


# Health Promotion Service Training Programme 2011 - 2012

Eatsome  
Mental Health  
Healthy Lifestyle Brief Intervention  
Community Development  
Weight Matters  
Workplace Health



Click on the training  
you require

## How to book a place on a training course

- If you would like to book a place on one of our courses contained within the Training & Information Programme, please complete a Booking Form and return to the Training Administrator at the address below.
- Please use separate Booking Forms if you wish to book a place on more than one course (photocopies are acceptable).
- If several places are required, each person should complete a Booking Form and return.

### BOOKING CONDITIONS

#### CONFIRMATION OF BOOKING

- Once we receive your Booking Form, we will send you a confirmation letter, and map of our location.
  - If places are no longer available, we will inform you accordingly.

### CHARGES & REFUNDS

- Please make cheques payable to "Cornwall and Isles of Scilly Primary Care Trust".
- Please note that invoices will be raised for attendance following the course date.
- Course places will still be charged unless we are notified at least a week in advance.
- Payments will be refunded if you cancel up to seven days prior to the course being run.
- If we have to cancel a course we will give you at least a weeks notice, and refund any fees paid.

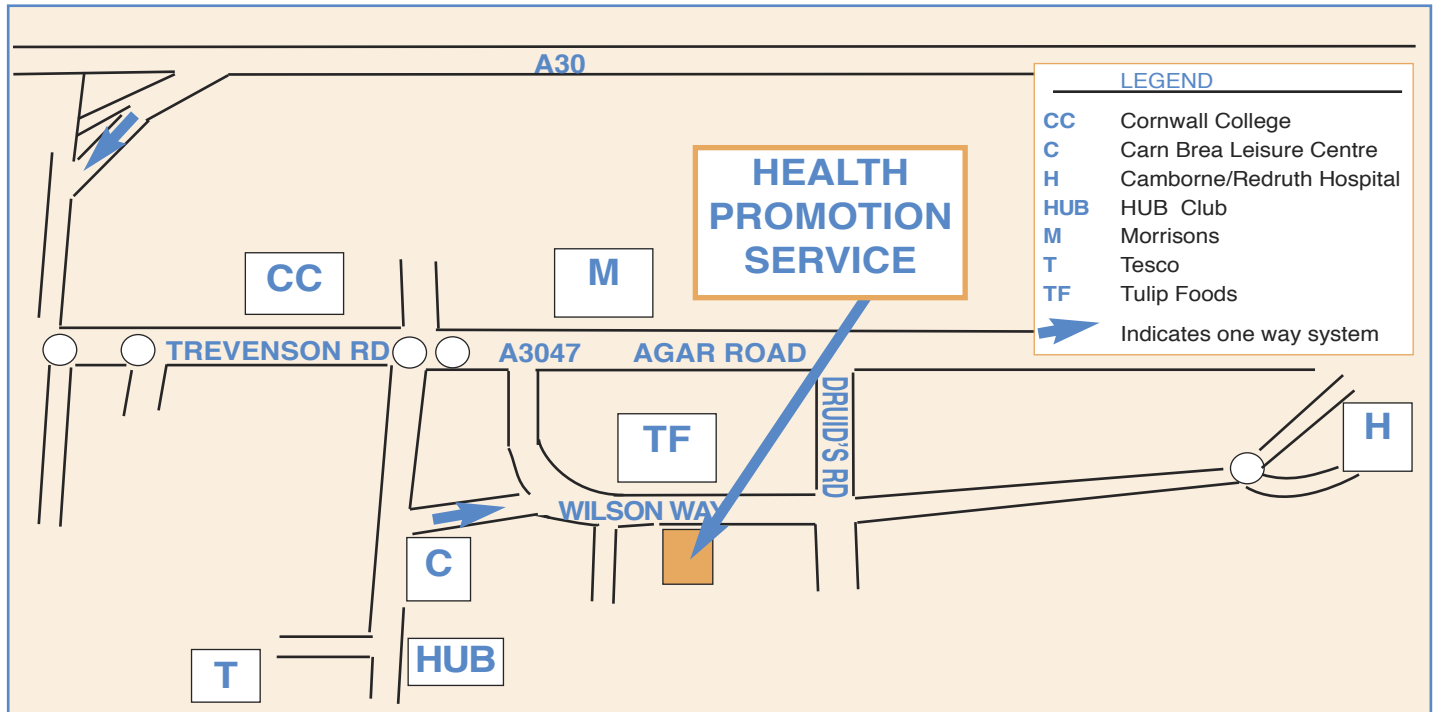
### ENQUIRIES

If you want to know more details about the content of any courses,  
please contact us on 01209 313419.

### PLEASE SEND YOUR COMPLETED BOOKING FORM TO:

Lisa Congdon  
Health Promotion Service  
The Kernow Building  
Wilson Way, Pool,  
Redruth TR15 3QE

## Health Promotion Service How to find us



### Directions to the Health Promotion Service

#### From the West

- If coming from the west of the county come along the A30 and come off on the junction (signposted Camborne, Portreath)
- At mini-roundabout turn left onto the A3047 (signposted Redruth, Pool)
- At mini-roundabout continue forward onto the A3047 (signposted Redruth, Pool)
- At mini-roundabout continue forward onto the A3047
- Take the first right onto Wilson Way
- The Health Promotion Service is about half a mile up the road on the right-hand side opposite Tulip Foods

#### From the East

- If coming from the east of the county come along the A30 and at Chiverton Cross roundabout take the 2nd exit onto the A30 (signposted Redruth)
- Exit at junction (signposted Redruth, Portreath, B3300)
- At roundabout take the 1st exit
- At roundabout take the 3rd exit onto the A3047
- At roundabout take the 1st exit onto the A3047 (signposted Redruth, B3300)
- At roundabout take the 2nd exit onto the A3047 (signposted Camborne)
- Take the second exit on the left hand side towards Camborne/Redruth Hospital
- At the roundabout take the 2nd exit up towards Wilson Way
- Follow the road along for approximately one mile and the Health Promotion Service is on the left hand side opposite Tulip Food

# Eatsome

## Level II Award in Healthier Food and Special Diets

**Aim:** To provide knowledge and understanding of the benefits of healthy eating and how to cater for special diets.

**Brief Description:**

Poor diet continues to hit the headlines as concern grows over obesity. However, diet-related ill health affects people of all ages in many different ways, ranging from high blood pressure to certain types of cancer. This is an accredited Level 2 qualification which provides an understanding of the nutritional principles behind preparing balanced diets for people of all ages, health and social circumstances, and dietary preference. This course includes a 45 minute multiple choice examination and certification.

**Target Group:**

Anyone who plans recipes and menus, and orders and prepares food will benefit from this award - whether they are working in schools, elsewhere in the public sector, hospitality and leisure, health and community care or retail food outlets. It will also be helpful for people working in the food manufacturing industry and for those working in the community.

**Trainer (s):** Mary Dawe,

**Venue (s):** The Health Promotion Service, Kernow Building, Wilson Way.

**Date (s):** 20th May, 25th November 2011 and 25th May 2012

**Time:** 9.00-5.00

**Cost:** £40 (includes examination paper) Lunch not provided

## Eatsome "Get Cooking" Training

### Supporting you to promote healthy eating through practical education sessions

**Aim:** Provide those working with community groups or voluntary groups and community members, with the knowledge and skills required to plan, prepare, deliver and evaluate successful healthy eating and cooking sessions with their groups.

**Brief Description:**

This two-day course will explore what is meant by healthy eating and ways to pass key healthy eating messages onto your group. We discuss the practicalities of running healthy eating cooking sessions, including recruiting participants, planning sessions, equipment required, costings, etc. There is a scenario where participants have the opportunity to practice running a healthy eating cooking session themselves, as well as offering the Level 2 Award in Food Safety in Catering (Food Hygiene Certificate) accredited by CIEH. Following the course, we can also offer support and shadowing at your sessions to help things get started.

**Trainer (s):** Mary Dawe and Amy Bromfield

**TIME:**

09.30-16.30

**VENUE:**

7th and 8th April 2011	The Liskerrett Centre, Liskeard
16th and 17th June 2011	Health Promotion Service, Pool
8th and 9th September 2011	Health Promotion Service, Pool
10th and 11th November 2011	The Liskerrett Centre, Liskeard
12th and 13th January 2012	Health Promotion Service, Pool
15th and 16th March 2012	Health Promotion Service, Pool
17th and 18th May 2012	The Liskerrett Centre, Liskeard



**COST:**

Cost: £40 (£20 per day) to contribute towards a Get Cooking Training CD and the exam paper.

Please bring a healthy packed lunch on day one. Ingredients will be provided for you to cook your own lunch on day two.

## Get Cooking Training for Care Providers and Support Workers of those with learning disabilities

**Aim:** To provide Care Providers and Support Workers of those with learning disabilities, with the knowledge and skills required to pass on key healthy eating messages and use them appropriately when working with service users.

**Brief Description:**

This is a one day course for care providers and support workers who work with people with learning disabilities, gives you the opportunity to take part in a practical healthy eating cooking session in the hope that you will then assist your service user in cooking healthy and nutritious meals.

We will cover your responsibilities in appropriately feeding your service users. The expectation is that you will promote the knowledge and skills gained from the course within your setting and with your service users.

**Target Group:**

This course is more suitable for Care providers, activity co-ordinators and support workers who work hands on with people with learning disabilities.

**Trainer (s):**

Debbie O'Nyons Learning Disability Liaison Nurse  
Mary Dawe Eatsome Community Worker

**Venue:** Health Promotion Service, Pool

**Date (s):** 17th March 2011 and 21st September 2011

**Time:** 10.00-16.00

**Cost:** £20 per person - Ingredients will be provided for you to prepare your own healthy lunch.

## Mental Health

### ASIST (Applied Suicide Intervention Skill Training)

### Mental Health Awareness and Understanding

### Mindfulness Taster Day

### Stress in the Workplace



### ASIST (Applied Suicide Intervention Skills Training)

**Aim:**

To help reduce the number of deaths by suicide in C&IOS by providing Suicide First Aid skills to anyone who may come into contact with a person at risk. ASIST gives an introduction to the most widely used Suicide Intervention Model in the world, a model which is applicable in all situations requiring help.

**Objectives:**

To equip you – the caregiver- with the skills necessary to help a person at risk of suicide stay safe and seek further help.

**Brief Description:**

By the end of the 2 day course you will be able to:

- Recognise that caregivers/healthcare workers and persons at risk are affected by personal and societal attitudes about suicide
- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop a safe plan related to them
- Demonstrate the skills required to intervene with a person at risk of suicide
- List the types of resources available to a person at risk of suicide,

including themselves

- Make a commitment to improving community resources; and
- Recognise that suicide prevention is broader than suicide first aid and includes life promotion and self-care for caregivers/healthcare workers.

**Target Groups:**

- Natural helpers and advisers
- Emergency service staff
- Counsellors, teachers and ministers
- Mental health practitioners
- Workers in health, welfare or justice
- Community volunteers
- People concerned about family, friends

**Various Trainers:** Karen Oldham, Phil Collier, Helen Lee-Savage, Sharna Shields, Tyler Bennetts, Nick Brown, Jaan Maddern

**Dates & Venues:****2011**

May 9-10 Hotel Bristol, Newquay  
June 16-17 YMCA, Redruth (FULLY BOOKED)  
July 7-8 Hotel Bristol, Newquay (FULLY BOOKED)  
14-15 YMCA, Penzance  
Sept 15-16 Milenium House, Liskeard  
22-23 Hotel Bristol, Newquay  
Oct 13-14 Hotel Bristol, Newquay  
20-21 TBC  
Nov 10-11 Royal Showground Pavillion, Wadebridge  
Dec 1-2 Royal Showground Pavillion, Wadebridge

**2012**

Jan 26-27 Royal Showground Pavillion, Wadebridge  
Feb 16-17 Epiphany House, Truro  
Mar 22-23 Royal Showground Pavillion, Wadebridge

**Time:** 8.45am – 5pm both days

**Cost:** FREE

**Key Documents:**

Forsight Report  
New Horizons  
CIOS Suicide Prevention Strategy

## Mental Health Awareness and Understanding

**Aim**

To give participants the opportunity to look at how mental ill-health affects us as individuals and our society as a whole. Specifically looking at mental health first aid and suicide prevention

**Brief Description:**

Half day course covering all aspects of mental ill-health, myths and facts, what to do and how to help someone with mental ill-health

**Trainer (s):** Karen Oldham

**Venue (s):** Health Promotion Service, Training Room

**Date (s):** Thursday 9th June, Thursday 20th October

**Time:** 9.30 – 12.30

**Cost:** £12.50

## Mindfulness Taster Day

### Aim:

To provide practice and background information on the clinical and social applications of mindfulness for practitioners

### Objectives:

To help people change the way they think, feel and act.

### Brief Description:

Mindfulness helps people to break free from a downward spiral of negative thought and action, and make positive choices that support their wellbeing.

Mindfulness can help with recurrent depression, anxiety disorders and addictive behaviour – and other mental and physical problems including stress and chronic pain. Anyone can learn Mindfulness. It's simple, you can practice it anywhere and its effects can be life changing.

N.B. Please bring along a yoga mat, blanket, cushions.

Check out website [www.bemindful.co.uk](http://www.bemindful.co.uk) for more info.

Target Group: For practitioners in health, residential and social settings who are interested in learning more about the approach.

**Trainer (s):** Paula Fairweather

**Date (s):** 7th July – Stithians Village Hall

3th October – Chacewater Village Hall

**Time:** 9.30am – 16.30

**Cost:** £25

### Key Documents:

- National Institute for Clinical Excellence (NICE) now recommends Mindfulness-based Cognitive Therapy (MBCT) as a treatment for people suffering from recurrent depression.
- Dr Jonty Heaversedge is supporting 'Be Mindful' – a campaign by the Mental Health Foundation to raise awareness of the benefits of Mindfulness for overcoming depression.
- Mental Health Promotion Strategy C&IOS
- New Horizons
- The Foresight Report

## Stress in the Workplace

### Aim:

To look at how you can reduce stress levels in the workplace, cope with stress if it arises and ultimately how to avoid and prevent re-occurrence.

### Brief Description:

Looking at the difference between work related stress and work related pressure. Identifying areas that could cause stress as well as areas that can reduce stress. What your organisation, your managers and you as individuals can do to both reduce and prevent stress from re-occurring. Signs & Symptoms and where to go and how to access help.

### Target Groups:

Anyone who seeks to improve their well-being and learn more about their own stress levels and triggers.

**Trainer (s):** Karen Oldham

**Venue (s):** Health Promotion Service, Training Room

**Date (s):** Tuesday 19th July, Wednesday 9th November

**Time:** 9.30 – 12.30

**Cost:** £12.50



# Community Development

## Laughter Workshop Royal Institute of Public Health

### Laughter/Well Being Workshop

We all know that laughter makes us feel good, but did you know that it really does do your health good and there is research to prove it?

The training will cover understanding how laughter can improve your health:

- Learn "LAUGHTER YOGA" techniques used by laughter clubs international
- Learn the latest international research results on the laughter/health links
- Learn to use laughter to boost your energy
- Discover the healing power of laughter
- Learn to use laughter as a stress-busting tool
- Learn to use laughter to stimulate your natural creativity

#### Target group

Everyone

**Trainer (s):** Alex Ollivier and Di Warren

**Venue (s):** Health Promotion Service

**Date:** Tuesday 14th June 2011

**Time:** 1.30-4.30pm

**Date:** Monday 3rd October 2011

**Time:** 9.30am-12.30pm

**Date:** Friday 2nd February 2012

**Time:** 9.30am-12.30pm



**Cost:** FREE

### Royal Institute of Public Health Level II Understanding Health Improvement

#### Aim:

This unique award – supported by the Department of Health – equips people to motivate and support individuals to adopt a healthier lifestyle, and is open to all as no pre-course entry requirement is necessary.

The Award provides an introduction to the fundamentals of health and wellbeing, of the barriers to making a change of lifestyle and how to help people make changes to improve their health.

The aim of this award is to equip candidates with a knowledge and understanding of the principles of promoting health and wellbeing and of how to direct individuals towards further practical support in their efforts to attain a healthier lifestyle.

#### Objectives:

Candidates will know and understand:

- The importance and benefits to public health of promoting health and wellbeing in the workplace and community settings.
- The factors that facilitate and create barriers to health improvement.
- The principles of behaviour change and maintenance and of how to apply them in helping people to make changes.
- The responsibilities associated with handling confidential and sensitive information.
- Methods that may be used to evaluate a programme to promote healthier lifestyles.

#### Brief Description:

Healthcare is changing. The emphasis is shifting from just treating illness, to promoting good health and individuals taking responsibility for their own health and wellbeing – whether it be quitting smoking, doing more exercise, losing weight, drinking alcohol wisely or eating five pieces of fruit a day.

The RIPH developed the Understanding Health Improvement qualification in direct response to the government's Choosing Health: Making healthy choices and tackling health inequalities agendas.

The Understanding Health Improvement qualification is a two day training course with a 45 minute multiple choice assessment (exam).

Employers may wish to use this award as part of core staff and management training, to which further training specific to workplace needs can be added.

This Level 2 qualification is a stepping stone to the Level 3 City & Guilds Health Trainer certificate, or ideal as a taster/introduction for those considering a health improvement role.

PCTs around the country are delivering this qualification to health visitors, district nurses, health trainer and health

improvement volunteers, gym and studio instructors, patient transport staff and librarians. It is also suitable for GP/surgery nurses and health care assistants, nurses working with healthy workforces or prisoners, as well as pharmacy, optician and dental staff.

**Target Group:**

It is suitable for organisations of all types and sizes in the private, public, not-for-profit and voluntary sectors and:

- supports the health and wellbeing of staff/employees, with all the associated business benefits
- enhances work in the community e.g. corporate responsibility initiatives
- provides “added-value” customer service for front-line staff involved with ‘health promotion’ directly or indirectly
- plus anyone with an interest in health

**Trainer (s):** Alex Ollivier and Di Warren

**Venue (s):** Health Promotion Service

**Date (s):** Monday 25th & Tuesday 26th July 2011  
Monday 19th & Tuesday 20th September 2011  
Monday 28th & Tuesday 29th November 2011  
Monday 16th & Tuesday 17th January 2012

**Time:** 09.30-16.30

**Cost:** Examination fee and refreshments £20 Course Free

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## Healthy Lifestyle Brief Intervention

### Healthy Lifestyle Brief Intervention Training

**Aims**

To provide an opportunity for participants to understand the key health messages and the process required to support individuals in making lifestyle changes around healthy eating, smoking, alcohol use physical activity and weight management.

**Brief Description**

‘Many premature deaths and illnesses could be avoided by improving lifestyles. It is estimated that a substantial proportion of cancers and over 30% of deaths from circulatory diseases could be avoided mainly through a combination of stopping smoking, improving diet and increasing physical activity; saving the NHS the £2.7 billion costs of alcohol abuse’

(‘Healthy Lives, Healthy People: A strategy for Public Health in England’ 2010)

There is a great need therefore for individuals to have the opportunity to consider the possible impact of their behaviour and change their health related habits. EVERY CONTACT COUNTS

A ‘behaviour change intervention’ can be a single session or multiple sessions of motivational discussion focussed on increasing an individual’s insight and awareness regarding specific health behaviours and their motivation for change. It involves opportunistic advice, discussion, negotiation or encouragement in supporting individuals in making these changes

**Target Group**

Anyone working with adults on a one to one basis alongside their everyday work

**Trainer**

Sally Hayes

**Venue**

Brief Intervention training will be running throughout the year at various venues across the county. If you would like to be added to the mailing list to receive future training dates please email Emma Baker at [emma.baker@ciospct.cornwall.nhs.uk](mailto:emma.baker@ciospct.cornwall.nhs.uk)

**Dates** ([click here](#))

**Cost** Free

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# Weight Matters

## Challenging Obesity

**Aim:**

To support health professionals and those working with overweight and obese individuals to understand how to support individuals who are overweight or obese.

**Brief Description:**

This short course will provide information on:  
the main challenges being faced by overweight/obese individuals  
best available evidence on what support can be offered in a brief intervention that are time limited and focused on helping people manage their weight.

**Target Groups:** Health professionals and others working with overweight and obese individuals.

**Trainer:** Mary Williamson

**Venue:** Health Promotion Service

**Date: (s)** Friday 1st July 2011, Monday 24th October 2011,  
Wednesday 7th March 2012

**Time:** 9.00am – 12.30pm

**Cost:** £25

Costs include Free Shape Up Guide to Managing Weight and Refreshments



# Workplace Health

## Workplace Health

**Aim:**

To provide training courses on a variety of topics based on improving the health of employees.

**Brief Description:**

A variety of courses offered dependent on the needs of individual businesses. The courses may be delivered within workplaces and cover a variety of different health topics.

**Target Group:** Employers, Employee's, Managers

**Trainer:** Rachel Faulkner, Workplace Health Coordinator

If your workplace is interested in looking at the health and wellbeing of their staff and have some training needs please contact Rachel Faulkner, Workplace Health Coordinator on 01209 313419 or visit [www.behealthyatwork.org](http://www.behealthyatwork.org)

