

### Training overview:

This training offers age related guidance and resources to enable you to undertake brief interventions with the parent/carers of children and young people. The training offers a practical framework for supporting behaviour change and will enable you to undertake brief interventions focusing on healthy lifestyle changes for families and children including healthy eating, physical activity and an understanding of childhood obesity.

### Learning Outcomes:

The course will give you the confidence and skills to initiate a conversation with parents/carers or young people about complex and sensitive issues such as lifestyle choices, healthy eating, childhood obesity and exercise. You will also gain knowledge of the support and signposting opportunities available within Northumberland.

### Is this Training for Me?

This training is aimed at those who work with or come into contact with children and young people (age 0-19 years) within their role. To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Louise Ray, Health Improvement Specialist. Telephone (01670) 623952

### Cost:

Free to those living and/or working in Northumberland

### Date/times

To be confirmed – please ring for details

### Venue

To be confirmed – please ring for details

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## Integrated Wellbeing Service

# Maternal Obesity – Supporting Women to Achieve a Healthy Weight (linked with the Maternal Obesity Care Pathway)

## Brief advice and interventions: a guide for professionals

### Training overview:

This training aims to offer you guidance and resources so you can give healthy weight brief advice or, when able, a brief intervention to support women (with a link to the Maternal Obesity Care Pathway).

### Learning Outcomes:

To become confident in providing women with healthy weight brief advice and when able, offer a brief intervention (with a link to the Maternal Obesity Care Pathway).

### Is this Training for Me?

This training is aimed at those who work with or come into contact with pregnant women in their role and wish to learn more about the causes and consequences of maternal obesity, current trends and local data. The course will also provide information on nutritional considerations in pregnancy. You will be given advice on how to initiate a conversation about achieving a healthy weight and what support and signposting you can offer these individuals.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Louise Ray, Health Improvement Specialist. Telephone (01670) 623952

### Cost:

Free to those living and/or working in Northumberland

### Date/times

### Venue

Thursday 2<sup>nd</sup> November 2017  
9.30 am – 12.30 pm

Room 4/5  
Education Centre  
Wansbeck General Hospital  
Ashington  
NE63 9JJ

### Integrated Wellbeing Service Contact Details:

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## Integrated Wellbeing Service

# Basic Suicide Awareness

### Training overview:

Suicide awareness training is a half-day session that aims to increase basic knowledge and understanding in relation to suicide in England.

This training gives an overview of suicide globally, nationally and locally. Whilst highlighting key warning signs, risk and protective factors, we will also look how to respond in a crisis situation. Appropriate referral routes and signposting is also discussed.

### Learning Outcomes:

- To increase knowledge in relation to suicide awareness
- To develop practical skills to support people at risk of suicide
- To highlight contributing factors that increase risk & vulnerability

### Is this Training for Me?

This training is aimed at those who are working with individuals, groups or have line management/supervisory responsibilities and wish to gain basic knowledge in relation to suicide awareness

**Please note:** this training is not appropriate for mental health professionals

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Tracy Cole, Health Improvement Specialist. Telephone (01670) 623863

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Thursday 26 <sup>th</sup> October 2017 1.00 pm – 4.30 pm	Blyth Rugby & Cricket Club Plessey Road Blyth NE24 3LE
Thursday 11 <sup>th</sup> January 2018 1.00 pm – 4.30 pm	

### Specialist Health Improvement Service Contact Details:

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Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Integrated Wellbeing Service

# Mental Health First Aid

### Training overview:

Mental Health First Aid (MHFA) is a nationally and internationally recognised training course that gives a person the knowledge, skills and confidence to make an immediate helping response to someone experiencing a mental health crisis.

This course will look at how to help, support and give information to people experiencing problems such as depression, suicidal thoughts, anxiety or psychosis. A variety of teaching methods (including discussion, group work and DVD clips) will be used to keep the day lively. All those who complete the course will receive a manual and a certificate of participation. No specialist knowledge is required to attend the course

### Learning Outcomes:

- To increase knowledge of common adult mental health problems
- To become better equipped with knowledge and skills which will help workers to respond appropriately when working with those experiencing a mental health crisis or difficulty
- To decrease stigma and increase awareness in relation to common mental health problems
- To be more aware of appropriate services in relation to mental health

### Is this Training for Me?

This training is aimed at those who are working with individuals, groups or have line management/ supervisory responsibilities and wish to gain basic knowledge in relation to mental health

**Please note:** this training is not appropriate for mental health professionals

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Tracy Cole, Health Improvement Specialist. Telephone (01670) 623863

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Wednesday 18 <sup>th</sup> & Thursday 19 <sup>th</sup> October 2017 9.00 am – 4.30 pm	Blyth Rugby & Cricket Club Plessey Road Blyth NE24 3LE
Wednesday 24 <sup>th</sup> & Thursday 25 <sup>th</sup> January 2017 9.00 am – 4.30 pm	

### Specialist Health Improvement Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Integrated Wellbeing Service

# Introduction to Sexual Health Training

### Training overview:

A one day stand-alone course aimed at anyone who works with young people aged under 25 and is in a position of either delivering sexual health education or advising young client groups.

**From January 2013, there is an expectation that anyone who applies for C Card training will have already completed this course.**

### Learning Outcomes:

- To develop strategies in raising issues of sexual health with client groups
- Brief overview of contraception and sexual health ( non-clinical)
- Overview of sexual health services for young people, to enable practitioners to offer effective advice and information

### Is this Training for Me?

This training is aimed at those who working with young people and wish to participate in a non-clinical sexual health update.

To attend this course you must also either be living or working within Northumberland

### Lead Facilitator Details:

Jane Telfer, Health Improvement Practitioner Specialist. Telephone (01670) 623182

### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Tuesday 26 <sup>th</sup> September 2017 9.30 am – 4.30 pm	Room 4 Education Centre Hexham General Hospital Corbridge Road Hexham NE46 1QJ
Tuesday 12 <sup>th</sup> December 2017 9.30 am – 4.30 pm	Morpeth One to One Centre Gas House Lane Morpeth NE61 1SR

### Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Integrated Wellbeing Service

### C-Card Training

#### Training overview:

A one day course aimed at anyone who works with young people aged 13 -25 years old, delivering c card, condom and sexual health information.

**From January 2013, there is an expectation that anyone who applies for C Card training will have completed the Introduction to Sexual Health Course.**

#### Learning Outcomes:

- To understand the C Card programme and Chlamydia/Gonorrhoea screening processes and agency requirements for its implementation throughout Northumberland
- Overview of sex and the law, relating to young people and Fraser Guidelines.
- An overview of products available via the C Card Scheme

#### Is this Training for Me?

This training is aimed at those who are based within a registered C Card Outlet and wish to be authorised to register young people to the scheme.

To attend this course you must also either be living or working within Northumberland.

#### Lead Facilitator Details:

Lisa Hanson & Zoe Johnstone. Telephone (0191) 2970441

#### Cost:

Free to those living and/or working in Northumberland

Date/times	Venue
Tuesday 10 <sup>th</sup> October 2017 9.30 am – 4.30 pm	Education Centre Hexham General Hospital Corbridge Road Hexham NE46 1QJ
Tuesday 19 <sup>th</sup> December 2017 9.30 am – 4.30 pm	Morpeth One to One Centre Gas House Lane Morpeth NE61 1SR

#### Return applications for C Card Training to:

Morpeth One to One Centre  
Gas House Lane  
Morpeth  
NE61 1SR

Phone: (0191) 2970441  
Email: c-card@nhct.nhs.uk

## Integrated Wellbeing Service

# Fantasy 'v' Reality Sexualised Media & Healthy Relationships

### Training overview:

This one day training workshop for professionals who work with young people aims to explore the issues relating to young people's preferred choice of media and how this has impacted on young people's expectations of being sexually healthy.

Participants will be able to explore a range of activities suitable to incorporate within relationship and sex education to raise awareness of the difference between pornography and healthy relationships.

Suitable for Key Stage 3 & 4 school staff (teaching and pastoral), youth & community workers, public health nurses or anyone who facilitates health education with young people as part of formal or informal education.

### Learning Outcomes:

- Exploration of the education issues around young people accessing pornography and the impact on how this can influence their understanding of sex and relationships.
- Experienced activities designed to work with groups of young people to stimulate discussions around pornography, sexting, media and the positive use of social networking.
- Have a brief overview of some of the most popular social media websites currently being used by young people.

### Is this Training for Me?

This training is aimed at those who work with young people in an education setting and wish to incorporate sexualised media within a relationships and sex education curriculum.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Jane Telfer, Health Improvement Practitioner Specialist. Telephone (01670)

### Cost:

Free to those living and/or working in Northumberland

#### Date/times

Wednesday 28<sup>th</sup> June 2017  
9.30 am – 4.00 pm

#### Venue

Room 4  
Education Centre  
Hexham General Hospital  
Hexham  
NE46 1QJ

### Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

## Integrated Wellbeing Service

# Supporting Northumberland Foster Parents to Talk About Growing Up, Body Changes, Relationships & Sexual Health\*

### Training overview:

This course aims to support Northumberland foster parents and carers to facilitate age appropriate discussions around growing up, body changes, relationships and sexual health.

#### Feedback from Foster Carers who attended the 2015 course included:

*"Loved it!"*

*"Very good interaction between students, enjoyed having it in a smaller group"*

*"To have booklets on hand and to be as natural and open as possible when asked questions"*

Spaces are limited. Bookings can be made by Foster Carers direct to Health Improvement or via Carer Development Workers

### Learning Outcomes:

- The physical and emotional changes during puberty
- To improve confidence in discussing growing up, sex and relationships.
- Identify opportunities that can be used to discuss sex and relationships.
- Being able to answer children's questions confidently.
- Overview of the Northumberland sex and relationship education core curriculum from Foundation to Key Stage 4.

### Is this Training for Me?

This training is aimed at those who are Foster Carers in Northumberland and wish to support children and young people with age appropriate conversations around puberty, growing up and relationships.

To attend this course you must also either be living or working within Northumberland.

### Lead Facilitator Details:

Jane Telfer, Health Improvement Practitioner Specialist. Telephone (01670) 623182

### Cost:

Free to those living and/or working in Northumberland

#### Date/times

#### Venue

Wednesday 13<sup>th</sup> September 2017  
9.30 am – 2.30 pm

Room 4  
Education Centre  
Hexham General Hospital  
Hexham NE46 1QJ

### Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
County Hall  
Morpeth, NE61 2EF

Phone: (01670) 623096  
Email: [Hlthimpr.training@nhct.nhs.uk](mailto:Hlthimpr.training@nhct.nhs.uk)

**Northumberland Integrated Wellbeing Service**  
**Training Application Form**

All Correspondence regarding this course will be via email please provide your individual email address

1. Applicant details	
Name in full: (Mr/Mrs/Ms/Miss/Dr)	
Employing Organisation:	
Job Title:	
Email address: (please print)	
Workplace address:	
Workplace ☎ number:	

2. Training details			
Title of training:			
Venue address:			
Date(s)/ Time(s):	Choice 1:	Choice 2:	Choice 3:

3. Disability (To ensure that we are meeting equal opportunities legislation all course applications are monitored.)		
<input type="checkbox"/> No disability	<input type="checkbox"/> Need of personal support	<input type="checkbox"/> Deaf/hearing impaired
<input type="checkbox"/> Dyslexic	<input type="checkbox"/> Blind/sight impaired	<input type="checkbox"/> Mental health difficulties
<input type="checkbox"/> Mobility difficulties	<input type="checkbox"/> Not known	<input type="checkbox"/> Other
<input type="checkbox"/> Multiple disabilities		
The Equality's Act 2010: Please indicate any special requirements you have to enable you to participate in the learning and development event – include any individual/dietary needs		

- If you are attending the course in work time you confirm that you have Management approval to attend.
- You are aware that failure to attend training without a cancellation notification may incur a charge.
- You agree to be contacted after the course by email or telephone for a short follow up evaluation.

4. Signature	
Signature of applicant:	Date:

Please return your completed application form to:	
Integrated Wellbeing Service Northumbria Healthcare NHS Trust Floor 2, Block 6 County Hall Morpeth, NE61 2EF	Phone: (01670) 623096 Email: <a href="mailto:Hlthimpr.training@nhct.nhs.uk">Hlthimpr.training@nhct.nhs.uk</a>