Specialist Health Improvement Service

Training Programme
2016 - 2017

For general enquires please contact;
Specialist Health Improvement Service
Northumbria Healthcare NHS Foundation Trust
Epsom Drive
Ashington
Northumberland
NE63 8BD

Tel: 01670 811972
Fax: 01670 816796
Hlthimpr.training@nhct.nhs.uk

Northumbria Healthcare
NHS Foundation Trust
Community Services Business Unit
About us

We are a Specialist Health Improvement Service working within the county of Northumberland. Our focus is on providing specialist health promotion support and training to local organisations and individuals in order to reduce health inequalities and improve the health and wellbeing of those living and working within Northumberland. We have many years of experience in providing a Specialist Health Improvement Service and are the leading provider within Northumberland.

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

We offer specialist health improvement training and our service also provides a health trainer service that offers support and advice to people who wish to make healthy lifestyle changes; ie: healthy eating, stopping smoking, reducing alcohol intake and increasing exercise. You can find out more about this service on our webpage: https://www.northumbria.nhs.uk/our-services/healthy-living/ or by ringing 01670 811972.

We also have a resource centre which can be accessed by people living and working within Northumberland, this offers a range of health improvement information, advice and resources on a variety of topics including accident prevention, alcohol, stop smoking, sexual health and leading a healthy lifestyle. Professionals working within Northumberland can order health promotion leaflets and posters free of charge and also have access to other resources and equipment available to loan such as teaching packs, films, nutrition games and stop smoking resources. You can find out more about the resource centre on our webpage: www.northumbria.nhs.uk/looking-after-yourself/resources or by ringing 01670 840892.

Training Methods and Venues

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

How to Apply

You can apply for training by emailing application forms to: hlthimpr.training@nhct.nhs.uk or faxing to 01670 816796. For further information about courses you can contact the trainer directly (see individual flyers for details) or by ringing our administration team on 01670 811972.

Costs

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

Cancellations

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

Evaluations and Feedback

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

Accessibility

We aim to ensure that our training courses are accessible to everyone and If you have any specific training requirements, eg: accessibility, alternative formats, etc please indicate this on your application form or contact us on 01670 811972 for any queries.
## Specialist Health Improvement Service Team Lead Biographies

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

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

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

### Mental Health
- Basic Suicide Awareness Training
- Mental Health First Aid

### Sexual Health / Healthy Relationships
- Boys and Young Men: Sexual Health & Healthy Relationships
- C Card Training
- Fantasy vs. Reality: Sexualised Media & Healthy Relationships
- Girls and Young Women: Sexual Health & Healthy Relationships
- Introduction to Sexual Health Training
- Supporting Northumberland Foster Parents to talk about growing up
Health Improvement Department

Basic Drug Awareness

Training overview:

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

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

Learning Outcomes:

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

Is this Training for Me?

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

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

Lead Facilitator Details:

Tim Holmes, Health Improvement Specialist. Telephone (01670) 784181

Cost:

Free to those living and/or working in Northumberland

<table>
<thead>
<tr>
<th>Date/times</th>
<th>Venue</th>
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</table>
| Wednesday 25th May 2016 2.15 pm – 5.30 pm | Education Centre  
Wansbeck General Hospital  
Ashington  
NE63 9JJ |
| Wednesday 16th November 2016 1.00 pm – 4.30 pm | 
Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service  
Northumbria Healthcare NHS Trust  
Epsom Drive  
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Northumberland  
NE63 8BD

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Health Improvement Department

Cancer Prevention/Awareness

Training overview:
One to two hour tool box talks covering cancers; including signs & symptoms and prevention. Toolbox talks offered on:
- How to reduce your cancer risk – lifestyle changes you can make to reduce your cancer risk.
- Breast Cancer Awareness
- Prostate Cancer Awareness
- Bowel Cancer Awareness
- Bladder and Kidney Cancer Awareness
- Lung Cancer
- Skin Cancer Awareness

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

Is this Training for Me?
This training is aimed at those who have an interest in gaining awareness of the signs and symptom of cancer and how lifestyle choices can affect your cancer risk.
To attend this course you must also either be living or working within Northumberland.

Lead Facilitator Details:
Stephanie Edwards, Health Improvement Specialist. Telephone (01670) 532004

Cost:
Free to those living and/or working in Northumberland

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<thead>
<tr>
<th>Date/times</th>
<th>Venue</th>
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</table>
| How to reduce your cancer risk sessions | Meeting Room 2  
Thursday 6th October 2016 : 9.00 am – 11.00 am  
Wednesday 22nd February 2017 : 3.00 pm – 4.30 pm  
Epsom Drive  
Ashington  
Northumberland NE63 8BD |

<table>
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<tr>
<th>Date/times</th>
<th>Venue</th>
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| Breast cancer awareness session      | Epsom Drive  
Thursday 15th March 2017 : 2.00 pm – 3.30 pm  
Ashington  
Northumberland NE63 8BD |

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

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**Health Improvement Department**

**Child Safety and Accident Prevention Training**

**Training overview:**

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

‘Everyone who works with children should go on this training.’

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

**Learning Outcomes:**

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

**Is this Training for Me?**

This training is aimed at front line professionals who have individual/group contact with parents/carers and who wish to raise awareness of injury hazards as well as promote prevention measures that reduce the risk of injury, disability or death.

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

**Lead Facilitator Details:**

Janette Wood, Health Improvement Practitioner. Telephone (01670) 532014

**Cost:**

Free to those living and/or working in Northumberland

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<tr>
<th>Date/times</th>
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<tr>
<td>Thursday 8th December 2016</td>
<td>Blyth Rugby &amp; Cricket Club</td>
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<tr>
<td>1.00 pm – 4.00 pm</td>
<td>Plessey Road</td>
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<td>Blyth</td>
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<td>Northumberland    NE24 3LE</td>
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Dementia Awareness Training

Training overview:

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

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

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

Learning Outcomes:

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

Is this Training for Me?

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

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

Lead Facilitator Details:

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

Cost:

Free to those living and/or working in Northumberland

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<tr>
<th>Date/times</th>
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<tr>
<td>Tuesday 12\textsuperscript{th} April 2016 10.00 am – 12.00 noon</td>
<td>Blyth Rugby &amp; Cricket Club Plessey Road Blyth NE24 3LE</td>
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<tr>
<td>Wednesday 29\textsuperscript{th} June 2016 10.00 am – 12.00 noon</td>
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# Health Improvement Department

## Every Contact a Health Promoting Contact

### Training overview:

A 2 hour training session about basic health promoting skills and when to use them. Information about giving brief information or brief advice

### Learning Outcomes:

- A brief understanding of Health Promotion
- Be able to identify opportunities to promote healthy messages / brief advice
- Be aware of signposting opportunities

### Is this Training for Me?

This training is aimed at those who work with the public and wish to understand how they can engage with people on raising the issue of healthy lifestyle choices.

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

### Lead Facilitator Details:

Stephanie Edwards, Health Improvement Specialist. Telephone (01670) 784197

### Cost:

Free to those living and/or working in Northumberland

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<tr>
<td>Tuesday 1st November 2016</td>
<td>Blyth Rugby &amp; Cricket Club</td>
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<td>Plessey Road</td>
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<tr>
<td>Northumbria Healthcare NHS Trust</td>
<td>Fax:  (01670) 816796</td>
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<tr>
<td>Epsom Drive</td>
<td>Email:  <a href="mailto:hltimpr.training@nhct.nhs.uk">hltimpr.training@nhct.nhs.uk</a></td>
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Health Improvement Department

### Falls Prevention Training

**Training overview:**

A train the trainer approach to allow others to pass on key messages around the prevention of falls to older people living in the community.

The training provides a tool kit for people to use when delivering the messages of falls prevention.

‘I will use what I have learnt to keep residents safe and make individuals aware of the dangers of falling.’

**Learning Outcomes:**

- Understand the potential consequence of a fall to an individual.
- Be aware of the environmental and individual factors which contribute towards a fall.
- Ability to teach someone how to get up after a fall.
- Advise older people how best to prevent falls.

**Is this Training for Me?**

This training is aimed at professionals/carers who wish to pass on information that prevents falls among the elderly, helping them to maintain independence and a healthy wellbeing.

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

**Lead Facilitator Details:**

Janette Wood, Health Improvement Practitioner. Telephone (01670) 532014

**Cost:**

Free to those living and/or working in Northumberland

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<th>Date/times</th>
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<tr>
<td>Thursday 20th October 2016</td>
<td>Education Centre</td>
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<tr>
<td>9.30 am – 11.15 am</td>
<td>Wansbeck General Hospital</td>
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Health Improvement Department

Health Champion Course

Training overview:

Health Champion Training is for people who would like to undertake training to enable them to promote health messages to clients, colleagues, friends and family and signpost people into services that will help them live a healthier lifestyle.

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

You will gain knowledge, skills and confidence to enable you to improve the health and wellbeing of your community by promoting health messages on positive healthy lifestyle changes.

Learning Outcomes:

Health Champions are given full training:
- 4 Health Bite sessions covering all aspects of Health Improvement (eg: Healthy Weight, Healthy Eating, Alcohol, Smoking, Exercise, etc)
- an opportunity to gain their Level 2 Royal Society of Public Health - Understanding Health Improvement Award.

Is this Training for Me?

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

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

Lead Facilitator Details:

Stephanie Edwards, Health Improvement Specialist. Telephone (01670) 784197

Cost:

Free to those living and/or working in Northumberland

<table>
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<tr>
<th>Date/times</th>
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<tr>
<td>Session 1: 25th May 2016</td>
<td>1.00 pm – 4.00 pm Blyth Rugby &amp; Cricket Club, Plessey Road, Blyth Northumberland, NE24 3LE</td>
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<tr>
<td>Session 2: 1st June 2016</td>
<td>1.00 pm – 4.00 pm</td>
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<td>Session 3: 8th June 2016</td>
<td>1.00 pm – 4.00 pm</td>
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<tr>
<td>Session 4: 15th June 2016</td>
<td>1.00 pm – 4.00 pm</td>
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(Candidates will need to attend all 4 sessions as each session covers different topic areas)

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Health Improvement Department

RSPH
Understanding Health Improvement

Training overview:

This course explores the wider determinants of health, dimensions of health and health inequalities. It also looks at models of health goal setting and behaviour change.

Learning Outcomes:

To provide candidates with a knowledge and understanding of:

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

Is this Training for Me?

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

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

Lead Facilitator Details:

Stephanie Edwards, Health Improvement Specialist. Telephone (01670) 784197

Cost:

Free to those living and/or working in Northumberland

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<tr>
<th>Date/times</th>
<th>Venue</th>
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</table>
| Thursday 30th June 2016 9.00 am – 5.00 pm | Blyth Rugby & Cricket Club  
Plessey Road  
Blyth  
Northumberland  NE24 3LE |

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Health Improvement Department

Smoke Free Families
Reducing exposure of second hand smoke

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

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

Is this Training for Me?
This training is aimed at those who work with parents/carers/guardians of children/young people and who wish to engage clients with the sensitive issue of creating a smokefree environment. To attend this course you must also either be living or working within Northumberland.

Lead Facilitator Details:
Tim Holmes, Health Improvement Specialist. Telephone (01670) 784181

Cost:
Free to those living and/or working in Northumberland

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<th>Date/times</th>
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<tr>
<td>Wednesday 11&lt;sup&gt;th&lt;/sup&gt; May 2016</td>
<td>Education Centre</td>
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<tr>
<td>10.00 am – 12.00 noon</td>
<td>Wansbeck General Hospital</td>
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<td>NE63 9JJ</td>
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<tr>
<td>Wednesday 21&lt;sup&gt;st&lt;/sup&gt; September 2016</td>
<td>10.00 am – 12.00 noon</td>
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<tr>
<td>Wednesday 23&lt;sup&gt;rd&lt;/sup&gt; November 2016</td>
<td>10.00 am – 12.00 noon</td>
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<td>Specialist Health Improvement Service Contact Details:</td>
<td>Phone: (01670) 811972</td>
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<td>Email: <a href="mailto:Hlthimpr.training@nhct.nhs.uk">Hlthimpr.training@nhct.nhs.uk</a></td>
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Health Improvement Department

Smoking Cessation Brief Advice Training

Training overview:

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

Learning Outcomes:

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

Is this Training for Me?

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

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

Lead Facilitator Details:

Kent Flanighan Stop Smoking Specialist. Telephone (01670) 813135

Cost:

Free to those living and/or working in Northumberland

<table>
<thead>
<tr>
<th>Date/times</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Dates available on request</td>
<td>A variety of venues across Northumberland</td>
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Healthy Weight in Adults Brief Intervention

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

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

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

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

Lead Facilitator Details:
Louise Ray, Health Improvement Specialist. Telephone (01670) 784194

Cost:
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<table>
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<th>Date/times</th>
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<tbody>
<tr>
<td>Tuesday 10th May 2016 1.30 pm – 4.00 pm</td>
<td>Blyth Central Children’s Centre 103 Wright Street Blyth NE24 1HG</td>
</tr>
<tr>
<td>Monday 8th August 2016 1.30 pm – 4.00 pm</td>
<td>Blyth Central Children’s Centre 103 Wright Street Blyth NE24 1HG</td>
</tr>
<tr>
<td>Friday 23rd September 2016 9.30 am – 12.00 noon</td>
<td>Cramlington West Children’s Centre Beaconhill County First School House Langdale Drive Cramlington NE23 8EH</td>
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Healthy Weight in Children and Young People

Brief Intervention

Training overview:

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

Learning Outcomes:

To become confident in providing children and young people with weight concerns, brief advice and when able, offer a brief intervention.

Is this Training for Me?

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

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

Lead Facilitator Details:

Louise Ray, Health Improvement Specialist. Telephone (01670) 784194.

Cost:

Free to those living and/or working in Northumberland.

<table>
<thead>
<tr>
<th>Date/times</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Monday 20th June 2016</td>
<td>Blyth Central Children’s Centre</td>
</tr>
<tr>
<td>1.30 pm – 4.00 pm</td>
<td>103 Wright Street</td>
</tr>
<tr>
<td></td>
<td>Blyth    NE24 1HG</td>
</tr>
<tr>
<td>Friday 8th July 2016</td>
<td>Hexham Children’s Centre</td>
</tr>
<tr>
<td>10.00 am – 12.30 pm</td>
<td>Beaufront Avenue</td>
</tr>
<tr>
<td></td>
<td>Hexham   NE46 1JD</td>
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<tr>
<td>Monday 3rd October 2016</td>
<td>Ashington Children’s Centre</td>
</tr>
<tr>
<td>10.30 am – 1.00 pm</td>
<td>Alexandra Road</td>
</tr>
<tr>
<td></td>
<td>Ashington NE63 9EF</td>
</tr>
<tr>
<td>Wednesday 11th January</td>
<td>Berwick Children’s Centre</td>
</tr>
<tr>
<td>2017</td>
<td>Ladywell Place</td>
</tr>
<tr>
<td>10.00 am – 12.30 pm</td>
<td>Tweedmouth TD15 2AE</td>
</tr>
</tbody>
</table>

Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service
Northumbria Healthcare NHS Trust
Epsom Drive
Ashington
Northumberland NE63 8BD

Phone: (01670) 811972
Fax: (01670) 816796
Email: Hlthimpr.training@nhct.nhs.uk
Training overview:

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

Learning Outcomes:

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

Is this Training for Me?

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

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

Lead Facilitator Details:

Louise Ray, Health Improvement Specialist. Telephone (01670) 784194

Cost:

Free to those living and/or working in Northumberland

<table>
<thead>
<tr>
<th>Date/times</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Tuesday 1st November 2016 9.30 am – 12.30 pm</td>
<td>Berwick Children’s Centre, Ladywell Place Tweedmouth Berwick-upon-Tweed TD15 2AE</td>
</tr>
</tbody>
</table>

Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service  
Northumbria Healthcare NHS Trust  
Epsom Drive  
Ashington  
Northumberland  
NE63 8BD  

Phone: (01670) 811972  
Fax: (01670) 816796  
Email: Hlthimpr.training@nhct.nhs.uk
Health Improvement Department

Basic Suicide Awareness

Training overview:

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

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

Learning Outcomes:

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

Is this Training for Me?

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

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

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

Lead Facilitator Details:

Tracy Bruce, Health Improvement Specialist. Telephone (01670) 532013

Cost:

Free to those living and/or working in Northumberland

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<tr>
<th>Date/times</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Thursday 21\textsuperscript{st} April 2016 1.00 pm – 4.30 pm</td>
<td>Blyth Rugby &amp; Cricket Club Plessey Road Blyth NE24 3LE</td>
</tr>
<tr>
<td>Wednesday 28\textsuperscript{th} September 2016 1.00 pm – 4.30 pm</td>
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<tr>
<td>Thursday 27\textsuperscript{th} October 2016 1.00 pm – 4.30 pm</td>
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<tr>
<td>Thursday 16\textsuperscript{th} March 2017 1.00 pm – 4.30 pm</td>
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</table>

Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service Northumbria Healthcare NHS Trust Epsom Drive Ashington Northumberland NE63 8BD

Phone: (01670) 811972
Fax: (01670) 816796
Email: hlthimpr.training@nhct.nhs.uk
Health Improvement Department

Mental Health First Aid

Training overview:

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

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

Learning Outcomes:

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

Is this Training for Me?

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

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

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

Lead Facilitator Details:

Tracy Bruce, Health Improvement Specialist. Telephone (01670) 532013

Cost:

Free to those living and/or working in Northumberland

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<tr>
<th>Date/times</th>
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<td>Blyth Rugby &amp; Cricket Club Plessey Road Blyth NE24 3LE</td>
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<td>Wednesday 6th &amp; Thursday 7th July 2016 9.00 am – 4.30 pm</td>
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<td>Wednesday 12th &amp; Thursday 13th October 2016 9.00 am – 4.30 pm</td>
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<tr>
<td>Wednesday 11th &amp; Thursday 12th January 2017 9.00 am – 4.30 pm</td>
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Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service Northumbria Healthcare NHS Trust Epsom Drive Ashington Northumberland NE63 8BD

Phone: (01670) 811972
Fax: (01670) 816796
Email: Hlthimpr.training@nhct.nhs.uk
Health Improvement Department

Boys & Young Men
Sexual Health & Healthy Relationships

Training overview:

This practical course aimed at Key Stage 3 & 4 school staff, youth & community workers, pastoral staff, public health nurses and health educators will explore opportunities within group work to address issues and develop positive approaches of working with boys and young men, so that they feel safe and supported.

There is an expectation that participants will strive towards incorporating this work within programmes aimed at Northumberland boys and young men within 12 months of completing this course.

Learning Outcomes:

- To understand the rationale for working with boys and young men around sexual health and healthy relationships.
- Experience training activities and practical ideas for supporting boys self-esteem, emotional resourcefulness and encourage healthier lifestyles.
- To plan a programme of sessions and be aware of the range of resources to support this work.

Is this Training for Me?

This training is aimed at those who are school staff, youth & community workers, pastoral workers, public health nurses and anyone who facilitates health education sessions and wish to develop their skills around group work.

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

Lead Facilitator Details:

Jane Telfer, Health Improvement Practitioner Specialist. Telephone (01670) 532006
Adam McGill, Health Trainer. Telephone (01670) 532000

Cost:

Free to those living and/or working in Northumberland

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<th>Date/times</th>
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<tr>
<td>Friday 13th May 2016</td>
<td>Blyth Rugby &amp; Cricket Club</td>
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<tr>
<td>9.30 am – 4.30 pm</td>
<td>Plessey Road</td>
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Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service
Northumbria Healthcare NHS Trust
Epsom Drive
Ashington
Northumberland NE63 8BD

Phone: (01670) 811972
Fax: (01670) 816796
Email: Hlthimpr.training@nhct.nhs.uk
Health Improvement Department

C-Card Training

Training overview:
A one day course aimed at anyone who works with young people aged 13 -25 years old, delivering C-Card, condom and sexual health information.

Please note: there is an expectation that anyone who works in a non-clinical role and applies for C-Card training will have previously completed the Health Improvement Introduction to Sexual Health Course. Applications for C-Card training must be sent direct to the Northumberland Sexual Health Service.

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

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

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

Lead Facilitator Details:
Zoe Johnstone.    Telephone (01670) 532006

Cost:
Free to those living and/or working in Northumberland

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<tr>
<th>Date/times</th>
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<tr>
<td>Thursday 28 April 2016</td>
<td>Tynedale Area – venue TBC</td>
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<td>9.30am – 4.30pm</td>
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<tr>
<td>Thursday 30 June 2016</td>
<td>Berwick Sure Start Children’s Centre</td>
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<td>9.30am – 4.30pm</td>
<td>Ladywell Place</td>
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<td>Tweedmouth</td>
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<td>TD15 2AE</td>
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<tr>
<td>Thursday 22 September 2016</td>
<td>Alnwick Infirmary</td>
</tr>
<tr>
<td>9.30am – 4.30pm</td>
<td>Infirmary Drive</td>
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<td>Alnwick</td>
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<td>NE65 2NR</td>
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<td>Thursday 17 November 2016</td>
<td>The Morpeth Clinic</td>
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<tr>
<td>9.30am – 4.30pm</td>
<td>Gas House Lane</td>
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<td></td>
<td>Morpeth</td>
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Return applications for C Card Training to:
Lynn Hill
The Morpeth Clinic
Gas House Lane
Morpeth NE61 1SR

Phone: (01670) 500523
Fax: (01670) 500539
Email: lynn.hill@nhct.nhs.uk
Fantasy ‘v’ Reality
Sexualised Media & Healthy Relationships

Training overview:

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

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

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

Learning Outcomes:

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

Is this Training for Me?

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

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

Lead Facilitator Details:

Jane Telfer, Health Improvement Practitioner Specialist. Telephone (01670) 532006

Cost:

Free to those living and/or working in Northumberland

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<th>Date/times</th>
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<tr>
<td>Friday 22nd April 2016 9.30 am – 4.30 pm</td>
<td>Blyth Rugby &amp; Cricket Club Plessey Road Blyth NE24 3LE</td>
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<tr>
<td>Friday 27th May 2016 9.30 am – 4.30 pm</td>
<td>Berwick Youth Project 9-12 Golden Square Berwick upon Tweed TD15 1BG</td>
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Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service
Northumbria Healthcare NHS Trust
Epsom Drive
Ashington
Northumberland NE63 8BD

Phone: (01670) 811972
Fax: (01670) 816796
Email: Hlthimpr.training@nhct.nhs.uk
Health Improvement Department

Girls & Young Women
Sexual Health & Healthy Relationships

Training overview:

This workshop aimed at key stage 3 & 4 school staff, youth & community workers, pastoral staff, public health nurses and anyone who facilitates health education. A range of activities and exercises that can be used with groups of young women to build confidence, assertiveness, self-esteem and help recognise the difference between healthy & unhealthy relationships will be explored throughout the event.

There is an expectation that participants will strive towards incorporating this work within programmes aimed at Northumberland girls and young women within 12 months of completing this course.

Learning Outcomes:

- To understand the rationale for working with girls and young women around self-esteem, confidence and healthy relationships.
- Experience training activities and practical ideas and resources for supporting group work.
- To plan a programme of sessions for group work in your organisation.

Is this Training for Me?

This training is aimed at those who are school staff, youth & community workers, pastoral workers, public health nurses and anyone who facilitates health education sessions and wish to develop their skills around group work.

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

Lead Facilitator Details:

Jane Telfer, Health Improvement Practitioner Specialist. Telephone (01670) 532006

Cost:

Free to those living and/or working in Northumberland

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<tr>
<td>Friday 29th April 2016</td>
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Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service
Northumbria Healthcare NHS Trust
Epsom Drive
Ashington
Northumberland  NE63 8BD

Phone: (01670) 811972
Fax:  (01670) 816796
Email: Hlthimpr.training@nhct.nhs.uk
Introduction to Sexual Health Training

Training overview:

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

Please note: there is an expectation that anyone who applies for C Card training will have already completed this course.

Learning Outcomes:

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

Is this Training for Me?

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

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

Lead Facilitator Details:

Jane Telfer, Health Improvement Practitioner Specialist. Telephone (01670) 532006

Cost:

Free to those living and/or working in Northumberland

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<th>Date/times</th>
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<tr>
<td>Wednesday 24th February 2016 9.00am – 4.00pm</td>
<td>The Morpeth Clinic, Gas House Lane Morpeth NE61 1SR</td>
</tr>
<tr>
<td>Wednesday 27th April 2016 9.00am – 4.00pm</td>
<td>Tynedale</td>
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<tr>
<td>Wednesday 29th June 2016 9.00am – 4.00pm</td>
<td>Berwick</td>
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<tr>
<td>Wednesday 21st September 2016 9.00am – 4.00pm</td>
<td>Alnwick</td>
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<tr>
<td>Wednesday 16 November 9.00am – 4.00pm</td>
<td>The Morpeth Clinic, Gas House Lane Morpeth NE61 1SR</td>
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Specialist Health Improvement Service Contact Details:

Specialist Health Improvement Service  
Northumbria Healthcare NHS Trust  
Epsom Drive  
Ashington  
Northumberland NE63 8BD  

Phone: (01670) 811972  
Fax: (01670) 816796  
Email: Hlthimpr.training@nhct.nhs.uk

*Please note: The Morpeth Clinic is located on Gas House Lane, Morpeth, NE61 1SR. This is near to the Library (not the new Morpeth NHS Centre). Public parking facilities are located within the Town Centre and further details can be found here [http://www.northumberland.gov.uk/default.aspx?page=1520](http://www.northumberland.gov.uk/default.aspx?page=1520).
Supporting Northumberland Foster Parents to Talk About Growing Up, Body Changes, Relationships & Sexual Health*  

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

Feedback from Foster Carers who attended the 2015 course included:  
“Loved it!”  
“Very good interaction between students, enjoyed having it in a smaller group”  
“To have booklets on hand and to be as natural and open as possible when asked questions”

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

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

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

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

Lead Facilitator Details:  
Jane Telfer, Health Improvement Practitioner Specialist. Telephone (01670) 532006

Cost:  
Free to those living and/or working in Northumberland

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<th>Date/times</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Wednesday 12th October 2016</td>
<td>Hexham area – venue TBC</td>
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<td>10.00 am – 2.00 pm</td>
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Specialist Health Improvement Service  
Northumbria Healthcare NHS Trust  
Epsom Drive  
Ashington  
Northumberland  
NE63 8BD  
Phone: (01670) 811972  
Fax: (01670) 816796  
Email: Hlthimpr.training@nhct.nhs.uk
Northumberland Specialist Health Improvement Service
Training Application Form

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

1. Applicant details

<table>
<thead>
<tr>
<th>Name in full: (Mr/Mrs/Ms/Miss/Dr)</th>
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<tbody>
<tr>
<td>Employing Organisation:</td>
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<td>Job Title:</td>
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<td>Workplace address:</td>
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<tr>
<td>Workplace ☑ number:</td>
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2. Training details

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

3. Disability (To ensure that we are meeting equal opportunities legislation all course applications are monitored.)

- ☐ No disability
- ☐ Need of personal support
- ☐ Deaf/hearing impaired
- ☐ Dyslexic
- ☐ Blind/sight impaired
- ☐ Mental health difficulties
- ☐ Mobility difficulties
- ☐ Not known
- ☐ Other
- ☐ Multiple disabilities

The Equality’s Act 2010: Please indicate any special requirements you have to enable you to participate in the learning and development event -- include any individual/dietary needs

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

4. Signature

<table>
<thead>
<tr>
<th>Signature of applicant:</th>
<th>Date:</th>
</tr>
</thead>
</table>

Please return your completed application form to:

Specialist Health Improvement Service
Northumbria Healthcare NHS Trust
Epsom Drive
Ashington
Northumberland  NE63 8BD

Phone: (01670) 811972
Fax: (01670) 816796
Email: Hlthimpr.training@nhct.nhs.uk