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**Northumberland**  
County Council



**Northumbria Healthcare**  
NHS Foundation Trust

**Community Services Business Unit**

# **Integrated Wellbeing Service Training Programme**

**1<sup>st</sup> April 2021 – 31<sup>st</sup> March 2022**

**For general enquires please contact;**

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

**Floor 2, Block 6**

**County Hall,**

**Morpeth**

**Tel: 01670 623096**

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



## **About us**

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

We are qualified educators and accredited training providers of Royal Society for Public Health and MHFA England training and qualifications. We also design and deliver bespoke training packages.

The team provides specialist health improvement training and our health trainer service offers support to people who wish to make healthy lifestyle changes. This includes advice and support relating to healthy eating, stopping smoking, reducing alcohol intake and increasing physical activity. You can find out more about this service on our webpage: <https://www.northumbria.nhs.uk/our-services/healthy-living/> or by ringing 01670 623840

## **Training Methods and Venues During COVID 19**

We have updated our current guidance for delivering learning during COVID-19. During this period, we continue to encourage you to take up our training and learning opportunities which now include digital solutions and additional pre-course learning. Where face to face courses have been deemed a more appropriate method, then a thorough risk assessment will be carried out to ensure the safety of all involved.

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. Please check details of individual courses for further details on training methods and venues.

## **How to Apply**

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

## **Costs**

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

## **Cancellations**

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





## **Evaluations and Feedback**





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

## **Accessibility**

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

Integrated Wellbeing Service – Training Facilitators

<p><b>Cameron Armstrong</b></p> 	<p>Cameron joined the NHS in 2017 as a Health Trainer in the Integrated Wellbeing Service. Since then Cameron has progressed within the department of Public Health, into the role of Public Health Improvement Practitioner with a portfolio area focussing on Drugs, Alcohol and Oral health. Through the years Cameron obtained experience in delivering sessions and training material to a range of participants including professionals, students, older and young people and has a BSc in Sport Science and Coaching, Nottingham Trent University.</p>
<p><b>Andrew Colvin</b></p> 	<p>Andrew joined the NHS in 2008 starting as a Health Trainer in North Tyneside supporting members of community to create healthier lifestyle choices through exercise. Over the years since moving to Northumberland, Andrew has progressed to Senior Health Trainer and now Health Improvement Practitioner Specialist. Andrew has training experience on a range of health promotion training including Making Every Contact Count (MECC) and Health Champions</p> <p>Andrew currently leads on Adult Mental Health, Youth Mental Health and suicide awareness. Andrew is accredited Mental Health First Aid England Training Instructor BSc (Hons), PTLLS.</p>
<p><b>Nicola Cowell</b></p> 	<p>Nicola joined the Integrated Wellbeing Service in 2020, having previously worked in Newcastle’s community and voluntary sector; facilitating partnerships and developing initiatives with a focus on reducing food related health inequalities.</p> <p>Nicola has an active interest in addressing the wider social determinants of health; the environmental, social and economic factors that influence our health and wellbeing.</p> <p>In her role within the IWS team, Nicola leads on the delivery of Making Every Contact Count (MECC) and the Health Champions programme, as well as developing and strengthening our community approach.</p> <p>Nicola holds a BSc Hons Food Science and Nutrition, studied at Northumbria University.</p>
<p><b>Claire Dynes</b></p> 	<p>In 2019 following over 17 years working in Education as a Physical Education Teacher, Claire joined the Integrated Wellbeing Service. Her role is a Health Improvement Practitioner Specialist lead in Child, Adult and Maternal Obesity. Claire leads in the Starting Well Programme, Roots and Shoots Programme and Royal Society for Public Health (RSPH) Level 3 Certificate in Health and Wellbeing Improvement. Claire is passionate about the benefits of physical activity, healthy weight and a healthy lifestyle and aims to inspire others in her training to develop their knowledge and understanding of these key Public Health areas. (BA Hons Qualified Teacher Status)</p>

<p><b>Tim Holmes</b></p> 	<p>Since 2000 Tim has worked in health improvement services across the North East of England. Initially focussing on HIV prevention with Gay &amp; Bisexual men Tim broadened his experience to include sexual health. 2013 Tim embraced a new challenge with the position of Tobacco Control Lead for Northumbria Healthcare NHS Trust. An experienced trainer Tim aims to deliver informative engaging training sessions. MPH, Prof. Grad. Cert. Ed., PG Dip HSHP, BSc (Hons) HHS.</p>
<p><b>Zoe Johnstone</b></p> 	<p>Zoe joined the NHS Sexual Health Service in 2007, specialising in Sexual Health Promotion &amp; Training. Upon completing her Degree in Health &amp; Social Care &amp; a teaching certificate, she has coordinated the Northumberland C-Card Distribution Scheme over the last 13 years. Her role includes training various professionals to increase their knowledge &amp; awareness when working with &amp; supporting young people, and to offer sexual health support &amp; advice within their organisations. Zoe took up the next challenge of her current role as a Sexual Health Improvement Practitioner, facilitating health promotion &amp; offering experienced specialist training on various Sexual Health programmes across Northumberland.</p>
<p><b>Maureen Turner</b></p> 	<p>Maureen joined the service having previously worked as an Exercise Specialist and has an A1 assessor's qualification and BSc (Hons) in Practice Development. Maureen is a Health Improvement Practitioner Specialist for the Better Health at Work Award (North Tyneside) and Accident Prevention (Northumberland) to focus on reducing unintentional injuries (predominately children under 5 years) by educating/supporting professionals working within the 0-19yrs pathway.</p>
<p><b>Kay Yeo</b></p> 	<p>Kay has been a part of the HIMP team since 2002. Her background 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.</p>

**Phil Milsom**



**Northumberland Stop Smoking Service**

The trainers in the Northumberland Stop Smoking Service are all NMC qualified registered nurses with a vast amount of previous nursing experience including orthopaedics, infection control and district nursing.

Between them they have in excess of 40 years' experience in supporting people in Northumberland to stop smoking.

The team support all smokers wishing to quit, particularly targeting vulnerable groups including mental health, pregnancy, routine & manual workers and long term conditions.

**Connie Reardon**



The trainers have a combination of qualifications which includes BSC (Hons) in Public Health, Practice development and teaching certificate qualifications. All staff are certified NCSCT (National Centre for Smoking Cessation Training) practitioners who provide training to deliver evidence-based stop smoking interventions, behaviour change and relapse prevention.

**Brenda Warner**



**Amanda Young**



# Training Programme Overview

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## Integrated Wellbeing Service Training Programme : April 2021 to March 2022

APRIL 2021	
1 Thu	
2 Fri	Bank Holiday
3 Sat	
4 Sun	
5 Mon	Bank Holiday
6 Tue	
7 Wed	
8 Thu	
9 Fri	
10 Sat	
11 Sun	
12 Mon	
13 Tue	
14 Wed	SSS Intermediate Advisor Update Have A Word – Alcohol Brief Intervention
15 Thu	
16 Fri	
17 Sat	
18 Sun	
19 Mon	
20 Tue	
21 Wed	
22 Thu	
23 Fri	
24 Sat	
25 Sun	
26 Mon	Healthy Weight in Children & Young People
27 Tue	Adult Mental Health First Aid A1 – Session 1
28 Wed	
29 Thu	Making Every Contact Count (MECC) Adult Mental Health First Aid A1 – Session 2
30 Fri	Healthy Weight in Adults

MAY 2021	
3 Mon	Bank Holiday
4 Tue	Adult Mental Health First Aid A1 – Session 3
5 Wed	SSS Intermediate Advisor Training
6 Thu	Adult Mental Health First Aid A1 – Session 4
7 Fri	
8 Sat	
9 Sun	
10 Mon	
11 Tue	Introduction to Sexual Health C Card Initial training Basic Suicide Awareness
12 Wed	
13 Thu	
14 Fri	
15 Sat	
16 Sun	
17 Mon	
18 Tue	Tobacco Smoking/Electronic Cigarette Insight
19 Wed	
20 Thu	
21 Fri	
22 Sat	
23 Sun	
24 Mon	
25 Tue	Supporting Parents & Carers to facilitate conversations around growing up & puberty
26 Wed	
27 Thu	Healthy Weight in Children & Young People
28 Fri	
29 Sat	
30 Sun	
31 Mon	Bank Holiday

JUNE 2021	
1 Tue	
2 Wed	
3 Thu	
4 Fri	
5 Sat	
6 Sun	
7 Mon	
8 Tue	Falls Prevention
9 Wed	
10 Thu	
11 Fri	
12 Sat	
13 Sun	
14 Mon	
15 Tue	Health Champions
16 Wed	
17 Thu	
18 Fri	
19 Sat	
20 Sun	
21 Mon	Youth Mental Health First Aid Y1 – Session 1
22 Tue	Dementia Awareness
23 Wed	Youth Mental Health First Aid Y1 – Session 2
24 Thu	Healthy Weight in Adults Health Champions
25 Fri	
26 Sat	
27 Sun	
28 Mon	Youth Mental Health First Aid Y1 – Session 3
29 Tue	
30 Wed	Making Every Contact Count (MECC) Youth Mental Health First Aid Y1 – Session 4

**Integrated Wellbeing Service Training Programme : April 2021 to March 2022**

<b>JULY 2021</b>	
1 Thu	
2 Fri	
3 Sat	
4 Sun	
5 Mon	Adult Mental Health First Aid A2 – Session 1
6 Tue	Ageing Well Allies
7 Wed	Adult Mental Health First Aid A2 – Session 2
8 Thu	
9 Fri	
10 Sat	
11 Sun	
12 Mon	Adult Mental Health First Aid A2 – Session 3
13 Tue	Ageing Well Allies C Card Refresher
14 Wed	SSS Intermediate Advisor Update Adult Mental Health First Aid A2 – Session 4
15 Thu	
16 Fri	
17 Sat	
18 Sun	
19 Mon	
20 Tue	
21 Wed	
22 Thu	
23 Fri	
24 Sat	
25 Sun	
26 Mon	
27 Tue	
28 Wed	
29 Thu	
30 Fri	

<b>AUGUST 2021</b>	
2 Mon	
3 Tue	
4 Wed	
5 Thu	
6 Fri	
7 Sat	
8 Sun	
9 Mon	
10 Tue	
11 Wed	
12 Thu	Basic Suicide Awareness
13 Fri	
14 Sat	
15 Sun	
16 Mon	
17 Tue	
18 Wed	
19 Thu	
20 Fri	
21 Sat	
22 Sun	
23 Mon	
24 Tue	
25 Wed	
26 Thu	
27 Fri	
28 Sat	
29 Sun	
30 Mon	Bank Holiday
31 Tue	

<b>SEPTEMBER 2021</b>	
1 Wed	
2 Thu	
3 Fri	
4 Sat	
5 Sun	
6 Mon	
7 Tue	
8 Wed	Have A Word – Alcohol Brief Intervention SSS Intermediate Advisor Training
9 Thu	
10 Fri	Healthy Weight in Children & Young People
11 Sat	
12 Sun	
13 Mon	
14 Tue	Introduction to Sexual Health C Card Initial training
15 Wed	
16 Thu	
17 Fri	
18 Sat	
19 Sun	
20 Mon	
21 Tues	Tobacco Smoking/Electronic Cigarette Insight Making Every Contact Count (MECC) Youth Mental Health First Aid Y2 – Session 1
22 Wed	
23 Thu	Youth Mental Health First Aid Y2 – Session 2
24 Fri	
25 Sat	
26 Sun	
27 Mon	
28 Tue	Youth Mental Health First Aid Y2 – Session 3
29 Wed	
30 Thu	Youth Mental Health First Aid Y2 – Session 4



## Integrated Wellbeing Service Training Programme : April 2021 to March 2022

### OCTOBER 2021

1 Fri	
4 Mon	Healthy Weight in Adults
5 Tue	Supporting Parents & Carers to facilitate conversations around growing up & puberty Falls Prevention
6 Wed	
7 Thu	
8 Fri	
11 Mon	
12 Tue	Tobacco Smoking/Electronic Cigarette Insight Adult Mental Health First Aid A3 – Session 1
13 Wed	SSS Intermediate Advisor Update
14 Thu	Adult Mental Health First Aid A3 – Session 2
15 Fri	
18 Mon	
19 Tue	Dementia Awareness Adult Mental Health First Aid A3 – Session 3
20 Wed	
21 Thu	Adult Mental Health First Aid A3 – Session 4
22 Fri	
25 Mon	
26 Tue	
27 Wed	
28 Thu	
29 Fri	

### NOVEMBER 2021

1 Mon	
2 Tue	Ageing Well Allies
3 Wed	
4 Thu	
5 Fri	
8 Mon	
9 Tue	Basic Drugs Awareness Ageing Well Allies
10 Wed	
11 Thu	Basic Suicide Awareness
12 Fri	
15 Mon	
16 Tue	Have A Word – Alcohol Brief Intervention C Card Refresher
17 Wed	
18 Thu	
19 Fri	
22 Mon	Youth Mental Health First Aid Y3 – Session 1
23 Tue	
24 Wed	SSS Intermediate Advisor Training Youth Mental Health First Aid Y3 – Session 2
25 Thu	
26 Fri	
29 Mon	Youth Mental Health First Aid Y3 – Session 3
30 Tue	HIV Awareness Workshop

### DECEMBER 2021

1 Wed	Youth Mental Health First Aid Y3 – Session 4
2 Thu	
3 Fri	
6 Mon	
7 Tue	
8 Wed	
9 Thu	
10 Fri	
13 Mon	
14 Tue	
15 Wed	
16 Thu	
17 Fri	
20 Mon	
21 Tue	
22 Wed	
23 Thu	
24 Fri	
27 Mon	Bank Holiday
28 Tue	Bank Holiday
29 Wed	
30 Thu	
31 Fri	

**Integrated Wellbeing Service Training Programme : April 2021 to March 2022**

<b>JANUARY 2022</b>	
3 Mon	Bank Holiday
4 Tue	
5 Wed	
6 Thu	Have A Word – Alcohol Brief Intervention
7 Fri	
10 Mon	Healthy Weight in Children & Young People
11 Tue	
12 Wed	
13 Thu	
14 Fri	
17 Mon	
18 Tue	Making Every Contact Count (MECC)
19 Wed	
20 Thu	
21 Fri	
24 Mon	Adult Mental Health First Aid A4 – Session 1
25 Tue	
26 Wed	SSS Intermediate Advisor Update
	Adult Mental Health First Aid A4 – Session 2
27 Thu	
28 Fri	
31 Mon	Adult Mental Health First Aid A4 – Session 3

<b>FEBRUARY 2022</b>	
1 Tue	
2 Wed	Adult Mental Health First Aid A4 – Session 4
3 Thu	
4 Fri	
7 Mon	
8 Tue	
9 Wed	Basic Drugs Awareness
10 Thu	
11 Fri	
14 Mon	
15 Tue	
16 Wed	
17 Thu	Basic Suicide Awareness
18 Fri	
21 Mon	
22 Tue	
23 Wed	
24 Thu	
25 Fri	
28 Mon	

<b>MARCH 2022</b>	
1 Tue	
2 Wed	
3 Thu	
4 Fri	
7 Mon	
8 Tue	Tobacco Smoking/Electronic Cigarette Insight
	Youth Mental Health First Aid Y4 – Session 1
9 Wed	SSS Intermediate Advisor Training
10 Thu	Youth Mental Health First Aid Y4 – Session 2
11 Fri	
14 Mon	
15 Tue	Youth Mental Health First Aid Y4 – Session 3
16 Wed	
17 Thu	Youth Mental Health First Aid Y4 – Session 4
18 Fri	
21 Mon	
22 Tue	
23 Wed	
24 Thu	
25 Fri	
28 Mon	
29 Tue	
30 Wed	
31 Thu	

## Child Safety and Accident Prevention

### Training overview:

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

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

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

### Learning outcomes:

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

### Is this Training for Me?

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

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

### Lead Facilitator Details:

Maureen Turner, Health Improvement Practitioner Specialist. Telephone: 07816456206

Dates/times	Delivery Method
Dates available upon request	To be confirmed

### Integrated Wellbeing Service Contact Details:

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

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

# Healthy Weight in Children and Young People (0-19 years) Brief Intervention

## Training overview:

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

## Learning Outcomes:

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

## Is this Training for Me?

This training is aimed at those who work with or come into contact with children and young people (age 0-19 years) within their role.

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

## Lead Facilitator Details:

Claire Dynes, Health Improvement Practitioner Specialist. Telephone: 07815508607

Date/times	Delivery Method
Monday 26 <sup>th</sup> April 2021 10.00 am – 11.00 am	Microsoft Teams
Thursday 27 <sup>th</sup> May 2021 10.00 am – 11.00 am	Microsoft Teams
Friday 10 <sup>th</sup> Sept 2021 10.00 am – 11.00 am	Microsoft Teams
Monday 10 <sup>th</sup> January 2022 10.00 am – 11.00 am	Microsoft Teams

## Integrated Wellbeing Service Contact Details:

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

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

# Mouth Care Matters

## Training overview:

This training will give participants basic knowledge and understanding in relation to the importance of oral health. Participants will gain an understanding of basic oral care and dental examinations.

## Learning Outcomes:

On completion of this training participants will be able to:

- Discuss the importance of oral health in relation to systemic health and how it fits into the CQC inspection framework in relation to personal care.
- Discuss the reasons for oral health deterioration
- List the oral risk factors for dental disease typically impacting on the people
- Describe the importance of carrying out basic oral care such as tooth brushing, care of dentures and dry mouths.
- Discuss the importance and develop a framework of carrying out an initial Oral Health Needs Assessment and operating daily oral care plans as part of an individual's daily care plan.
- Describe the importance of regular dental examinations

## Is this Training for Me?

This training is aimed at those who wish to gain further information around basic oral health and risk factors which are impacting on our local community.

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

## Lead Facilitator Details:

Cameron Armstrong, Service Development Co-ordinator. Telephone : 07814630700

Date/times	Delivery Method
Dates available upon request	To be confirmed

## Integrated Wellbeing Service Contact Details:

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

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

## Supporting Parents and Carers to Facilitate Conversations around Growing Up, Puberty, Sex & Relationships

### Training overview:

This training aims to support practitioners working with families, parents and carers to facilitate age appropriate discussions around growing up, body changes, puberty, healthy relationships and sexual health.

### Learning Outcomes:

To support practitioners working with parents and carers to:

- Improve their understanding of the physical and emotional changes during puberty
- Improve confidence, knowledge & skills in discussing growing up, sex and relationships
- Information of RHSE education in schools
- Identify opportunities that can be used to discuss sex and relationships
- Answer children's difficult questions confidently
- Dealing with issues around homophobia and gender
- Signposting support to local services

### Is this Training for Me?

The training is aimed at anyone working with children, young people, parents or carers in Northumberland

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

### Lead Facilitator Details:

Zoe Johnstone, Sexual Health Improvement Practitioner. Telephone : 07817112734

Date/times	Delivery Method
Tuesday 25 <sup>th</sup> May 2021 10.00 am – 12.00 noon	Microsoft Teams
Tuesday 5 <sup>th</sup> October 2021 10.00 am – 12.00 noon	Microsoft Teams
Integrated Wellbeing Service Contact Details:	
Integrated Wellbeing Service Northumbria Healthcare NHS Trust Floor 2, Block 6 County Hall Morpeth, NE61 2EF	Phone: (01670) 623096 Email: <a href="mailto:hlthimpr.training@nhct.nhs.uk">hlthimpr.training@nhct.nhs.uk</a>

## Youth Mental Health First Aid

### Training overview:

Youth Mental Health First Aid (YMHFA) is an internationally recognised training course that gives participants the knowledge, skills and confidence to support a young person who may be experiencing mental and emotional distress.

This is an online course delivered through the MHFA England Online Learning Hub and learning takes place through four live training sessions with self-learning activities in between. Each session is built around a Youth Mental Health First Aid action

### Learning Outcomes:

This online course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Tools to look after your own mental wellbeing

For further information regarding MHFA England visit [www.mhfaengland.org](http://www.mhfaengland.org)

### Is this Training for Me?

This course 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 free course you must be either living or working within Northumberland.

### Lead Facilitator Details:

Andrew Colvin: Health Improvement Practitioner Specialist. Telephone : 07814615158

Date/times	Delivery Method
Y1 Session 1 – Monday 21 <sup>st</sup> June 2021 Y1 Session 2 – Wednesday 23 <sup>rd</sup> June 2021 Y1 Session 3 – Monday 28 <sup>th</sup> June 2021 Y1 Session 4 – Wednesday 30 <sup>th</sup> June 2021	Microsoft Teams  All live sessions are 1.00 pm – 4.00 pm
Y2 Session 1 – Tuesday 21 <sup>st</sup> Sept 2021 Y2 Session 2 – Thursday 23 <sup>rd</sup> Sept 2021 Y2 Session 3 – Tuesday 28 <sup>th</sup> Sept 2021 Y2 Session 4 – Thursday 30 <sup>th</sup> Sept 2021	Microsoft Teams  All live sessions are 1.00 pm – 4.00 pm
Y3 Session 1 – Monday 22 <sup>nd</sup> November 2021 Y3 Session 2 – Wednesday 24 <sup>th</sup> November 2021 Y3 Session 3 – Monday 29 <sup>th</sup> November 2021 Y3 Session 4 – Wednesday 1 <sup>st</sup> December 2021	Microsoft Teams  All live sessions are 1.00 pm – 4.00 pm
Y4 Session 1 – Tuesday 8 <sup>th</sup> March 2022 Y4 Session 2 – Thursday 10 <sup>th</sup> March 2022 Y4 Session 3 – Tuesday 15 <sup>th</sup> March 2022 Y4 Session 4 – Thursday 17 <sup>th</sup> March 2022	Microsoft Teams  All live sessions are 1.00 pm – 4.00 pm

### Specialist Health Improvement Service Contact Details:

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

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

# Adult 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 is an online course delivered through the MHFA England Online Learning Hub Learning takes place through **four** live training sessions with **self-learning** activities in between. Each session is built around a Mental Health First Aid action plan

## Learning Outcomes:

The online course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

For further information regarding MHFA England visit [www.mhfaengland.org](http://www.mhfaengland.org)

## 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 free course you must be either living or working within Northumberland.

## Lead Facilitator Details:

Andrew Colvin: Health Improvement Practitioner Specialist. Telephone : 07814615158

Date/times	Delivery Method
A1 Session 1 – Tuesday 27 <sup>th</sup> April 2021 A1 Session 2 – Thursday 29 <sup>th</sup> April 2021 A1 Session 3 – Tuesday 4 <sup>th</sup> May 2021 A1 Session 4 – Thursday 6 <sup>th</sup> May 2021	Microsoft Teams All live sessions are 1.00 pm – 4.00 pm
A2 Session 1 – Monday 5 <sup>th</sup> July 2021 A2 Session 2 – Wednesday 7 <sup>th</sup> July 2021 A2 Session 3 – Monday 12 <sup>th</sup> July 2021 A2 Session 4 – Wednesday 14 <sup>th</sup> July 2021	Microsoft Teams All live sessions are 1.00 pm – 4.00 pm
A3 Session 1 – Tuesday 12 <sup>th</sup> Oct 2021 A3 Session 2 – Thursday 14 <sup>th</sup> Oct 2021 A3 Session 3 – Tuesday 19 <sup>th</sup> Oct 2021 A3 Session 4 – Thursday 21 <sup>st</sup> Oct 2021	Microsoft Teams All live sessions are 1.00 pm – 4.00 pm
A4 Session 1 – Monday 24 <sup>th</sup> January 2022 A4 Session 2 – Wednesday 26 <sup>th</sup> January 2022 A4 Session 3 – Monday 31 <sup>st</sup> January 2022 A4 Session 4 – Wednesday 2 <sup>nd</sup> February 2022	Microsoft Teams All live sessions are 1.00 pm – 4.00 pm

## Specialist Health Improvement Service Contact Details:

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

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



# Ageing Well Allies Training

## Training overview:

This training provides information and insight into the potential health and social concerns and barriers people can face as they grow older with the aim of keeping them active, connected and well in their communities.

## Learning outcomes:

On completion participants will have:

- Understanding of how being an ageing well ally will support your work within the community
- Knowledge of the key health improvement messages, safeguarding adults and keeping safe and how to access help
- Confidence in signposting older people and others to a range of health and social care community services for appropriate advice, information and support

## Is this training for me?

Ageing well allies are individuals of all ages who work with, volunteer or support older people to live well in their local community.

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

## Lead Facilitator details:

Kay Yeo, Health Improvement Practitioner Specialist. Telephone : 07814630983  
Lorraine Henderson, Service Development Co-ordinator. Telephone : 07814645378

Dates/times	Delivery Method
Tuesday 6 <sup>th</sup> July 2021 9.00 am – 12.00 noon	Microsoft Teams
Tuesday 13 <sup>th</sup> July 2021 9.00 am – 12.00 noon	Microsoft Teams
Tuesday 2 <sup>nd</sup> November 2021 9.00 am – 12.00 noon	Microsoft Teams
Tuesday 9 <sup>th</sup> November 2021 9.00 am – 12.00 noon	Microsoft Teams

## Integrated Wellbeing Service Contact Details:

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

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# Basic Suicide Awareness

## Training overview:

This training aims to increase basic knowledge and understanding in relation to suicide in England and 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 the awareness of the prevalence of suicide in England
- To increase awareness of the risk factors
- To develop skills that will enable an individual to respond in a crisis situation
- How to look after our own wellbeing

## 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 free course you must be either living or working within Northumberland.

## Lead Facilitator details:

Andrew Colvin, Health Improvement Practitioner Specialist. Telephone : 07814615158

Dates/times	Delivery Method
Tuesday 11 <sup>th</sup> May 2021 1.00 pm – 4.30 pm	Microsoft Teams
Thursday 12 <sup>th</sup> August 2021 1.00 pm – 4.30 pm	Microsoft Teams
Thursday 11 <sup>th</sup> November 2021 1.00 pm – 4.30 pm	Microsoft Teams
Thursday 17 <sup>th</sup> February 2022 1.00 pm – 4.30 pm	Microsoft Teams

## Integrated Wellbeing Service Contact Details:

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## Making Every Contact Count – MECC

### Training overview:

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

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

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

### Learning Outcomes:

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

### Is this Training for Me?

This training is aimed at those who work with the public and wish to understand how they can talk to people about health, wellbeing and healthy lifestyle choices.

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

### Lead Facilitator Details:

Nicola Cowell, Health Improvement Practitioner Specialist. Telephone 07814589055

Date/times	Delivery Method
Thursday 29 <sup>th</sup> April 2021 10.00 am – 12.00 noon	Microsoft Teams
Wednesday 30 <sup>th</sup> June 2021 1.00 pm – 3.00 pm	Microsoft Teams
Tuesday 21 <sup>st</sup> September 2021 10.00 am – 12.00 noon	Microsoft Teams
Tuesday 18 <sup>th</sup> January 2022 1.00 pm – 3.00 pm	Microsoft Teams

### Integrated Wellbeing Service Contact Details:

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# Health Champions

## Training overview:

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

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

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

## Learning Outcomes:

- The training will help to develop your knowledge of key Health Improvement topic areas and includes:
- An introductory session covering: 'What is a Health Champion?' and 'Making Every Contact Count' (MECC).
- A rolling programme of Health Bite sessions covering: Healthy Weight, Healthy Eating, Alcohol, Smoking, Physical Activity, Mental Health, 5 Ways to Wellness and more.
- There is also an opportunity to gain a Level 2 Royal Society of Public Health - Understanding Health Improvement Award.

## Is this Training for Me?

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

You will need to attend one introductory session and be willing to participate in the rolling programme of training; you will be invited to join the Health Champions Network and will be connected to a Locality Health Trainer who can support you in sharing health information in your local community or setting.

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

## Lead Facilitator Details:

Nicola Cowell, Health Improvement Practitioner Specialist. Telephone: 07814589055

Date/times	Delivery Method
Tuesday 15 <sup>th</sup> June 2021 9.30 am – 12.00 noon	Microsoft Teams
Thursday 24 <sup>th</sup> June 2021 1.00 pm – 3.30 pm	Microsoft Teams

## Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
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# RSPH – Understanding Health Improvement

## Training overview:

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

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

## Learning Outcomes:

To provide candidates with a knowledge and understanding of:

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

## Is this Training for Me?

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

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

## Lead Facilitator Details:

Andrew Colvin, Health Improvement Practitioner Specialist. Telephone : 07814615158

Date/times	Delivery Method
Dates available upon request	To be confirmed

## Integrated Wellbeing Service Contact Details:

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# Basic Drugs 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:

On completion of this training participants will be able to:

- 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 free course you must be either living or working within Northumberland.

## Lead Facilitator Details:

Cameron Armstrong, Service Development Co-ordinator. Telephone : 07814630700

Date/times	Delivery Method
Tuesday 9 <sup>th</sup> November 2021 1.00 pm – 2.30 pm	Microsoft Teams
Wednesday 9 <sup>th</sup> February 2022 10.30 am – 12.00 noon	Microsoft Teams

## Integrated Wellbeing Service Contact Details:

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Northumbria Healthcare NHS Trust  
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Phone: (01670) 623096  
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# Dementia Awareness

## 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 Alzheimer's.

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

## Lead Facilitator details:

Kay Yeo, Health Improvement Practitioner Specialist. Telephone : 07814630983  
Lorraine Henderson, Service Development Co-ordinator. Telephone : 07814645378

### Dates/times

### Delivery Method

Tuesday 22<sup>nd</sup> June 2021  
10.00 am – 11.30 am

Microsoft Teams

Tuesday 19<sup>th</sup> October 2021  
10.00 am – 12.00 noon

Microsoft Teams

## Integrated Wellbeing Service Contact Details:

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Northumbria Healthcare NHS Trust  
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# Falls Prevention

## Training overview:

This training will allow individuals to pass on key messages around the prevention of falls to older people living in the community.

## Learning outcomes:

- Understand the potential consequence of a fall to an individual's health and well being
- To be aware of the environmental and individual factors which contribute towards a fall
- To know how to teach someone how to get up safely after a fall
- To advise older people how best to prevent falls

## Is this training for me?

This training is aimed at those who work, volunteer or care for older people in the community and wish to know more about the prevention of falls.

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

## Lead Facilitator details:

Kay Yeo, Health Improvement Specialist. Telephone : 07814630983  
Lorraine Henderson, Service Development Co-ordinator. Telephone : 07814645378

Dates/times	Delivery Method
Tuesday 8 <sup>th</sup> June 2021 10.00 am – 11.30 am	Microsoft Teams
Tuesday 5 <sup>th</sup> October 2021 10.00 am – 11.30 am	Microsoft Teams
Integrated Wellbeing Service Contact Details:	
Integrated Wellbeing Service Northumbria Healthcare NHS Trust Floor 2, Block 6 County Hall Morpeth, NE61 2EF	Phone: (01670) 623096 Email: <a href="mailto:hlthimpr.training@nhct.nhs.uk">hlthimpr.training@nhct.nhs.uk</a>



## Have a Word – Alcohol Brief Intervention

### Training overview:

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

This training will look at some of the reasons people consume alcohol and also the effect substance use has on communities.

### Learning Outcomes:

On completion of this training participants will be able to:

- To increase learner confidence and understanding in relation to alcohol
- To understand the effects of alcohol on individuals and communities
- To identify why alcohol is a public health issue

### Is this Training for Me?

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

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

### Lead Facilitator Details:

Cameron Armstrong, Service Development Co-ordinator. Telephone : 07814630700

Date/times	Delivery Method
Wednesday 14 <sup>th</sup> April 2021 1.00 pm – 2.00 pm	Microsoft Teams
Wednesday 8 <sup>th</sup> September 2021 1.00 pm – 2.00 pm	Microsoft Teams
Tuesday 16 <sup>th</sup> November 2021 10.00 am – 11.00 am	Microsoft Teams
Thursday 6 <sup>th</sup> January 2022 1.00 pm – 2.00 pm	Microsoft Teams

### Integrated Wellbeing Service Contact Details:

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## HIV/AIDS Awareness

### Training overview:

This training aims to provide a knowledge and skills update on specific sexually transmitted infections, understanding HIV/AIDS, STI screening & U=U

### Learning Outcomes:

To support practitioners working with parents and carers to:

- Improve their understanding of current HIV & AIDS information
- Improve confidence in discussing HIV & AIDS
- Understanding of infection, transmission, symptoms, treatment, managing infectious disease & testing
- Modern day development for HIV/AIDS Epidemic Health threat
- Signpost and advise on appropriate issues

### Is this Training for Me?

The training is aimed at anyone working with children, young people, parents or carers in Northumberland, and/or with an interest in Sexual Health

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

### Lead Facilitator Details:

Zoe Johnstone, Sexual Health Improvement Practitioner. Telephone : 07817112734

#### Date/times

Tuesday 30<sup>th</sup> November 2021  
10.00 am – 11.30 am

#### Delivery Method

Microsoft Teams

### Integrated Wellbeing Service Contact Details:

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

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

# Introduction to Sexual Health

## Training overview:

This training is 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.

**This training must be completed prior to attending C-Card training.**

## 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 free course you must be either living or working within Northumberland

## Lead Facilitator details:

Zoe Johnstone, Sexual Health Improvement Practitioner. Telephone : 07817112734

Dates/times	Delivery method
Tuesday 11 <sup>th</sup> May 2021 9.30 am – 12.30 pm	Microsoft Teams
Tuesday 14 <sup>th</sup> September 2021 9.30 am – 12.30 pm	Microsoft Teams

## Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
Floor 2, Block 6  
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## C - Card

### Training overview:

This training is aimed at anyone who works with young people aged 13 -25 years old, delivering C-Card, condom and sexual health information.

**To attend C-Card training you must have completed the Introduction to Sexual Health course.**

### Learning Outcomes:

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

### Is this Training for Me?

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

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

### Lead Facilitator Details:

Zoe Johnstone, Sexual Health Improvement Practitioner. Telephone : 07817112734

Date/times	Venue
Tuesday 11 <sup>th</sup> May 2021 1.30 pm – 4.00 pm	Microsoft Teams
Tuesday 14 <sup>th</sup> September 2021 1.30 pm – 4.00 pm	Microsoft Teams

### Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
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## C-Card Refresher

### Training overview:

This refresher course is aimed at anyone who works with young people aged 13 -25 years old, delivering C-card, condom and sexual health information.

**To attend C-Card Refresher training you must have completed the Introduction to Sexual Health and C-Card training**

### 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
- 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 free course you must be either living or working within Northumberland.

### Lead Facilitator Details:

Zoe Johnstone, Sexual Health Improvement Practitioner. Telephone : 07817112734

Date/times	Venue
Tuesday 13 <sup>th</sup> July 9.30 am – 12.30 pm	Microsoft Teams
Tuesday 16 <sup>th</sup> Nov 2021 9.30 am – 12.30 pm	Microsoft Teams

### Integrated Wellbeing Service Contact Details:

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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 advices 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 free course you must be either living or working within Northumberland.

### Lead Facilitator Details:

Claire Dynes, Health Improvement Practitioner Specialist. Telephone : 07815508607

Date/times	Delivery Method
Friday 30 <sup>th</sup> April 2021 10.00 am – 11.00 am	Microsoft Team
Thursday 24th June 2021 10.00 am – 11.00 am	Microsoft Teams

### Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
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# Tobacco/Electronic Cigarette Update

## Training overview:

This training will increase participants' awareness about the dangers of tobacco smoking, exposure to second-hand smoke and provide an update on the use of electronic cigarettes as an aid to quitting.

## Learning Outcomes:

On completion of this training participants will be able to:

- Illustrate the benefits of quitting tobacco smoking and a smoke-free environment to clients and service users.
- Differentiate between the use of electronic cigarettes with the continuation of smoking tobacco.

## Is this Training for Me?

This training is aimed at those who wish to update their knowledge on the health harms associated with tobacco smoking, second-hand smoke exposure and the emergence of electronic cigarettes. The session will also cover the use of shisha water pipes and pets affected by second-hand smoke.

Prior knowledge of tobacco smoking is not a pre-requisite to access this training.

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

## Lead Facilitator Details:

Tim Holmes, Health Improvement Practitioner Specialist. Telephone : 07973762028

Date/times	Delivery Method
Tuesday 18 <sup>th</sup> May 2021 10.00 am – 11.00 am	Microsoft Teams
Tuesday 21 <sup>st</sup> September 2021 1.00 pm – 2.00 pm	Microsoft Teams
Tuesday 12 <sup>th</sup> October 2021 10.00 am – 11.00 am	Microsoft Teams
Tuesday 8 <sup>th</sup> March 2022 1.00 pm – 2.00 pm	Microsoft Teams

## Integrated Wellbeing Service Contact Details:

Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
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Morpeth, NE61 2EF

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

# Stop Smoking Intermediate Advisor Training

## Training overview:

This course is aimed at all **qualified nurses, pharmacies, pharmacy technicians, and GP practice nurses** who wish to provide stop smoking support to the smoking population

## Learning Outcomes:

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

## Is this Training for Me?

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

**NCSCT pre learning to be completed prior to attending this Teams training.**

## Lead Facilitator Details:

Brenda Warner : 07815504943 Connie Reardon: 07970889083 Stop Smoking Specialists  
For more information on pre learning modules Telephone|: 01670 813135

Date/times	Delivery Method
Wednesday 5 <sup>th</sup> May 2021 1.30 pm – 3.30 pm	Microsoft Teams
Wednesday 8 <sup>th</sup> September 2021 1.30 pm – 3.30 pm	Microsoft Teams
Wednesday 24 <sup>th</sup> November 2021 1.30 pm – 3.30 pm	Microsoft Teams
Wednesday 9 <sup>th</sup> March 2022 1.30 pm – 3.30 pm	Microsoft Teams

## Integrated Wellbeing Service Contact Details:

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

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



## Stop Smoking Intermediate Advisor Update

### Training overview:

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

**To attend the half day update training you must have completed the full day Stop Smoking Intermediate Advisor training course.**

### Learning Outcomes:

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

### Is this Training for Me?

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

### Lead Facilitator Details:

Brenda Warner, Stop Smoking Specialist. Telephone : 07815504943  
Amanda Young Stop Smoking Advisor : 07796930467

Date/times	Venue
Wednesday 14 <sup>th</sup> April 2021 10.00 am – 12.00 noon	Microsoft Teams
Wednesday 14 <sup>th</sup> July 2021 10.00 am – 12.00 noon	Microsoft Teams
Wednesday 13 <sup>th</sup> October 2021 10.00 am – 12.00 noon	Microsoft Teams
Wednesday 26 <sup>th</sup> January 2022 10.00 am – 12.00 noon	Microsoft Teams

### Integrated Wellbeing Service Contact Details:

Stop Smoking Service  
Integrated Wellbeing Service  
Northumbria Healthcare NHS Trust  
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**Northumberland Integrated Wellbeing Service**  
**Training Application Form**

**All correspondence will be via email so please provide your individual email address  
Please also provide a mobile number so we can contact you on the day if necessary**

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

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

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

4. Sector (Please indicate which sector you work in)		
<input type="checkbox"/> Health	<input type="checkbox"/> Private/Commercial	<input type="checkbox"/> 0-19 Workforce
<input type="checkbox"/> Local Government	<input type="checkbox"/> Schools	<input type="checkbox"/> Social Care
<input type="checkbox"/> Charity/Community	<input type="checkbox"/> Youth Service	<input type="checkbox"/> Other (Please state)
<input type="checkbox"/> Further Education	<input type="checkbox"/> Housing	

- If you are attending in work time you confirm that you have Management approval.
- 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.

5. Signature	
Signature of applicant:	Date:

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

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Date details entered on database		Date Confirmation email sent	