



**Lewisham
Health Promotion
Training
Programme**

September 2011 – June 2012

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1 Welcome

Welcome to the NHS Lewisham Health Promotion training programme for 2011-2012.

Who are we?

We are the Public Health Lewisham, health improvement managers and specialists. Our aim is to improve health and reduce health inequalities by working in close partnership with others in the NHS, the local authority, and the community / voluntary sector. We hope to help partners develop their knowledge and skills to support the people of Lewisham in improving their health and wellbeing.

Training and learning

The development of the health promotion training and learning programme for 2011/12 has been designed to support individuals working or volunteering in Lewisham. The development of the programme has been informed by local and national health improvement priorities. The Knowledge and Skills Frameworks (KSF) has been used to identify the competency that each of the courses contributes to. Whilst the KSF is used mainly in the NHS to support staff professional development, it is equally useful in guiding people from other sectors to identify courses that are relevant to their areas of work or interest.

Finally, I would like to acknowledge Lambeth and Southwark Health Promotion Training and Professional Development Team for allowing us to base the format of this brochure on their own health promotion training brochure design.

We hope you find these learning opportunities as exciting as we do and we look forward to seeing you on our courses.

Alfred Banya
Assistant Director of Public Health

2 Flexible Learning Opportunities

Everyone learns differently and we want to help you make the most of your time with us. Our team offer several different ways of learning, so when you think about your professional development, consider what would suit you best:

Training Courses

Participants come from a wide range of backgrounds; this provides an environment that enables you to learn from each other. All of our courses have specific aims and objectives to help you choose the right one for you. Our training courses are listed from page 9. These courses will be held at venues across the Borough of Lewisham.

Lunchtime Seminars

We offer a broad range of lunchtime seminars that are designed to provide you with an opportunity to find out more about a local priority topic and to consider what you can do to support it. The topic could be set by Lewisham Public Health or any of our partners and the seminars will be held in venues across the borough, namely St. Johns Medical Centre, Waldron Health Centre and Lewisham Council Civic Suite. If you're interested in attending or finding out more about the Lunchtime Seminars then please email the Public Health Business Manager Lorna Jonas-Tinson: lorna.jonas-tinson@nhs.net

Tailor-made Training Courses

If you or your organisation works with existing groups within the community and require training it is possible to express an interest in a bespoke session to meet your requirements. The following training topics are available:

- Adult Weight Management
- Basic Alcohol Awareness
- Basic Stop Smoking Awareness
- Stop Smoking Advisor Training
- Cancer Screening Awareness (Bowel, Breast & Cervical)
- Condom Skills for Young People – Do they come in half sizes?
- Healthy Eating
- HIV Awareness
- Introduction to Community Development for Health
- Introduction to Health Promotion
- Introduction to Research Methods
- NHS Health Checks & CVD Risk Assessment

- NHS Health Check – Physical Activity Pathway
- Protecting Children from Tobacco Harm
- Involving Young people in reducing tobacco harm
- Walk Leader Training

The Expression of Interest form is on page 46, this form can be submitted to the Public Health Business Manager any time between September – June 2012 and the relevant course organiser will contact you directly to discuss your requirements.

NOT IN THE BROCHURE?

If you or your organisation have a health promotion training need that is not met by the opportunities in this brochure, we will work with you to find out how your need can be met. Please contact the Public health Business Manager to request any specialist health promotion training.

3 How to access NHS Lewisham Health Promotion Learning Opportunities

Who are the courses for?

These courses are available free to NHS, voluntary, statutory and community/youth workers in Lewisham who wish to develop their formal or informal health promotion role.

For those working outside the London Borough of Lewisham places are available on a fee paying basis. Fees, unless otherwise stated, are £100 per full day and £50 per half day, or for voluntary organisations and charities £50 per full day and £25 per half day.

Where are we located?

The Lewisham Public Health Directorate is located on the 3rd Floor, Laurence House, Catford, SE6 4RU. Training sessions will be located at venues across the London Borough of Lewisham and tailor-made training can be delivered in a venue of your choice.

Attendance Certificates

A certificate of attendance will be issued to participants who attend for the advertised duration of the course.

Training Quality Assurance

To ensure that our learning opportunities are responsive to participant's training needs, and to ensure high training standards, we will ask you to participate in an evaluation process after your learning session. You will be asked to complete a short evaluation survey which you can complete at the end of your training session or send by return to the Public Health Business Manager at a later date. The information you provide via this process will be used to improve our training programme to better meet your specific needs and improve the quality of our shared local health promotion efforts in the London Borough of Lewisham.

Access or Special Education Needs

Wheelchair access is available at all training venues; participants who require disabled parking should check availability directly with the venue where the training will be held. Contact numbers for venues are listed at the back of this brochure. If you have any other access or educational needs, please let us know by telephone or on the training course application form and we will do our best to accommodate you.

4 How to apply for Lewisham Health Promotion Training Courses

For Training Courses:

Please read the booking conditions below before applying for a course.

- Before you apply please read the course description and learning objectives carefully in order to ensure that the chosen course will meet your needs
- To apply – Please photocopy the application form at the back of this brochure (one form per course), complete it fully in **BLOCK CAPITALS** and return it by post to **Lewisham PUBLIC HEALTH – Health Promotion Training, 3rd floor, Laurence house, 1 Catford Road, SE6 4RU**. Alternatively you can download the MS word version of the form and send via **email to the Public Health Business Manager: Lorna.jonas-tinson@nhs.net** or via **fax: 020 7206 3285**.
- Training course applications require the name of your manager and contact details and for participants to tick the box indicating you have read and accept the booking conditions. If these details are missing from the form it will be returned to you
- The course organiser will send you a course confirmation email / letter no later than one week before the start date. If you do not receive a confirmation by this time then please contact the Public Health Business Manager by email or by **telephone: 020 7206 3281**.

Booking Conditions:

Please read through the following carefully before applying:

- The closing date for each course is two weeks (ten working days) before the start date unless otherwise stated
- Course places are booked for the person named on the application, not for an organisation; please do not let anyone attend in your place
- Please do not attend a training course without previously having received a letter/ email of confirmation from the course organiser
- If you arrive late for the start of your course, you will be asked to rebook on a course for a later date
- If you need to leave a course early, please cancel your place and rebook for a later date when you can attend the course in full
- Only participants attending the full duration of the course will receive an attendance certificate
- Please note that your organisation/department will be charged a £60 cancellation fee for each day of training missed, unless 48 hours notice has been provided prior.

5 NHS Lewisham Health Promotion Training Courses Index

Course Title	Date	Location	Page No.
Adult Weight Management	27.03.2012	Waldron Health Centre, New cross	9
Adult Weight Management for Practice Nurses	17.01.2012	Waldron Health Centre, New Cross	10
Art of Health Promotion Display – Getting the message across	03.11.2011	St. John's Medical Centre, Lewisham	11
Basic Alcohol Awareness	01.11.2011	Lewisham Town Hall Chambers, Catford	12
	21.02.2012	TBC – Contact DAAT	
Basic Drug Awareness	04.10.2011	Lewisham Town Hall Chambers, Catford	13
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Bowel Cancer Screening: An Introduction	16.11.2011	Marvels Lane, Grove Park	15
	31.01.2012	St John's Medical Centre, Lewisham	
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Child Accident Prevention & Risk Management	21.10.2011	Waldron Health Centre, New Cross	16
Children's Nutrition (1-11 year olds): An Introduction	24.02.2012	Hatcham Oak Early Childhood Centre, Brockley	17
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Community Development for Health: An Introduction	16.11.2011	Waldron Health Centre, New Cross	18
Condom Skills for Young people – Do they come in half sizes?	08.11.2011	Waldron Health Centre, New Cross	19
	07.02.2012		
Designing & Using Questionnaires: An introduction	24.01.2012	St. John's Medical Centre, Lewisham	20
Evaluation: An Introduction	27.04.2012	St. John's Medical Centre, Lewisham	21
Evidence Based Practice for Community Development & Health Promotion	09.11.2011	Waldron Health Centre, New Cross	22
Focus Groups: An Introduction	14.12.2011	St. John's Medical Centre, Lewisham	23
Group Work Skills: An Introduction	02.11.2011 – 07.12.2012	Goldsmiths College, New Cross	24
Health Promotion: An Overview	15.03.2012	Waldron Health Centre, New Cross	25
Healthy Child Program Training Session	01.10.11	Waldron Health Centre, New Cross	26
Healthy Eating and Running a Cookery Club: OCN Level 2 Accredited	10.01.2012 – 24.04.2012	The Leemore Centre, Lewisham	27

Healthy Eating: An Introduction	18.11.2012	Waldron Health Centre, New Cross	28
	13.02.2012	Downham Health Centre, Downham	
	08.06.2012	St John's Medical Centre, Lewisham	
Let's Get Moving (LGM) - Module One	12.10.2011	Waldron Health Centre, New Cross	29
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Let's leave it til later! – practical strategies for supporting young people to delay early sex	24.11.2011 – 25.11.2011	Waldron Health Centre, New Cross	30
Mental Health First Aid	11.10.11 – 12.10.11	Waldron Health Centre, New Cross	31
Motivational Interviewing Skills: For Physical Activity & Cardiovascular Health	03.11.11- 01.12.11	Waldron Health Centre, New Cross	32
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	08.02.2012	St John's Medical Centre, Lewisham	
NHS Health Check & CVD Risk Assessment: An Introduction	12.09.2011	Waldron Health Centre, New Cross	34
	13.02.2012	Downham Health Centre, Downham	
	08.06.2012	St. Johns Medical Centre	
Promoting Healthy Weight in Children Training	By Request	Weight Management Centre	35
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Young peoples Sexual health and Sexually Transmitted Infections: An Introduction	06.12.2011	Waldron Health Centre, New Cross	41
	06.03.2012		

Please note: All course titles highlighted above can be offered tailor-made for community groups based in the London Borough of Lewisham. Please see Expression of Interest Form for Tailor-made courses on page 46-47.

Adult Weight Management

Remember to book your place by Tuesday 13th March 2012

Duration

6 Hours

Course date

Tuesday 27th March 2012

Time

09:30 – 3.30pm

Venue

Health Promotion Room
Waldron Health Centre

Course Organiser

Gwenda Scott

Trainer

Elaine Gardner

The aim of this course is to increase local knowledge and understanding about what a healthy weight is and the causes/consequences of obesity.

Attending this course will help you to:

- recognise what a healthy weight is
- know the causes and consequences of overweight/obesity
- know how diet and nutrition can help achieve a healthy weight
- recognise own opportunities for promoting healthy weight
- understand how to raise the issue of weight with clients
- identify clear and safe healthy eating messages that can be conveyed
- understand how to provide support for clients who are trying to achieve a healthy weight
- be able to signpost clients to additional support for help

Suitable for:

Anyone working or volunteering in a health promotion capacity and are interested in supporting individuals who are obese or overweight.

Please note: If you're interested in this course then you might also be interested in our course on Motivational Interviewing Skills (page 32) and / or NHS Health Checks & CVD Risk Assessment – Advanced or Introduction (pages 33 & 34 respectively).

KSF Dimensions
Covered:

Core 1:4, 2:3, 4:2, 5:2,
6:2

HWB 1:3, 2:3, 4.2, 7.1

IK 2.2

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Adult Weight Management for Practice Nurses

Remember to book your place by Tuesday 3rd January 2012

Duration

6 Hours

Course date

Tuesday 17th January
2012

Time

09:30 – 3.30pm

Venue

Suite 11 R3.015
Waldron Health Centre

Organiser

Gwenda Scott

Facilitator

Philippa Marshall BSc.
Hons RD Exec Dipl.MBDA

KSF Dimensions
Covered:

Core 1:4, 2:3, 4:2, 5:2,
6:2

HWB 1:3, 2:3, 4.2, 7.1
IK 2.2

Attending this course will help you to:

- Be confident in obtaining and interpreting anthropometric measurements including height, weight and BMI and using these to classify obesity.
- Be aware of the constraints of using BMI in some client groups (e.g. athletes)
- Be aware of good practice in raising and discussing weight issues with individuals and groups.
- Understand the primary causes of obesity and reasons for the rising trend.
- Be able to provide evidence based dietary advice for weight management, recognising when it would be appropriate to advise referral to a dietician or MDT.
- Be able to give non-specialist advice for increasing physical activity, recognising when input from an exercise specialist may be required.
- Have an understanding in the identification of individual motivators for weight loss, both extrinsic and intrinsic, and be able guide individuals in setting goals related to these.
- Be able to differentiate between ideal and realistic outcomes for individuals and be confident in explaining this to obese individuals.
- Be able to recognise their own limitations in managing this client group

Suitable for:

Anyone delivering NHS Health checks, particularly General Practice Nurses.

Please note: If you're interested in this course then you might also be interested in our course on Motivational Interviewing Skills (page 32) and / or NHS Health Checks & CVD Risk Assessment – Advanced or Introduction (pages 33 & 34 respectively).

Art of Health Promotion Display – getting the message across

Remember to book your place by Thursday 20th October 2011

Duration

3.5 Hours

Course date

Thursday 3rd November 2011

Times

9.30 - 1.00pm

Venue

Training Room
St. Johns Medical Centre

Organiser

Alfred Banya

Trainer

Gayle Wallace

To provide participants with the knowledge & skills to create eye catching, clear and informative public health displays that incorporate the principles that constitute “good visual display”.

Attending this course will help you to:

- Gain an understanding of how we scan advertising and information and the differences that gender makes to how we visually scan.
- Increase understanding of what other forms of advertising and marketing compete with public health information displays and how to overcome them
- Describe the role, limitations and appropriateness of leaflets and posters
- List criteria for assessing the appropriateness of leaflets and posters
- Create a simple eye- catching display using existing leaflets and posters.
- Develop a checklist of display do's & don'ts
- Gain hands on practical experience of creating a display.

KSF Dimensions

Covered:

Core 1:2, 2:1, 4:1, 5:1, 6:1

HWB 1:2, 4:1

G 8:3

Suitable for:

This course is for people who would like to explore the role of leaflets and posters for health promotion and create effective health displays.

Basic Alcohol Awareness (DAAT)

Remember to book your place two weeks in advance of your chosen course date

Duration

1 day

Course Date 1

Tuesday 1st November
2011

Time

All Day

Venue

Nov - Lewisham Town
Hall Chambers

Course Date 2

Tuesday 21st Feb 2012

Time

All Day

Venue

TBC

Organiser

Sylvia Curtis

Trainer

Lisa Fannon (Lewisham
Drugs and Alcohol
Awareness Team)

Organised and facilitated by Lewisham Drugs & Alcohol Awareness Team this course will examine safe drinking levels and the health implications should this level be exceeded. It also contains the recognition of what constitutes problematic alcohol use. Participants will gain a better understanding on alcohol and its effects.

Attending this course will help you to:

- Develop an increased awareness of the issues surrounding alcohol misuse
- Understand some of the consequences of alcohol use, alcohol dependence, relapse and withdrawal
- Have increased confidence in dealing with alcohol related issues and incidents
- Have more knowledge of the help available locally for people with alcohol problems and how to access services.

This course is mapped to the following DANOS (Drug and Alcohol National Occupational Standards) standards:

- AA1 Recognise indications of substance misuse
- AB2 Support individuals who are substance users
- AD1 Raise awareness about substances, their uses and their effects
- AD4 Develop and disseminate information and advice about substance use, health and social well being.

Suitable for:

Anybody working or volunteering in a health promotion role.

PLEASE NOTE:

This course is delivered by the London Borough of Lewisham Drugs and Alcohol Awareness Team. The team provides a number of training course and programmes. For more information please contact drugstraining@lewisham.gov.uk

KSF Dimensions
Covered:

Core 1:3, 2:2, 3:2, 4.1:
5.2: 6.2
HBW 1:2, 2:2, 4:4

This course can also
be tailor-made.

Please see page 46
for more details.

Basic Drug Awareness (DAAT)

Remember to book your place by Tuesday 20th September 2011

Organised and facilitated by Lewisham Drugs & Alcohol Awareness Team this course will introduce the participants to the issues around illicit drug and alcohol use and misuse and give them the confidence and ability to work with substance misuse in their particular field.

Duration

7 Hours

Course dates

Tuesday 4th October 2011

Times

09.30 - 4.30pm

Venue

Rm 202, Town Hall
Chambers
Catford
SE6 4RU

Organiser

Sylvia Curtis

Trainer

Lewisham Drug & Alcohol
Awareness Team

Attending this course will help you to:

- Understand the three categories of drugs: Stimulant, Hallucinogen and depressant
- Examine common street drugs from these three categories
- Develop an increased awareness of the issues surrounding drug and alcohol misuse
- Explore the concept of harm reduction
- Understand some of the consequences of illicit drug and alcohol use, including the terms dependence, relapse and withdrawal
- Have increased confidence in dealing with drug and alcohol related issues and incidents
- Have more knowledge of the help available locally (Lewisham) for people with alcohol and or drug problems and how to access services.

Suitable for:

This course is suitable for anyone with a health promotion role working in the community / voluntary or statutory sectors.

PLEASE NOTE:

This course is delivered by the London Borough of Lewisham Drugs and Alcohol Awareness Team. The team provides a number of training course and programmes. For more information please contact drugstraining@lewisham.gov.uk

KSF Dimensions

Covered:

Core 1:3, 2:2, 3:2, 4.1:

5.2: 6.2

HBW 1:2, 2:2, 4:4

Basic Stop Smoking Awareness

THIS COURSE IS TAILOR-MADE ONLY – Please use expression of interest form

Duration

2 Hours

Course dates

By Request

Times

By Request

Venue

By Request

Organiser

Lewisham Healthcare
NHS Trust

Trainer

Alison Hooper
Lewisham Stop Smoking
Service

Organised by the Lewisham Stop Smoking Service the aim of this course is to offer brief intervention training which equips any community / health staff to offer brief advice to smokers and signposting them to a specialist service.

Attending this course will help you to:

- Answer questions such as: Why bother to stop smoking?
- Local and national smoking facts and figures
- Find out how front line staff can make a difference
- Talk confidently to smokers about stopping
- Assess smokers readiness to stop smoking
- Signpost to services in Lewisham to support smokers who want to stop: what and where they are and how to refer to them

Suitable for:

Health care assistants; reception staff; Children's centre staff; District nurses; Health Trainers; Health Visitors; Community Development Workers; Youth Workers; Health Promotion Staff; Staff based in voluntary / community sector organisations

KSF Dimensions
Covered:

Core 1:3, 2:2, 3:1, 4.2:
5.3: 6.1
HBW 1:1, 3.:2, 4:3
IK 3:1

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Bowel Cancer Screening: An Introduction

Remember to book your place two weeks in advance of your chosen course date

Duration

3.5 Hours

Time

1.30 - 5.00pm

Course Date 1

16th Nov 2011

Venue

Marvels Lane

Course Date 2

31st January 2012

Venue

St Johns Medical Centre

Course Date 3

28th March 2012

Venue

St Johns Medical Centre

Course Date 4

29th May 2012

Venue

Waldron Health Centre

Organiser

Zoe Wright

Trainer

Jo Zhou

This course introduces the Bowel Cancer Screening Programme (BCSP), which is the first national screening programme targeting both men and women aged 60+. It aims to raise awareness and knowledge of bowel cancer and screening and enable participants to motivate clients to live a healthy lifestyle, have an early GP presentation and participate in the screening programme.

Attending this course will help you to:

- Identify the disease course of bowel cancer
- Explain the risk factors for the prevention of bowel cancer
- Recognise symptoms and signs of bowel cancer
- Demonstrate how the BCSP is organised
- Explain how to promote the BCSP programme
- Describe the approaches used to tackle inequalities in accessing bowel cancer screening

Suitable for:

Anyone working with adults 50 plus in any capacity – voluntary sector, community groups or organisations, practice and district nurses, care home staff, community mental health team, community learning disability team, community team working with deaf people, supporting people, care for carers, sheltered accommodation, age concern, health and social care sector of local council etc.

KSF Dimensions
Covered:

C2, C4, C5, C6
HWB1, 4
IK3
G1

This course can be
tailor-made.

Please see page 46
for more details.

Child Accident Prevention & Risk Management

Remember to book your place by Friday 7th October 2011

Duration

7 Hours

Course Date

Friday 21st October 2011

Times

9.30 - 4.30pm

Venue

Waldron Health Centre

Organiser

Joy Allen

Trainer

Child Accident Prevention Trust

KSF Dimensions Covered:

Core 1:1, 2:1, 3:4, 4:1, 5:2, 6:1
HWB 1:1

To provide staff with up-to-date information on childhood accident provision and to assist participants to develop skills to implement accident prevention strategies in their work roles. Participants will gain:

- Insight into the causes and effects of childhood accidents
- Knowledge of good practice in accident prevention and risk management
- An understanding of the links between child development and accidents
- Examples of good practice
- Practical advice on accident prevention

Attending this course will help you to:

Gain up-to-date knowledge on child safety

Reflect the emphasis on children's activity in strategic documents such as *Every Child Matters* and *the Healthy Child Programme*

Access a resource pack with relevant selection of key child accident prevention publications and fact sheets

Suitable for:

Children's Centre employees; Early Years Staff; Health visitors; Parenting and family support workers

It can also contribute to professional development for anyone with childcare responsibilities, especially those who have a responsibility for managing child safety in their setting.

Children's Nutrition (1-11 year olds): An Introduction

Remember to book your place two weeks in advance of your chosen course date

Duration

6 Hours

Course Date

Friday 24th February 2012

Time

9.30 - 3.30pm

Venue

Hatcham Oak Early
Childhood Centre,
Brockley

Course Date

Thursday 21st June 2012

Time

9.30 - 3.30pm

Venue

Bellingham Children's
Centre *(to be confirmed)*

Trainer & Organiser

Livia La Camera

The aim of this course is to consolidate understanding of what constitutes healthy eating for children aged 1 to 11 years-old.

Attending this course will develop understanding of:

- Key nutrients required by toddlers and young children
- Main differences in nutritional requirements of a child and an adult
- Putting healthy eating for toddlers 1-5 years old and young children 6-11 years old into practice
- How to approach common dietary issues seen in young children

Suitable for:

Anyone working with young children in voluntary or statutory sectors in the community.

KSF Dimensions
Covered:

Core: 1:2, 2:2
HWB1.1
HWB4.2

This course can be
tailor-made.

Please see page 46
for more details.

Community Development for Health: An Introduction

Remember to book your place by Wednesday 2nd November 2011

Duration

6.5 Hours

Course date

Wednesday 16th
November 2011

Time

9.30 – 3.30pm

Venue

Health Promotion Room
Waldron Health Centre

Organiser

Alfred Banyia

Trainers

Alfred Banyia
Jane Miller

To explore and understand community development practice and principles in relation to health.

Attending this course will help you to:

- Demonstrate an understanding of community development practice and principles in relation to health
- Discuss nature and context of communities
- Discuss inequalities in health and how they may impact on local communities
- Identify how to develop partnership working within an area of practice.

Suitable for:

This course is suitable for health professionals, staff from local authority, voluntary and community sector, and volunteers who want to use community development approaches to improve health and reduce health inequalities.

KSF Dimensions

Covered:

Core 1:3, 2:3, 4:4, 5:3
& 6:3

HWB1:3

G1: 2, G4:1 & G5:2

G6:1, G7:2 & G8:11

IK2:1 & IK3:1

This course can be
tailor-made.

Please see page 46
for more details.

Condom Skills for Young People - Do they come in half sizes?

Remember to book your place by Tuesday 25th October 2011

Duration

4 Hours

Timing

9.30 - 1.30pm

Course date

Tuesday 8th November
2011

Venue

Waldron Health Centre
New Cross

Course date

Tuesday 7th February 2012

Venue

Waldron Health Centre
New Cross

Organiser

Chris Baguma / Ruth Hutt

Trainer

Sheila Bell, Louise Pollard
and Chris Baguma

A course which explores practical ways of talking about and demonstrating how to use condoms as part of your sexual health work with young people.

Attending this course will help you to:

- Find out more about the Lewisham Condom scheme
- Identify legal and cultural issues that surround condom use and distribution.
- Recognise different types of condom.
- Practice how to demonstrate using condoms.
- Effectively negotiate health behaviour change with young people.

Suitable for:

This course is for those who have a role working with young people around sexual health in formal or informal settings: health professionals, practice nurses.

KSF Dimensions

Covered:

Core: 1.3, 2.3, 4.4, 5.3,
6.3

HWB1: 3

G1: 2, G4: 1, G5: 2

G6: 1, G7: 2, G8: 1

IK2: 1, IK3: 1

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Designing & Using Questionnaires: An Introduction

Remember to book your place by Tuesday 10th January 2012

Duration

6.5 Hours

Course dates

Tuesday 24th January
2012

Time

10.00 - 4.30pm

Venue

St Johns Medical Centre
Lewisham

Organiser

Alfred Banya

Trainer

Susan Robinson

This course gives a thorough review of the principles of good questionnaire design (and how to avoid the numerous pitfalls) and will help you to design and use questionnaires effectively. The course will provide a hands-on approach to designing questionnaires. It will also help you to analyse the data you collect so that you can get the most from the process.

Attending this course will help you to:

- Be able to identify when to choose questionnaires as part of an investigation
- Be aware of the role and limitations of questionnaires as a data collection method
- Understand key points about:
 - Structuring your questionnaire
 - Question wording
- Gain an introduction to approaches to analysing the responses from questionnaires

Suitable for:

The course is designed for anyone interested in developing their skills in designing questionnaires to support research and evaluation projects in community settings.

KSF Dimensions

Covered:

Core 1:2, 2:1, 4:2, 5:1,
6:2

HWB 2:1

G 5:1,

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Evaluation: An Introduction

Remember to book your place by Friday 13th April 2012

Duration

6.5 Hours

Course dates

27th April 2012

Time

10.00 - 4.30pm

Venue

Training Room
St Johns Medical Centre

Organiser

Alfred Banyia

Trainer

Susan Robinson

KSF Dimensions
Covered:

Core 1:2, 2:1, 4:2, 5:1,
6:2
HWB 2:1
G 5:1,

The purpose of this training is to introduce participants to the techniques, issues and approaches in evaluation theory and practice, so that they can apply them to designing evaluations of health promotion activities.

Attending this course will help you to:

- Appreciate current issues surrounding evaluation
- Understand the role and limitations of evaluation
- Be aware of the different models of evaluation and their advantages and disadvantages
- Recognise which evaluation strategy is suitable for which type of project
- Identify the original aims and objectives of a service, project or programme and understand ways to collect data to determine whether intended objectives were achieved
- Capture process learning as well as outcome data
- Understand how to incorporate routine data collection methods into your evaluation design
- Consider strategies to address specific barriers to implementing an evaluation.

Suitable for:

This course is suitable for anyone with a health promotion role working in the community / voluntary or statutory sectors who wants to understand the theory and practice of evaluation.

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Evidence Based Practice for Community Development & Health Promotion

Remember to book your place by Wednesday 26th October 2011

Duration

6.5 Hours

Course dates

Wednesday 9th November
2011

Times

9.30 - 4.00pm

Venue

Health Promotion Room
Waldron Health Centre

Organiser

Alfred Banyá

Trainer

Susan Robinson

This course provides participants with an understanding of the concept of evidence-based practice and how it can be applied to community development or health promotion work.

Attending this course will help you to:

- Understand the concept of evidence-based practice and the issues surrounding it
- Identify different types of evidence and the strengths and limitations of each
- Understand the principles of critical appraisal of evidence
- Be aware of the different sources and repositories of evidence, and know how to access them
- Develop a question and design a plan to answer it using evidence
- Recognise your role in creating, recording and disseminating new evidence.

Suitable for:

This course is suitable for community development or health promotion staff (paid or unpaid) in any capacity who want to understand evidence-based practice and how it can be used to inform their work.

KSF Dimensions

Covered:

Core 1:2, 2:1, 3:3, 5:3,
6:3

HWB 1:3, 4:4,

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Focus Groups: An Introduction

Remember to book your place by Wednesday 30th November 2011

Duration

6.5 Hours

Course dates

Wednesday 14th
December 2011

Times

10.00 - 4.30pm

Venue

Training Room
St Johns Medical Centre

Organiser

Alfred Banyu

Trainer

Susan Robinson

This course is an introduction to the methods involved in organising and conducting focus groups. It covers planning for focus groups, developing questions and moderating focus groups. Issues relating to the analysis of focus group data are explored. The course also provides the opportunity for participants to experience being a member of a focus group, and to share their previous experiences of focus groups.

Attending this course will help you to:

- Identify when to choose focus groups to collect data
- Understand the role and limitations of focus groups
- Efficiently prepare for a focus group
- Develop strategies for moderating focus groups
- Practice being a participant and a moderator
- Gain an appreciation of approaches to analysing the responses from focus groups.

Suitable for:

This course is suitable for anyone who intends to lead focus groups and wishes to improve their knowledge and skills of the method.

KSF Dimensions

Covered:

Core 1:2, 2:1, 4:2, 5:1,
6:2

HWB 2:1

G 5:1.

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Group Work Skills: An Introduction

Remember to book your place by Wednesday 19th October 2011

Duration

Intro session of 2 hours
4 x 1.5hr sessions to follow

Course Session Dates:

Weds 2nd Nov 2011
Weds 16th Nov 2011
Weds 30th Nov 2011
Weds 7th Dec 2011
Weds 8th February 2012

Times

Session 1 - 9.30-11.30
Session 2 - 9.30-11.00
Session 3 - 9.30-11.00
Session 4 - 9.30-11.00
Session 5 - 9.30-11.00

Venue

Deptford Town Hall @
Goldsmiths College, New
Cross

Organiser

Alfred Banyan

Trainer

David Woodger
Senior Lecturer in
Community & Youth Work
Goldsmiths College
(PACE)

This course provides you with underpinning skills and insight into dynamics of groups to work effectively with individuals in diverse groups.

Attending this course will help you to:

- Theory relating to group development
- Strategies to working with group dynamics
- Introduction to a range of group work methods
- Explore anti-discriminatory practice in the group work process
- Group work planning including appropriate methods of evaluating group work.

Suitable for:

As an introductory course it is intended for those who have begun to work with groups and who have not had any group work skills training before. It is ideal for those who run a range of groups in the community or those working with groups of staff.

KSF Dimensions
Covered:

Core: 1:3, 2:3, 4:2, 5:4,
6:4
G 1:3,

Health Promotion: An Overview

Remember to book your place by Thursday 1st March 2012

Duration

4 Hours

Course dates

Thursday 15th March 2012

Times

9.30 - 1.30pm

Venue

Health Promotion Room
Waldron Health Centre
New Cross

Organiser

Alfred Banya

Trainer

Alfred Banya
Jane Miller

This course is an introduction to the theory and practice of health promotion.

Attending this course will help you to:

- Explore definitions and theories of Health and Health Promotion
- Gain an overview of different models and approaches to health promotion

Suitable for:

The course is designed for all health professionals and community workers with a health promotion role who would like to gain a basic understanding of the different approaches to health promotion.

This is an ideal pre-requisite for the introduction to community development for health module.

KSF Dimensions
Covered:

HWB 1: 1.2

This course can be
tailor-made.

Please see page 46
for more details.

Healthy Child Program Training

Remember to book your place by Friday 16th September 2011

Duration

5h 25mins

Course date

1st October 2011

Time

09:45 – 15:10pm

Venue

Waldron Health Centre
New Cross

Organiser

Joy Allen

Trainer

Lyn Burton, Smita
Hanciles, Livia
LaCamera and Joy
Allen

KSF Dimensions
Covered:

Core 1.4, 2.3, 4.2,
5.2, 6.2
HWB1.3, HWB2.3,
HWB4.2, HEB7.1
IK2.2

This session will provide participants with an introduction to themes covered in the Healthy Child Programme. The Healthy Child Programme is a national policy that aims to support the health and development of children & young people and their families from the age of 0-19.

This training session will focus on early years and will provide information on the following topics:

- Routine Childhood Immunisations- Information for Childminders
- Protecting children from second-hand smoke and tobacco harm
- Child Nutrition and Healthy Weight
- Lewisham Healthy Child Initiatives
- Child Accident Prevention

The session is interactive and will take the form of discussion groups and small group activities. Training will be supported by handouts.

Attending this course will help you to:

- Raise awareness of how childminders can support the local immunisation programme.
- Understand how to protect children from second-hand smoke and tobacco harm
- Understand a childminder's important role in supporting children to eat healthily to help prevent rising levels of childhood obesity in Lewisham
- Explain the local initiatives underway in Lewisham to help support families to provide the best nutritional start for their infants and children.
- Demonstrate an understanding of prevention of accidents in the home

The session can also contribute to professional development for anyone with childcare responsibilities, especially those who have a responsibility for managing child safety in their setting.

Suitable for:

- Childminders
- Early Years Staff

A certificate of attendance will be awarded to all those attending the session.

Healthy Eating & Running a Cookery Club: OCN Level 2 Accredited

Remember to book your place by Tuesday 20th December 2011

Duration

12 weeks

Course dates

Tuesday 10th January –
Tuesday 24th April 2012

**(No class during half
term and Lewisham
school holidays)**

Times

10:00 – 13:00

then

10:00 – 14:00 on 17th &
24th April 2012

Venue

The Leemore Centre
Lewisham

Organiser

Gwenda Scott

Trainer

Mel & Meera
Greenwich Community
Development Agency
020 8269 4880

This 12-week course offers participants the opportunity to learn how to set up and run a cookery club. The course is split into 2 units:

Unit One – Healthy Eating

Unit Two – Running a Cookery Club

Attending this course will help you to:

Unit One – Healthy Eating:

- Gain a full understanding of the Eat Well Plate and the 5-a-day message
- Understand the issues around diets high in fat, salt and sugar.
- Make practical recommendations for increasing the use of fruit and vegetables and decreasing the use of fat, salt and sugar
- Learn how to read labels and use this information to make healthier choices
- How to teach others this information

Unit Two – Running a Cookery Club:

- Understand the basic principles of working in groups
- Learn how to present healthy eating information in practical, informative and accessible way
- Learn to plan and deliver a healthy cookery club

Suitable for:

Anyone who has an interest in food / healthy eating and would like to take it further. Anyone in a health promotion role with an interest in promoting healthy eating to groups and individuals. Ideally we would like you to have the aim of running cookery clubs in the Borough of Lewisham.

KSF Dimensions
Covered:

Core 1:2, 2:3, 3:3, 4:3,
5:2, 6:2

HWB 1:2, 1:2, 4:4, 5:1,
G 1:3, 2:2, 5:1, 8:3

Healthy Eating: An Introduction

Remember to book your place two weeks in advance of your chosen course date

Duration

3 Hours

Course Date 1

18th November 2011

Time

09:30 – 12:30

Venue

Health Promotion Room
Waldron Health Centre
New Cross

Course Date 2

13th February 2012

Time

09:30 – 12:30

Venue

Large Meeting Room
Downham Health Centre
Downham

Course Date 3

8th June 2012

Time

13:30 – 16:30

Venue

Training Room
St Johns Medical Centre
Lewisham

Organiser

Gwenda Scott

Trainer

Aliya Porter

KSF Dimensions
Covered:

Core: 1, 2, 4, 6

HWB: 1, 2, 4, 6, 7

IK: 3

G: 1, 2, 5, 7

To develop the participant's knowledge and skills to confidently convey healthy eating messages in the community.

Attending this course will help you to:

- Be able to work within the NHS Lewisham guidelines for groups on healthy eating messages
- Understand and be able to convey the messages of the Eatwell Plate
- Understand and be able to convey the 8 Food Standards Agency steps to a healthier diet
- Practice and critique ways of putting across basic nutrition messages in a creative way – demonstrations, displays, games and quizzes, label reading

Suitable for:

Health promotion practitioners, healthcare assistants, practice nurses, nurses, allied health professionals, pharmacists, local authority staff and health and social care staff working in the community and voluntary sector.

This course can be tailor-made.

Please see page 46 for more details.

Let's Get Moving (LGM) Module One

Remember to book your place two weeks in advance of your chosen course date

Duration

3 Hours

Times

13:00 – 16:00pm

Course Date 1

12th October 2011

Venue

Health Promotion Room
Waldron Health Centre
New Cross

Course Date 2

22nd Feb 2012

Venue

As above

Organiser

Sylvia Curtis

Trainer

John Harkin

Raise awareness about the beneficial effects of physical activity on healthy and unhealthy people alike.

Provide an overview of Let's Get Moving.

Strengthen participant's skills and confidence to assess client's physical activity levels and to guide people towards becoming more active.

Attending this course will help you to:

- Be aware of the key methodological principles in delivering Let's Get Moving
- Understand the Chief Medical Officer's current recommendations for physical activity
- Be aware of the barriers to participation in physical activity
- Know how to use the General Practitioner Physical Activity Questionnaire (GPPAQ) to screen patients for the risk factor of physical activity
- Be able to raise the issue of physical inactivity in a way that minimises patient defensiveness
- Be aware of the National Institute for Health and Clinical Excellence (NICE guidance) on behaviour change and motivational interviewing.

Suitable for:

The half day Let's Get Moving (LGM) Module 1 Training in December 2010 is suitable for local professionals who wish to:

- develop their physical activity knowledge
- gain an understanding of the LGM programme & protocols and how it may be employed to support clinical practice
- develop practical skills in assessing physical activity levels and guiding patients towards becoming more active

KSF Dimensions
Covered:

Core: 1, 2, 4, 6
HWB: 1, 2, 4, 6, 7
IK: 3
G: 1, 2, 5, 7

Let's leave it till later! - Practical Strategies for Supporting Young People to Delay Early Sex

Remember to book your place by Thursday 10th November 2011

Duration

14 Hours

Course Session dates

Thursday 24th November
Friday 25th November

Times

9.30 - 4.30pm

Venue

Waldron Health Centre

Organiser

Chris Baguma

Trainer

Rosie Jackson

This course aims to equip those working in the field of sexual health provision, personal, social and health education (PSHE) or sex and relationships education (SRE) with understanding and skills to help young people delay early sex, until they feel ready to make a positive and informed choice.

Attending this course will help you to:

- Look at the causes and effects of early sex and current research findings.
- Understand the role played by media and peer pressure in early sex.
- Explore a range of practical ways of working with young people to help them make positive and healthy decisions for themselves.
- Gain skills to hand on to young people in how to say "no" and resist pressure.
- Focus on alternatives to having sex.
- Consider the role played by friendships and supportive adults in supporting delay.
- Share methodologies and insights drawn from our own experiences
- Consider and clarify the values we bring to this work.
- Plan ways to implement the course learning in practice and how to present and develop this work with young people.

Suitable for:

This course is for teenage pregnancy workers, sexual health providers, SRE/PSHE teachers and support workers, school nurses, youth and community workers, Connexions staff and PA's social workers, residential home and key workers, Health trainers and community volunteers.

KSF Dimensions
Covered:

Core: 1.3, 2.3, 4.2
5.4, 6.4

G1: 2 and G7: 1

HWB1: 2 HWB4: 3

HWB7:1

Remember to book your place by Tuesday 27th September 2011

Duration

2 days

Course session dates:

Tuesday 11th and
Wednesday 12th October
2011

Times

9.00 - 4.30pm

Venue

Suite 11 R3.015
Waldron Health Centre
New Cross

Organiser

Ruth Hutt

Trainer

Nicole Pickett

KSF Dimensions
Covered:

Core 1
HWB3
HWB4

Mental Health First Aid equips participants with the skills and knowledge to provide initial support to individuals experiencing mental health problems and guide them towards appropriate professional help.

The aims of the course are to enable participants:

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problems developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

Attending this course will help you to:

- Feel confident in supporting individuals with mental health problems
- Understand what is meant by mental health and mental illness
- Be aware of the signs and symptoms of various common mental health problems including anxiety and depression
- Understand the range of effective interventions and treatments
- Know how to access professional help and support

Suitable for:

This course is suitable for anyone working with individuals who may have mental health problems and needs confidence to help support these individuals. The course is run over two days and a commitment will need to be made to attend both days.

Motivational Interviewing Skills: For physical activity and cardiovascular health

Remember to book your place by Thursday 20th October 2011

Duration

1.5 days over 3 half days

Course Session Dates:

Thursday 3rd November
Thursday 17th November
Thursday 1st December
2011

Times

13:00 - 16.30pm

Venue

Health Promotion Room
Waldron Health Centre
New Cross

Organiser

Sylvia Curtis

Trainer

Dr Tim Anstiss
Academy for Health
Coaching

To support the health practitioner and other professionals, in using a more comprehensive approach to guiding and supporting an individual in changing their behaviour – utilizing motivational interviewing tools and strategies.

Attending this course will help you to:

- Explore working with a wide variety of behaviours, for example physical activity, healthy eating and smoking cessation.
- Identify the key elements of Motivational interviewing including the spirit, principles, skills and strategies.
- Demonstrate effective use of a motivational interviewing (MI) based brief intervention to help patients become more active.
- Develop a change plan and negotiate health behaviour change with the client.
- Explain the importance of helping patients to become more active
- To demonstrate through practice the benefits of the tools and strategies which help make motivational interviewing such a successful approach.

Suitable for:

This course is for Health Care Practitioners involved in the NHS Health Check programme and those with a health promotion role who wish to motivate clients to explore and resolve issues relating to health behaviour change.

KSF Dimensions
Covered:

Core: 1, 2, 4, 6
HWB: 1, 2, 4, 6, 7
IK: 3
G: 1. 2. 5. 7

NHS Health Checks & CVD Risk Assessment: Advanced

Remember to book your place two weeks in advance of your chosen course date

Duration

6 Hours

Time

9.30 - 3.30pm

Course date

Wednesday 5th October
2011

Venue

Suite 11 R3.015
Waldron Health Centre
New Cross

Course date

8th February 2012

Venue

Training Room
St John's Medical centre,
Lewisham

Organiser

Frances Fuller

Trainer

Michaela Nuttall

To develop the participant's knowledge and skills to confidently undertake cardiovascular disease risk assessment of your clients.

Attending this course will help you to:

- Understand the atheroma process
- Understand the concept of Cardiovascular Risk
- Identify individuals at risk of developing cardiovascular disease
- Undertake risk assessment using risk predictor tools
- Communicate of risk to individuals
- Identify motivational approaches to support individuals' in managing their CVD risks
- Be aware of latest National Guidance

Suitable for:

Health promotion practitioners, healthcare assistants, practice nurses, nurses, allied health professionals, pharmacists, local authority staff and health and social care staff working in the community.

KSF Dimensions
Covered:

Core: 1, 2, 4, 6
HWB: 1, 2, 4, 6, 7
IK: 3
G: 1, 2, 5, 7

Please note: If you're interested in this course then you might also be interested in Motivational Interviewing and/ or Adult Weight Management

**This course can be
tailor-made.**

**Please see page 46
for more details.**

NHS Health Check & CVD Risk Assessment: An Introduction

Remember to book your place two weeks in advance of your chosen course date

Duration
3 Hours

Course Date 1
Monday 12th Sept 2011

Time
9.30 - 12.30pm

Venue
Health Promotion Room
Waldron Health Centre
New Cross

Course Date 2
Monday 13th February
2011

Time
13:00 – 16:00PM

Venue
Large Meeting Room
Downham Health Centre

Course Date 3
Friday 8th June 2012

Time
09:30 – 12:30

Venue
Training Room
St. Johns Medical Centre

Organiser
Frances Fuller

Trainer
Aliya Porter

To develop the participant's knowledge and skills to confidently undertake NHS Health Checks with support in community settings.

Attending this course will help you to:

- Learn the basics of what vascular diseases are
- Learn about the risk factors for vascular diseases
- Learn about what is meant by cardiovascular risk and the importance of the NHS Health Check
- Learn how to conduct a health check in the community
- Learn about how to give basic lifestyle advice

This course will not cover blood pressure, cholesterol or glucose measurements. Additional training would be required to undertake this part of the NHS Health Check.

Suitable for:

Health promotion practitioners, healthcare assistants, practice nurses, nurses, allied health professionals, pharmacists, local authority staff and health and social care staff working in the community, exercise instructors and community groups.

Please note: If you're interested in this course then you might also be interested in Motivational Interviewing and/ or Adult Weight Management

KSF Dimensions
Covered:

Core: 1, 2, 4, 6
HWB: 1, 2, 4, 6, 7
IK: 3
G: 1, 2, 5, 7

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Promoting Healthy Weight in Children

THIS COURSE IS TAILOR-MADE ONLY – Please contact Miranda on details below

Duration

3 hours or One day

Date

By request

Venue

By request

For more information on bookings go to

www.wmc.uk.com/lewisham

or

contact Miranda on
020 8417 0078
or via email at
Miranda@wmc.uk.com

KSF Dimensions
Covered:

Core 1:4, 2:3, 4:2, 5:2,
6:2

HWB 1:3, 2:3, 4:2, 7:1
IK 2:2

To provide an introduction to the issue of healthy weight and obesity in children and young people. The course will be an opportunity to learn about causes and effects of obesity, explore attitudes and understand the key messages. You will also have the opportunity to learn about what is happening locally and what role you can play in your area of work.

Attending this course will help you to:

The following training is available:

Brief Intervention (3 Hours):

To help you gain the confidence to raise the issue of weight and provide general advice on appropriate lifestyle changes

Childhood Weight Management (1 Day):

To help you provide a more in-depth assessment and offer structured healthy eating and activity advice

Suitable for:

This course is suitable for anyone working with children and young people such as teachers and teaching assistants, children's centre staff, early years practitioners, health visitors and nursery nurses, school nurses, practice nurses, outreach and support workers, fitness instructors, sport coaches, youth workers, health trainers, voluntary workers. People working with looked after children, Connexions staff and PA's, social workers, residential home and key workers.

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Protecting Children from Tobacco Harm

THIS COURSE IS TAILOR-MADE ONLY – Please use Expression of Interest Form

Duration

4 Hours

Course dates

By Request

Times

By Request

Venue

By Request

Organiser

Lyn Burton

Trainer

TBC depending on needs

KSF Dimensions
Covered:

C1 3, C2 2, C3 1,
C4 2
HWB1 1, HWB3 2,
HWB4 3,
IK3 1
G1 2

To protect babies and children from tobacco harm

Attending this course will help you to:

- Understand what is in tobacco smoke
- Understand what is second-hand smoke (SHS)
- Learn how SHS affects children's health
- Learn how to protect children from second-hand smoke
- Understand which children are most at risk of taking up smoking
- Look at the link between smoking and health inequalities

Suitable for:

- All staff who work with children and families
- Children's centre staff
- Childminders
- Nurses
- Health visitors
- Community development workers
- Health promotion staff
- All staff who visit clients in their own homes

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Reducing the Number of Young People Recruited to Start Smoking

THIS COURSE IS TAILOR-MADE ONLY – Please use Expression of Interest Form

Duration

1 day or half day

Course dates

By request

Organiser

Lyn Burton

Trainer

TBC depending on needs of group

KSF Dimensions Covered:

C1 3, C2 2, C3 1, C4 2
HWB1 1, HWB3 2,
HWB4 3,
IK3 1
G1 2

To reduce the number of young people recruited to start smoking.

Attending this course will help you to:

- Understand what's in a cigarette
- Learn how smoking affects health
- See who is most at risk of taking up smoking
- See how the tobacco industry recruits new smokers
- Understand how the tobacco industry market their products to targeted groups
- Learn how the tobacco industry impacts on developing economies
- See how to involve young people as peer educators/ advocates

Suitable for:

- All staff who work with children and families
- All staff who work with young people
- Leisure and sports staff
- Community development workers
- Health promotion staff

This course can be tailor-made.

Please see page 46 for more details.

Stop Smoking Advisor Training

Remember to book your place by Tuesday 25th October 2011

Duration

2 days

Course Session Dates:

Tuesday 8th & Wednesday
9th November 2011

Times

9.30 - 4.30pm

Venue

Waldron Health Centre

Organiser

Lewisham Healthcare NHS
Trust

Trainer

Alison Hooper
Lewisham Stop Smoking
Service

KSF Dimensions
Covered:

Core 1:4, 2:3, 3:1, 4:4,
5:2, 6:2

HWB 1:1 2:3, 3:2, 4:3,
7:2

IK 1:1, 2:1, 3:1

Organised by the Lewisham Stop Smoking Service this course aims to equip health and community staff to offer one to one advice sessions to support workers who want to stop smoking

This two day training includes presentations and discussions on:

- Smoking as nicotine addiction
- How stop smoking medication can help
- Using a carbon monoxide monitor
- Offering smokers advice on preparing to quit, coping with withdrawal, encouragement to keep going and managing a weight plan
- Facts and figures about smoking and health
- The network of advisors in Lewisham and range of local services
- Data return, recording achievement and assisting with targets
- Motivational interviewing

Suitable for:

This course is suitable for practice nurses and health care assistants; community based staff who work with health projects; Pharmacists and other pharmacy staff; Hospital based health staff; Community development and Youth Workers; Health Promotion staff; those based in sports & Leisure Services

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Walking for Health - Walk Leader Training

Remember to book your place two weeks in advance of your chosen course date

Duration

6 Hours or 4.5 Hours

Time

10.00 - 4.00pm

Course Date 1

Wednesday 28th Sept 2011

Venue

Owen Centre, University
Hospital Lewisham

Short Course Date:

Thursday 1st March 2012

Time

09:30 – 14:00

Venue

Owen Centre, University
Hospital Lewisham

Organiser

Lewisham Healthcare NHS
Trust

Trainer

Jenny Budd

KSF Dimensions
Covered:

Core: 2.2, 3.2
HWB: 1.1, 1.2

Organised by Lewisham Healthcare NHS Trust the aim of this course is to train walk leaders who can lead safe and enjoyable walking sessions for people of all ages and abilities and who can motivate people to walk more in their daily lives.

Attending this course will help you to:

- Outline the main benefits to be gained by regular walking
- Organise and lead a walking session
- Outline the role of a walk leader at the start, during and at the end of a 'Health Walk'
- Recognise potential safety hazards
- Advise on practical issues such as intensity, frequency, posture and clothing
- Outline the essential qualities of a good walk leader

Suitable for:

This course is suitable for anyone who wants to join our team of volunteer walk leaders or who wants to include a walking programme in their own organisations' activities.

A shortened course is available for health professionals, exercise instructors and others with relevant knowledge and skills. Participants who have done 'Let's Get Moving' module 1 are able to join the shortened course.

**This course can be
tailor-made.**

**Please see page 46
for more details.**

Women's Cancer Screening: An Introduction

THIS COURSE IS TAILOR-MADE ONLY – Please use Expression of Interest Form

Duration

5.5 Hours

Time

9.30 - 3.00pm

Date

By Request

Venue

By Request

Organiser

Zoë Wright

Trainer

Zoë Wright

KSF Dimensions
Covered:

C2, C4, C5 & C6
HWB1 & 4
IK3
G1

This course introduces the National Breast and Cervical Cancer Screening Programmes. The Cervical Cancer Screening Programme targets women aged 25/64yrs and the Breast Screening Programme invites women aged 50-70. It aims to raise awareness and knowledge of breast and cervical cancer screening and enable participants to motivate clients to live a healthy lifestyle.

Attending this course will help you to:

- Explore how to be breast & body aware
- Label the anatomy of breast and cervix
- Explain what to do if you find an unusual breast change
- Describe the breast & cervical cancer screening process
- Understand the importance of attending cancer screening appointments and identify some of the potential barriers/health inequalities that prevent women from attending screening
- Identify the main risk factors associated with breast and cervical cancer

Suitable for:

- Health promotion specialists
- Nurses
- GP's, GP Receptionists, Practice Nurses
- PCT, and local authority staff working especially those working with women, carers, learning disability, mental health etc.
- Community workers

This course can be
tailor-made.

Please see page 46
for more details.

Young Peoples Sexual Health & Sexually Transmitted Infections: An Introduction

Remember to book your place two weeks in advance of your chosen course date

Duration

4 Hours

Time

9.30 - 1.30pm

Venue

Waldron Health Centre

Course Date 1

Tuesday 6th December 2011

Course Date 2

Tuesday 6th March 2012

Organiser

Chris Baguma

Trainer

Rosie Jackson

KSF Dimensions Covered:

Core: 1.3, 2.3, 4.2, 5.2, 6.2
HWB1.2
HWB4.3, HWB7
G1.2, G7.1

This course is an introduction to sexual health issues facing young people, ways of communicating messages and promoting good sexual health.

The course explores different ways of getting information on sexually transmitted infections (and how to avoid them) across to young people.

This course is designed for all health professionals and volunteers who work directly or indirectly with young people up to the age of 25 to promote sexual well being.

Attending this course will help you to:

- Look at what defines sexual health and how it fits into everyday life
- Understand links between sex, relationships and sexual diversity
- Identify local and national guidelines on sexual health promotion
- Look at a brief overview of local epidemiology
- Explore some of the myths and stigmas surrounding the subject
- Develop methods of communicating to young people about sexual health
- Describe some signs, symptoms treatments and preventions
- Understand how, where and when to signpost.

Suitable for:

Anyone who works with young people e.g. nurses, youth and community workers, including volunteers.

6 Venue Information for Health Promotion Training

1. **Waldron Health Centre** (Suite 11 R3.015 & Health promotion Training Room)
Stanley Street
New Cross, SE8 4BG
Tel: 020 3049 3400
2. **Downham Health Centre** (Large Meeting Room)
7 – 9 Moorside Road
Downham, BR1 5EP
Tel: 020 3049 2030
3. **Marvels Lane** (Training Room)
37 Marvels Lane
Grove Park, SE12 9PN
Tel: 020 3049 2660
4. **St John's Medical Centre** (Training Room)
56 – 60 Loampit Hill
Lewisham, SE13 7SX
Tel: 020 8692 1354
5. **Hatcham Oak Early Childhood Centre**
29 Wallbutton Road
Brockley, SE4 2NX
Tel: 020 7740 9820
6. **Goldsmiths College, University of London**
Lewisham Way
New Cross, SE14 6NW
Tel: 020 7919 7171
7. **The Leemore Centre**
29 – 39 Clarendon Rise
Lewisham, SE13 5ES
Tel: 020 8318 5900
8. **Owen Centre - University Hospital Lewisham**
Lewisham High Street
Lewisham, SE13 6LH
Tel: 020 8333 3000

7 Calendar of Courses

Date	Course Title
September 2011	NHS Health Checks & CVD Risk Assessment: An Introduction Walking for Health – Walk Leaders Training
October 2011	Basic Drug Awareness Child Accident Prevention & Risk Management CVD Risk Assessment for NHS Health Checks Healthy Child Training Program Let's Get Moving – Module One Mental Health First Aid
November 2011	Basic Alcohol Awareness Bowel Cancer Screening Condom Skills for Young people – Do they come in half sizes? Evidence-based Practice for Community Development & Health Promotion Healthy Eating: An Introduction Community Development for Health Group Work Skills: An Introduction (5 Sessions) Let's Leave it til later! – Practical Strategies for Supporting Young People to Delay Early Sex Motivational Interviewing (3 Sessions) Stop Smoking Advisor Training (2 Day)
December 2011	Focus groups: An Introduction Young Peoples Sexual Health & Sexually Transmitted Infections: An Introduction
January 2012	Adult Wight Management for Practice Nurses Bowel Cancer Screening: An Introduction Designing & Using Questionnaires: An Introduction Healthy Eating & Running A Cookery Club: OCN Level 2 Accredited (12 Weeks)
February 2012	Basic Alcohol Awareness Condom Skills for Young People – Do they come in half sizes? CVD Risk Assessment for NHS Health Checks Healthy Eating: An Introduction Children's Nutrition (ages 1-11): An introduction NHS Health Checks & CVD Risk Assessment: An Introduction Let's Get Moving – Module One
March 2012	Adult Weight Management Bowel Cancer Screening: An Introduction Health Promotion: An Overview Walking for Health – Walk Leader training Young Peoples Sexual health & Sexually transmitted Infections: An Introduction
April 2012	Evaluation: An Introduction
May 2012	Bowel Cancer Screening: An Introduction Stop Smoking Advisor Training (2 Day Course)
June 2012	Healthy Eating: An Introduction Children's Nutrition (Ages 1-11): An Introduction NHS Health Checks & Risk Assessment: An Introduction

8 Application Form for NHS Lewisham Health Promotion Training courses

First name:

Surname: Title:

Job Title:

Work Address:.....

..... Post Code:

Email:

Tel. Contact No. 1:

Tel. Contact No. 2:

In which borough do you work?

Lewisham

Other (please specify).....

Who employs you? (Please tick one)

NHS General Practice

NHS South East London Cluster

NHS Lewisham BSU

Lewisham Healthcare NHS Trust

NHS SLAM

Local Authority

Voluntary Sector

Other (Please specify)

Course Title:

.....

Course Date and Location:

.....

Please complete one form per course and email to:

lorna.jonastinson@nhs.net

Alternatively post to:

**FAO Business Manager
Lewisham Public Health
Promotion Training
3rd Floor
Laurence House
London
SE6 4RU**

Or Fax: 020 7206 3285

Please ensure you read the booking conditions on page 6 thoroughly before applying for any courses.

Please note if you fail to attend a training course without providing 48 hours notice, prior to the course starting, you will be charged the course fee for each day of training missed.

Reason for attending:

.....
.....

Do you have any special requirements? (e.g. dietary, wheelchair access, mobility, hearing, sight)

.....

How did you hear about this course? (Please tick one)

Brochure Leaflet Manager Colleague Website

Other (please specify)

Ethnic Monitoring (Please circle as appropriate)

White:	British	Irish	Any other White background	
Mixed:	White and Black Caribbean	White and Asian	White and Black African	Any other mixed background
Asian or British Asian:	Indian	Pakistan	Bangladeshi	Any other Asian background
Black or Black British:	Caribbean	African	Any other Black background	
Other ethnic categories:	Chinese	Any other ethnic category		Prefer not to state

Name of Manager: Job Title:

Manager's location: Tel no:

By ticking this box, I confirm that I have read and accept the booking conditions.

9 Expression of Interest Form for Tailor-made Training

What is the name of your group or organisation?

.....

In which borough is your group or organisation located? (please tick all that apply)

- Lewisham Other (please specify)

.....

Course / Topics of Interest:

- Adult Weight Management
- Basic Alcohol Awareness
- Basic Stop Smoking Awareness
- Cancer Screening Awareness (Bowel, Breast & Cervical)
- Condom Skills for Young People – Do they come in half sizes?
- Healthy Eating
- HIV Awareness
- Introduction to Community Development for Health
- Introduction to Health Promotion
- Introduction to Research Methods
- Involving young people in reducing tobacco harm
- NHS Health Checks & CVD Risk Assessment
- NHS Health Check – Physical Activity Pathway
- Protecting Children from Tobacco Harm
- Stop Smoking Advisor Training
- Walk Leader Training

Please complete this form and email to:

lorna.jonastinson@nhs.net

Alternatively post to:

**FAO Business Manager
Lewisham Public Health
Promotion Training
3rd Floor
Laurence House
London
SE6 4RU**

Or Fax: 020 7206 3285

Please ensure you have read the booking conditions on page 47

OTHER (please identify):.....

Please provide approximate dates of when you would like the training to be delivered (as much detail as possible):

.....

Who are the main participants of your group / organisation?

.....

.....

How many participants to you expect to attend the training?

PAGE 1 of 2



Do participants of the group have any special access / training requirements?
(e.g. Wheelchair access, mobility, hearing, sight etc)

.....

How did you hear about this opportunity? (please tick one)

Brochure Leaflet Manager Colleague Website

Other (please specify)

.....

ABOUT YOU:

Name:

Job title:.....

Email address:

Phone Number:

Expression of Interest Conditions:

Please read through the following carefully before applying:

- The form is an expression of interest and the relevant course organiser will be in contact with you on receipt of the form (preferably by email)
- Training courses will be organised together with you in order to meet your needs and to improve quality of health promotion activity in Lewisham
- Responsibility to find a suitable venue in which to host the training falls to the group or organisation completing the expression of interest*
- An agreement will be signed by you and the course organiser once training content and dates have been agreed and confirmed
- Participants of any training delivered will need to complete a booking form and course evaluation for monitoring purposes
- Only participants attending the full duration of the course will receive an attendance certificate
- Training is free of charge to existing groups, however please note that your organisation/group will be charged should there not be the agreed minimum number of participants present on confirmed dates (£60 per person who does not attend)

*if you are unable to find a suitable venue please inform the course organiser who will then try and locate a suitable venue within NHS premises on your behalf

10 Knowledge and Skills Framework Outcomes

DIMENSIONS	LEVEL DESCRIPTORS			
Core	1	2	3	4
1. Communication	Communicate with a limited range of people on day-to-day matters	Communicate with a range of people on a range of matters	Develop and maintain communication with people about difficult matters and/or in difficult situations	Develop and maintain communication with people on complex matters, issues and ideas and/or in complex situations
2. Personal and people development	Contribute to own personal development	Develop own skills and knowledge and provide information to others to help their development	Develop oneself and contribute to the development of others	Develop oneself and others in areas of practice
3. Health, safety and security	Assist in maintaining own and others' health, safety and security	Monitor and maintain health, safety and security of self and others	Promote, monitor and maintain best practice in health, safety and security	Maintain and develop an environment and culture that improves health, safety and security
4. Service improvement	Make changes in own practice and offer suggestions for improving services	Contribute to the improvement of services	Appraise, interpret and apply suggestions, recommendations and directives to improve services	Work in partnership with others to develop, take forward and evaluate direction, policies and strategies
5. Quality	Maintain the quality of own work	Maintain quality in own work and encourage others to do so	Contribute to improving quality	Develop a culture that improves quality
6. Equality and diversity	Act in ways that support equality and value diversity	Support equality and value diversity	Promote equality and value diversity	Develop a culture that promotes equality and values diversity

DIMENSIONS	LEVEL DESCRIPTORS			
Health & Wellbeing	1	2	3	4
HWB1 Promotion of health and wellbeing and prevention of adverse effects on health and wellbeing	Contribute to promoting health and wellbeing and preventing adverse effects on health and wellbeing	Plan, develop and implement approaches to promote health and wellbeing and prevent adverse effects on health and wellbeing	Plan, develop, implement and evaluate programmes to promote health and wellbeing and prevent adverse effects on health and wellbeing	Promote health and wellbeing and prevent adverse effects on health and wellbeing through contributing to the development, implementation and evaluation of related policies
HWB2 Assessment and care planning to meet health and wellbeing needs	Assist in the assessment of people's health and wellbeing needs	Contribute to assessing health and wellbeing needs and planning how to meet those needs	Assess health and wellbeing needs and develop, monitor and review care plans to meet specific needs	Assess complex health and wellbeing needs and develop, monitor and review care plans to meet those needs
HWB3 Protection of health and wellbeing	Recognise and report situations where there might be a need for protection	Contribute to protecting people at risk	Implement aspects of a protection plan and review its effectiveness	Develop and lead on the implementation of an overall protection plan
HWB4 Enablement to address health and wellbeing needs	Help people meet daily health and wellbeing needs	Enable people to meet ongoing health and wellbeing needs	Enable people to address specific needs in relation to health and wellbeing	Empower people to realise and maintain their potential in relation to health and wellbeing

HWB5 Provision of care to meet health and wellbeing needs	Undertake care activities to meet individuals' health and wellbeing needs	Undertake care activities to meet the health and wellbeing needs of individuals with a greater degree of dependency	Plan, deliver and evaluate care to meet people's health and wellbeing needs	Plan, deliver and evaluate care to address people's complex health and wellbeing needs
HWB6 Assessment and treatment planning	Undertake tasks related to the assessment of physiological and/or psychological functioning	Contribute to the assessment of physiological and/or psychological functioning	Assess physiological and/or psychological functioning and develop, monitor and review related treatment plans	Assess physiological and/or psychological functioning when there are complex and/or undifferentiated abnormalities, diseases and disorders and develop, monitor and review related treatment plans
HWB7 Interventions and treatments	Assist in providing interventions and/or treatments	Contribute to planning, delivering and monitoring interventions and/or treatments	Plan, deliver and evaluate interventions and/or treatments	Plan, deliver and evaluate interventions and/or treatments when there are complex issues and/or serious illness
HWB8 Biomedical investigation and intervention	Undertake tasks to support biomedical investigations and/or interventions	Undertake and report on routine biomedical investigations and / or interventions	Plan, undertake, evaluate and report biomedical investigations and / or interventions	Plan, undertake, evaluate and report complex/unusual biomedical investigations and / or interventions
HWB9 Equipment and devices to meet health and wellbeing needs	Assist in the production and/or adaptation of equipment and devices	Produce and/or adapt equipment and devices to set requirements	Design, produce and adapt equipment and devices	Design, produce and adapt complex/unusual equipment and devices
HWB10 Products to meet health and wellbeing needs	Prepare simple products and ingredients	Prepare and supply routine products	Prepare and supply specialised products	Support, monitor and control the supply of products

DIMENSIONS	LEVEL DESCRIPTORS			
	1	2	3	4
INFORMATION AND KNOWLEDGE				
IK1 Information processing	Input, store and provide data and information	Modify, structure, maintain and present data and information	Monitor the processing of data and information	Develop and modify data and information management models and processes
IK2 Information collection and analysis	Collect, collate and report routine and simple data and information	Gather, analyse and report a limited range of data and information	Gather, analyse, interpret and present extensive and / or complex data and information	Plan, develop and evaluate methods and processes for gathering, analysing, interpreting and presenting data and information

DIMENSIONS	LEVEL DESCRIPTORS			
IK3 Knowledge and information resources	Access, appraise and apply knowledge and information	Maintain knowledge and information resources and help others to access and use them	Organise knowledge and information resources and provide information to meet needs	Develop the acquisition, organisation, provision and use of knowledge and information

DIMENSIONS	LEVEL DESCRIPTORS			
General	1	2	3	4
G1 Learning and development	Assist with learning and development activities	Enable people to learn and develop	Plan, deliver and review interventions to enable people to learn and develop	Design, plan, implement and evaluate learning and development programmes
G2 Development and innovation	Appraise concepts, models, methods, practices, products and equipment developed by others	Contribute to developing, testing and reviewing new concepts, models, methods, practices, products and equipment	Test and review new concepts, models, methods, practices, products and equipment	Develop new and innovative concepts, models, methods, practices, products and equipment
G3 Procurement and commissioning	Monitor, order and check supplies of goods and/or services	Assist in commissioning, procuring and monitoring goods and/or services	Commission and procure products, equipment, services, systems and facilities	Develop, review and improve commissioning and procurement systems
G4 Financial management	Monitor expenditure	Coordinate and monitor the use of financial resources	Coordinate, monitor and review the use of financial resources	Plan, implement, monitor and review the acquisition, allocation and management of financial resources
G5 Services and project management	Assist with the organisation of services and/or projects	Organise specific aspects of services and/or projects	Prioritise and manage the ongoing work of services and/or projects	Plan, coordinate and monitor the delivery of services and/or projects
G6 People management	Supervise people's work	Plan, allocate and supervise the work of a team	Coordinate and delegate work and review people's performance	Plan, develop, monitor and review the recruitment, deployment and management of people
G7 Capacity and capability	Sustain capacity and capability	Facilitate the development of capacity and capability	Contribute to developing and sustaining capacity and capability	Work in partnership with others to develop and sustain capacity and capability
G8 Public relations and marketing	Assist with public relations and marketing activities	Undertake public relations and marketing activities	Market and promote a service / organisation	Plan, develop, monitor and review public relations and marketing for a service / organisation