



Northumberland
County Council

Health Improvement Training Programme

For general enquiries please contact;

Public Health, Inequalities and Stronger Communities Directorate
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Health Improvement - Training and Support

About us

Our team provides specialist health improvement support and training to local organisations and individuals in Northumberland, with the aim of reducing health inequalities and improving the health and wellbeing of the community. The team has 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 (RSPH) and MHFA England training and qualifications and we also design and deliver bespoke training packages.

Our Health Trainers offer support to people who wish to make healthy lifestyle changes, including advice and support relating to healthy eating, stopping smoking, reducing alcohol intake and increasing physical activity. You can find out more about this service by ringing 01670 623840.

Training delivery

Our courses are delivered via Microsoft Teams, unless otherwise stated, by experienced and professional trainers offering a variety of training methods and styles tailored to fit participant and qualification requirements. They also have knowledge and experience of health and social issues which affect the local communities.

How to apply

Places on our courses must be booked through the online platform Learning Together. Please go to the [Learning Together Website](#) to log in or create an account. If you need any assistance to register for an account, please email learningandod@northumberland.gov.uk. For any general enquiries please email healthimprovement@northumberland.gov.uk.

Eligibility and costs

To be eligible to attend our training you must either live or work in Northumberland. All 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 will be asked to complete an online training evaluation and 3-month post training evaluation 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, e.g. accessibility, alternative formats, etc please indicate this when you submit your online application or contact Helen Dodds, our training administrator, on 07929 033 468 for any queries.

Meet our health improvement trainers

<p>Aimme Boldra</p> 	<p>Aimme joined the team in 2022 as a Health Improvement Practitioner. Having come from a Social Prescribing background, she has experience working with a range of individuals and communities in health improvement.</p> <p>Aimme's portfolio includes Community Engagement and the Community Health Champions Programme.</p> <p>Within the Community Health Champions Programme, Aimme supports the delivery of MECC and Level 2 RSPH: Understanding Health Improvement.</p> <p>Aimme holds a BSc In Public Health, attained at the University of Sunderland.</p>
<p>Nicola Cowell</p> 	<p>Nicola joined the team in 2020, having previously worked in Newcastle's community and voluntary sector for 20 years; facilitating partnerships and developing initiatives with a focus on reducing food related health inequalities.</p> <p>Currently on secondment from IWS with Public Health, in her Public Health Manager role, Nicola is leading on Making Every Contact Count (MECC) and supporting the Tobacco Control portfolio and the recently re-established Smokefree Northumberland Partnership.</p> <p>Nicola continues to support the Core MECC delivery as well as supporting local services and organisations to embed, cascade and deliver MECC.</p> <p>Nicola holds a BSc Hons Food Science and Nutrition, studied at Northumbria University and is currently studying for a Master's in Public Health.</p>
<p>Jane Elliott</p> 	<p>Jane joined the team in March 2022 as a Health Improvement Practitioner Specialist for obesity. Working in Public Health over the last 10 years, she has gained experience in a range of health promotion areas including dietetics, NHS health checks and NHS screening and immunisation programmes. She has an interest in tackling health inequalities and the perceptions of obesity.</p> <p>Jane holds a Master's in Public Health from Northumbria University</p>

<p>Emma Farrar</p> 	<p>Emma joined the team in August 2023 as a Health Improvement Practitioner Specialist for childhood accident prevention. Previously she worked for the NHS as a Health and Wellbeing Practitioner, Stop Smoking Advisor and Care Coordinator. Emma has experience of project work to reduce health inequalities and has worked with people of all ages and backgrounds.</p> <p>Emma is a Mental Health First Aider and a Registered Associate Nutritionist working towards becoming a Registered Nutritionist</p> <p>Emma holds a BSc Hons Psychology, and a Master's in Nutrition and Public Health Management from Sheffield Hallam University.</p>
<p>Sarah Harvey</p> 	<p>Sarah joined the team as a Health Improvement Practitioner in July 2023, focusing on money and wellbeing. Sarah is passionate about reducing inequalities and working sustainably with people and places. She has been living overseas for the past 20 years, mostly in New Zealand where she worked for Enviroschools, working with schools to facilitate a whole school approach to sustainability. Prior to this she worked in Community and Public Health promoting mental wellbeing and positive relationships. She returned to the UK in December 2021.</p> <p>Before living overseas, Sarah did counselling and therapeutic work with children and families working in both the voluntary sector and NHS in Glasgow.</p> <p>Sarah has an MA (Hons) Psychology from the University of Glasgow and various other qualifications in counselling, art therapy, outdoor education, positive psychology, and mindfulness in schools.</p>
<p>Zoe Johnstone</p> 	<p>Zoe originally joined the NHS Sexual Health Service in 2007, specialising in Sexual Health Promotion & Training. Upon completing her Degree in Health & Social Care & a teaching certificate, Zoe took up her next challenge within the team as a Health Improvement Practitioner, where her role includes providing specialist training to various professionals & raising knowledge & awareness.</p> <p>Her public health portfolio includes Sexual Health & HIV, Relationships & Sexual Education, Sexual Exploitation, Domestic Abuse & Women's Health.</p>

<p>Natnaree Kaewhin</p> 	<p>Natnaree joined the team in 2022 as a Health Improvement Practitioner and part of her role will focus on improving mental health and wellbeing within the communities we serve. Natnaree holds a BSc (Hons) Human Nutrition and Master of Public Health degree. Prior to joining the team, she worked in various health promotion roles within the NHS which included supporting individuals with making holistic, positive and sustainable changes within their lifestyle to improve their physical and mental health. Her experience includes the delivery of training, wellbeing sessions to healthcare professionals and also educational sessions to service users living with type 2 diabetes. She has worked with a range of people from different background and age groups.</p> <p>Natnaree is a Mental Health First Aider and is passionate about being part of a change to improve mental health and wellbeing in the community.</p>
<p>Richard Palmer Heathman</p> 	<p>Richard is a Health Improvement Practitioner specialising in tobacco control, coming into this role from his previous job in the Northumberland Stop Smoking Service.</p> <p>Richard has worked in Health Promotion in the Stop Smoking Service and also the National Bowel Cancer Screening Service.</p> <p>Richard also supports the Stop Smoking Service with project work helping to improve the delivery of the service.</p>
<p>Kay Yeo</p> 	<p>Kay is a Health Improvement Practitioner Specialist and has been a part of the 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. She specialises in Ageing Well, Dementia Awareness and Falls Prevention.</p> <p>Kay is a qualified assessor and Internal Verifier she also has a teaching certificate.</p>

Meet our stop smoking service trainers

	<p>Carol Haram</p> 	<p>Lucy Lloyd</p> 
<p>Connie Reardon</p> 	<p>Brenda Warner</p> 	<p>Amanda Young</p> 
<p>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.</p> <p>Between them they have more than 40 years' experience in supporting people in Northumberland to stop smoking.</p> <p>The team support all smokers wishing to quit, particularly targeting vulnerable groups including mental health, routine & manual workers and long-term conditions.</p> <p>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.</p>		

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Child Safety and Accident Prevention

Course overview

The purpose of this training is to understand the importance of reducing childhood accidents, to gain a thorough understanding of the main causes of accidents in England and Northumberland, and how to integrate this knowledge into practice.

The training will also cover childhood accidents and development, signposting, and childhood illness.

What you will achieve

On completion of this training participants will be able to:

- 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.

Target group

This training is specifically for professionals that work with children or those in a caregiving role.

Trainer's contact details

- Emma Farrar
- Health Improvement Practitioner Specialist
- Telephone: 07761 044 639
- Email: emma.farrar@northumberland.gov.uk

How to have a Conversation with Children about Weight

Course overview

This training will support you in how to have a conversation with children or parents/ carers/guardians of children who may be outside the healthy weight range. The training will include a brief overview of why and how many children are outside the healthy weight range and hints and tips on how to start having a conversation around weight using the 3A's model.

What you will achieve

On completion of this training participants will gain:

- Brief understanding of how and why children may be outside the healthy weight range.
- Confidence in how to have a discussion with children and parents/carers/ guardians around weight.

Target group

This training is aimed at those who have the opportunity to have conversations about achieving a healthy weight with children or parents/carers/guardians.

Trainer's contact details

- Jane Elliot
- Health Improvement Practitioner Specialist
- Telephone: 07927 579 590
- Email: jane.elliott@northumberland.gov.uk

Overweight & Obesity in Children, Making Every Contact Count

Course overview

This training will support you in how to have conversations about weight with parent/carers of a child who has been classed as overweight or obese. The training includes an overview of obesity, guidance around healthy eating and physical activity and using Making Every Contact Count to have successful conversations around weight.

What you will achieve

On completion of this training participants will:

- Understand the causes and consequences of excess weight in children.
- Develop knowledge of basic advice around healthy eating and physical activity.
- Be able to have a very brief or brief conversations with children or parents/carers around children's weight concerns.

Target group

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.

Trainer's contact details

- Jane Elliot
- Health Improvement Practitioner Specialist
- Telephone: 07927 579 590
- Email: jane.elliott@northumberland.gov.uk

Promoting Oral Health Care in Children and Young People

Course overview

This online training will give an introductory overview into the topic of oral health care for children and young people.

What you will achieve

- You will receive a baseline understanding of oral health care regarding children and young people including prevention and signposting.

Target group

This is an online training course for anyone who wishes to develop a basic level of understanding of oral health care for children and young people.

Trainer's contact details

- Cameron Armstrong
- Health Improvement Practitioner Specialist
- Telephone: 07814 630 700
- Email: cameron.armstrong@northumberland.gov.uk

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

Course 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.

What you will achieve

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.

Target group

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

Trainer's contact details

- Zoe Johnstone
- Health Improvement Practitioner Specialist
- Telephone: 07817 112 734
- Email: zoe.johnstone@northumberland.gov.uk

Youth Mental Health Awareness

Course overview

This training aims to increase basic knowledge and understanding of mental health including the causes, symptoms and support options for children and young people. The risk and protective factors of mental health will be explored and there will be an opportunity for attendees to be split into small groups so that they can practice the skills of how to have conversations with someone about mental health. This training will explore the different ways that the participants can look after their wellbeing using the Five Ways to Wellbeing approach. Information about local and national resources and services will also be discussed.

What you will achieve

- Increased knowledge and understanding of mental health and risk factors in children and young people.
- Increased awareness of the prevalence of mental health in children and young people.
- Develop confidence in relation to having conversations about mental health and wellbeing.
- Develop skills that will enable an individual to respond in a crisis situation.
- How to look after our own wellbeing.

Target group

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 awareness.

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

Trainer's contact details

- Natnaree Kaewhin
- Health Improvement Practitioner
- Telephone: 07858 687 745
- Email: natnaree.kaewhin@northumberland.gov.uk

Adult Mental Health Awareness

Course overview

This training aims to increase basic knowledge and understanding of mental health including the causes, symptoms and support options for adults. The risk and protective factors of mental health will be explored and there will be an opportunity for attendees to be split into small groups so that they can practice the skills of how to have conversations with someone about mental health. This training will explore the different ways that the participants can look after their wellbeing using the Five Ways to Wellbeing approach. Information about local and national resources and services will also be discussed.

What you will achieve

- Increased knowledge and understanding of mental health and risk factors in adults.
- Increased awareness of the prevalence of mental health in adults.
- Develop confidence in relation to having conversations about mental health and wellbeing.
- Develop skills that will enable an individual to respond in a crisis situation.
- How to look after our own wellbeing.

Target group

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 awareness.

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

Trainer's contact details

- Natnaree Kaewhin
- Health Improvement Practitioner
- Telephone: 07858 687 745
- Email: natnaree.kaewhin@northumberland.gov.uk

Ageing Well Allies

Course 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.

What you will achieve

- 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.

Target group

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

Trainer's contact details

- Kay Yeo
- Health Improvement Practitioner Specialist
- Telephone: 07814 630 983
- Email: kay.yeo@northumberland.gov.uk

Basic Suicide Awareness

Course 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.

What you will achieve

- 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.

Target group

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.

Trainer's contact details

- Natnaree Kaewhin
- Health Improvement Practitioner
- Telephone: 07858 687 745
- Email: natnaree.kaewhin@northumberland.gov.uk

Community Health Champions

Course overview

Would you like to know more about health and wellbeing and how to support people to live a healthier lifestyle? The Community Health Champions 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.

What you will achieve

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, Alcohol, Smoking, Mental Health, Drugs Awareness, Sexual Health and Ageing Well.
- There is also an opportunity to gain the Royal Society of Public Health (RSPH) Level 2 Award in Understanding Health Improvement

Target group

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.

Training comprises of 7 online sessions, delivered over a 4-week period. The first is a 2-hour session which will be your induction, followed by six 1-hour bitesize sessions covering a range of health-related topics. Individuals are expected to complete all 8 sessions to become a Community Health Champion and gain access to the RSPH Level 2 Award in Understanding Health Improvement.

Trainer's contact details

- Aimme Boldra
- Health Improvement Practitioner
- Telephone: 07592 272 912
- Email: aimme.boldra@northumberland.gov.uk

Every Contact a Health Promoting Contact, Making Every Contact Count (MECC)

Course 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.

What you will achieve

- 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.

Target group

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.

Trainer's contact details

- Nicola Cowell
- Health Improvement Practitioner Specialist
- Telephone: 07814 589 055
- Email: nicola.cowell@northumberland.gov.uk

Food and mood

Course Overview

This training aims to provide an overview of how our diet can affect our physical and mental wellbeing. The relationship between food and the gut microbiome and immune system will be explored. The training provides evidence-based dietary guidelines, practical examples and looks at the different ways that the participants can look after their overall wellbeing. Information about local and national resources and services will also be discussed.

What you will achieve

- Increased understanding and knowledge of how healthy dietary choices can improve mental and physical health.
- Knowledge of the dietary guidelines and resources available to support positive behaviour change.

Target Group

This is an introductory training in nutrition and mental health. The training has been designed for anyone with an interest in improving their mental health through nutrition.

Trainers' contact details

- Natnaree Kaewhin
- Health Improvement Practitioner
- Telephone: 07858 687 745
- Email: natnaree.kaewhin@northumberland.gov.uk

- Jane Elliot
- Health Improvement Practitioner Specialist
- Telephone: 07927 579 590
- Email: jane.elliott@northumberland.gov.uk

RSPH Level 2 Award in Understanding Health Improvement

Course 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.

The qualification is delivered via a full day face to face session followed by a one-hour multiple-choice assessment paper.

What you will achieve

To provide candidates with a knowledge and understanding of:

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

Target group

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.

Trainer's contact details

- Aimme Boldra
- Health Improvement Practitioner
- Telephone: 07592 272 912
- Email: aimme.boldra@northumberland.gov.uk

Alcohol Awareness, Making Every Contact Count

Course 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.

What you will achieve

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.

Target group

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

Trainer's contact details

- TBC
- Health Improvement Practitioner
- Telephone:
- Email:

Basic Drugs Awareness

Course 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.

What you will achieve

- 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.

Target group

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

Trainer's contact details

- TBC
- Health Improvement Practitioner
- Telephone:
- Email:

Dementia Awareness

Course Overview

A training session to increase knowledge and understanding of Dementia and Alzheimer's. It will develop understanding of the common features/behaviours for people with memory loss and 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.

What you will achieve

- 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.

Target group

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

Trainer's contact details

- Kay Yeo
- Health Improvement Practitioner Specialist.
- Telephone: 07814 630 983
- Email: kay.yeo@northumberland.gov.uk

Falls Prevention

Course Overview

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

What you will achieve

- Understand the potential consequence of a fall to an individual's health and wellbeing.
- 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.

Target group

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.

Trainer's contact details

- Kay Yeo
- Health Improvement Practitioner Specialist.
- Telephone: 07814 630 983
- Email: kay.yeo@northumberland.gov.uk

HIV/AIDS Awareness

Course Overview

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

What you will achieve

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.

Target group

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

Trainer's contact details

- Zoe Johnstone
- Health Improvement Practitioner Specialist
- Telephone: 07817 112 734
- Email: zoe.johnstone@northumberland.gov.uk

Introduction to Sexual Health

Course 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 the C-Card training delivered by the Northumbria Healthcare Sexual Health Service or have been completed within the last 3 years.

What you will achieve

- 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.

Target group

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

Trainer's contact details

- Zoe Johnstone
- Health Improvement Practitioner Specialist
- Telephone: 07817 112 734
- Email: zoe.johnstone@northumberland.gov.uk

Menopause Awareness

Course Overview

This session will look at what is the menopause, the facts, signs, symptoms, treatments. Different stages of menopause, timeframes, & how to cope when living with menopause. We will also look at supporting Menopause in the workplace & share various useful links to support in Northumberland.

What you will achieve

- To raise awareness of Menopause signs, symptoms & treatment.
- To understand the difference between Perimenopause, Menopause & Post-menopause life stages.
- Tips on living with Menopause & how to support this.
- How we can support with Menopause in the workplace.
- To share signposting to resources, websites/online forums to support with Menopause.

Target group

This training is aimed at anyone with an interest in learning more about the Menopause.

Trainer's contact details

- Zoe Johnstone
- Health Improvement Practitioner Specialist
- Telephone: 07817 112 734
- Email: zoe.johnstone@northumberland.gov.uk

Money & Wellbeing

Course Overview

This training is for people who want to feel more comfortable talking about money with others and wish to learn more about the relationship between money and health, looking at current trends and local data. We will also explore how to initiate conversations about money and signposting to appropriate services for support, using the Make Every Contact Count (MECC) framework.

What you will achieve

- An understanding of the relationship between money and health, and current trends.
- The impacts of the cost of living and poverty on health & wellbeing.
- Be able to identify opportunities to start a conversation & offer brief advice using a MECC approach.
- Develop confidence in relation to having conversations about money and wellbeing.
- Be aware of signposting opportunities.

Target group

This training is aimed at anyone wanting to have more positive conversations about money & have a greater understanding of the impacts on people's health & wellbeing.

Trainer's contact details

- Sarah Harvey
- Health Improvement Practitioner
- Telephone: 07745 744 397
- Email: sarah.harvey@northumberland.gov.uk

Promoting Oral Health Care for Adults and Older People

Course Overview

This online training will give an introductory overview into the topic of oral health care for adults and older people.

What you will achieve

You will receive a baseline understanding of oral health care regarding adults and older people including prevention and signposting.

Target group

- This is an online training course for anyone who wishes to develop a basic level of understanding of oral health care for adults and older people.

Trainer's contact details

- Cameron Armstrong
- Health Improvement Practitioner Specialist
- Telephone: 07814 630 700
- Email: cameron.armstrong@northumberland.gov.uk

Women's Health, Throughout the Life Cycle

Course Overview

This session will look at the stages of a woman's life, beginning with menstruation and ending with menopause, and everything women's health related in between.

What you will achieve

- Improve understanding of women's health throughout the life cycle information.
- Improve confidence in discussing women's health issues.
- Understand signs, symptoms & treatment of various health issues.
- Breakdown of health issues, prevention & how you can support health promotion.
- Signpost and advise on appropriate issues, accessing help & support.

Target group

This training is aimed at anyone with an interest in women's health.

Trainer's contact details

- Zoe Johnstone
- Health Improvement Practitioner Specialist
- Telephone: 07817 112 734
- Email: zoe.johnstone@northumberland.gov.uk

Overweight & Obesity in Adults, Making Every Contact Count

Course Overview

This training will support you in how to have conversations about weight with someone who is classed as overweight or obese. The training includes an overview of obesity, guidance around healthy eating and physical activity and using Making Every Contact Count to have successful conversations around weight.

What you will achieve

- To explore the causes and consequences of excess weight in adults.
- To provide you with basic advice around healthy eating and physical activity.
- To support you to use Making Every Contact Count (MECC) to address weight concerns in overweight or obese adults.

Target group

This training is aimed at those who have the opportunity to have conversations about achieving a healthy weight with adults.

Trainer's contact details

- Jane Elliot
- Health Improvement Practitioner Specialist
- Telephone: 07927 579 590
- Email: jane.elliott@northumberland.gov.uk

Stop Smoking Intermediate Advisor

Course 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

What you will achieve

- 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. nicotine vaping products
- To understand the importance and completion of data collection.
- To understand the treatment programme including behavioral support and licensed stop smoking pharmacotherapies.

Target group

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.

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

Trainers

- Brenda Warner – Stop Smoking Specialist
- Connie Reardon – Stop Smoking Specialist
- Lucy Lloyd – Stop Smoking Practitioner
- Mandy Young – Stop Smoking Practitioner
- Carol Haram – Stop Smoking Practitioner

Service contact details

- Stop Smoking Service Telephone: 01670 813135
- Email: stopsmokingservice@northumberland.gov.uk

Stop Smoking Intermediate Advisor Update

Course Overview

A 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 update training, you must first have completed the full Stop Smoking Intermediate Advisor training.

What you will achieve

- 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. nicotine vaping products.
- To understand the importance and completion of data collection.
- To understand the treatment programme including behavioral support and licensed stop smoking pharmacotherapies.

Target group

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

Trainers

- Brenda Warner – Stop Smoking Specialist
- Connie Reardon – Stop Smoking Specialist
- Lucy Lloyd – Stop Smoking Practitioner
- Mandy Young – Stop Smoking Practitioner
- Carol Haram – Stop Smoking Practitioner

Service contact details

- Stop Smoking Service Telephone: 01670 813135
- Email: stopsmokingservice@northumberland.gov.uk

Tobacco & Nicotine Vaping

Course 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 nicotine vaping products as an aid to quitting. The session will also cover the effects that second-hand smoke has on pets.

What you will achieve

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 nicotine vaping products with the continuation of smoking tobacco.

Target group

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

Trainer's contact details

- Richard Palmer Heathman
- Health Improvement Practitioner
- Telephone: 07971 765 721
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