



**Northumberland**  
County Council

# **Health Improvement Training Programme**

For general enquiries please contact;

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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](mailto:learningandod@northumberland.gov.uk). For any general enquiries please email [healthimprovement@northumberland.gov.uk](mailto: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.

## Equality and Diversity

At Northumberland County Council, Equality, Diversity and Inclusion is at the heart of our communities, workforce and everything we do. We are passionate about building a culture of inclusion and tackling inequalities. Our priority is to ensure training is accessible to any resident of Northumberland regardless of their age, disability, gender reassignment, ethnicity, sexual orientation or religion.

Inclusivity is an integral part of planning our courses. Our aim is to create a safe space for participants, where opinions are respected, and each individual is treated fairly. We are committed to improving the equality, diversity and inclusion of our training.




For more information on Equality, Diversity and Inclusion please follow the [link](#)



## 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><b>Aimme Boldra</b></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><b>Suzanne Doney</b></p> 	<p>Suzanne joined the team in May 2023, as a Health Improvement Practitioner.</p> <p>Suzanne qualified as a diagnostic radiographer in 1991 and worked in the NHS, at a large teaching hospital for 25 years. She was a student mentor and assessor for BSC (Hons) students during their clinical placements.</p> <p>In 2018, she took up a role, delivering cancer awareness in community settings, which allowed her to build relationships with some of our community groups and businesses in Northumberland. Working for Northumberland CCG and then North East and North Cumbria ICB, Suzanne was also involved in various projects related to health inequalities.</p>
<p><b>Jane Elliott</b></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><b>Emma Farrar</b></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><b>Sarah Harvey</b></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><b>Zoe Johnstone</b></p> 	<p>Zoe originally 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, Zoe took up her next challenge within the team as a Health Improvement Practitioner, where her role includes providing specialist training to various professionals &amp; raising knowledge &amp; awareness.</p> <p>Her public health portfolio includes Sexual Health &amp; HIV, Relationships &amp; Sexual Education, Sexual Exploitation, Domestic Abuse &amp; Women's Health.</p>

<p><b>Natnaree Kaewhin</b></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><b>Richard Palmer Heathman</b></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>

## Meet our stop smoking service trainers

	<p><b>Carol Haram</b></p> 	<p><b>Lucy Lloyd</b></p> 
<p><b>Connie Reardon</b></p> 	<p><b>Brenda Warner</b></p> 	<p><b>Amanda Young</b></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 &amp; 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](mailto:emma.farrar@northumberland.gov.uk)

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# **Supporting Children to be at a Healthy Weight, Making Every Contact Count**

## **Course overview**

This training will support you in how to have conversations about weight with parents/carers of a child who is outside the healthy weight range. The training includes an overview of unhealthy weight, 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 unhealthy weight in children.
- Develop knowledge of basic advice around healthy eating and physical activity.
- Be able to have a very brief or brief conversation with 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](mailto:jane.elliott@northumberland.gov.uk)

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# **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](mailto:cameron.armstrong@northumberland.gov.uk)

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# **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. Parents & Carers may request bespoke sessions for this course.

## **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. Parents & Carers are welcome to attend.

## **Trainer's contact details**

- Zoe Johnstone
- Health Improvement Practitioner
- Email: [zoe.johnstone@northumberland.gov.uk](mailto:zoe.johnstone@northumberland.gov.uk)

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# 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](mailto:natnaree.kaewhin@northumberland.gov.uk)

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# Youth Mental Health First Aid

## Course 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.

## Course Format

There are two delivery options:

**F2F** - The face-to-face course is structured across two days (9.00 am – 5.00 pm), consisting of four sessions. Each session is built around a Youth Mental Health First Aid action plan and the course includes a combination of instructor-led training, group discussions and individual and group activities. Please note that it is compulsory to attend both days to become a Youth Mental Health First Aider.

**Online** - The online course is delivered through the MHFA England Online Learning Hub. Learning takes place through four live training sessions spread across two weeks, with self-learning activities in between. Each session is built around a Youth Mental Health First Aid action plan. Please note that it is compulsory to attend all of the four live sessions in order to become a Youth Mental Health First Aider.

## What you will achieve

- This 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
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

## Target group

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.

## Trainer's contact details

- Natnaree Kaewhin
- Health Improvement Practitioner
- Telephone: 07858 687 745
- Email: [natnaree.kaewhin@northumberland.gov.uk](mailto:natnaree.kaewhin@northumberland.gov.uk)

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# 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
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## **Adult Mental Health First Aid**

### **Course 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.

### **Course Format**

There are two delivery options:

F2F - The face-to-face course is structured across two days (9.00 am – 5.00 pm), consisting of four sessions. Please note that it is compulsory to attend both days to become an Adult Mental Health First Aider.

Online - The online course is delivered through the MHFA England Online Learning Hub. Learning takes place through four live training sessions spread across two weeks, Please note that it is compulsory to attend all of the four live sessions in order to become an Adult Mental Health First Aider. Learners will be trained over four live sessions with an MHFA England Instructor Member.

Both face-to-face and online delivery takes place through a mix of instructor led training, group discussions, individual and group activities. Each session builds on the previous, enabling the learner to gain confidence in supporting others with a Mental Health First Aid action plan.

### **What you will achieve**

- 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

### **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.

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](mailto:natnaree.kaewhin@northumberland.gov.uk)

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## **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](mailto:natnaree.kaewhin@northumberland.gov.uk)

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## Community Health Champions

### Overview

Northumberland's Public Health Team has an annual plan of health awareness campaigns. To help us share and shape health messages, we're looking for people who live and/or work in Northumberland to sign up as a Community Health Champion.

The role of a Community Health Champion has three levels:

**Sharer:** As a Sharer, you would receive regular Public Health updates and campaign resources, which you can then share with your community and social networks. **This is an informal role and there are no requirements, other than signing up to our mailing list via the expression of interest form linked below.**

**Shaper:** As a Shaper, in addition to agreeing to receive Public Health updates and campaign resources, you will be invited to attend quarterly message shaping meetings. Message shaping meetings will give you the opportunity to give us feedback on the information you receive via the mailing list and help us shape health messages for your community's needs. We will only ask for feedback on how and when you have shared information you have received via the mailing list. Those who sign up as a Shaper will have access to a short webinar "Making Every Contact Count for Champions" via Learning Together. **This is an informal role and there are no requirements, other than attending message shaping meeting when possible and signing up to our mailing list via the expression of interest form linked below.**

**Supporter:** As a Supporter, you are registering your interest in a **formal** volunteer position with Northumberland County Council. Within this role, you will support Northumberland's Health Trainer's and wider Public Health team. To find out more, complete the form and we will send you a detailed role description. **This formal role involves the completion of training; this includes a Volunteer Induction and Royal Society of Public Health Level 2 Award in Understanding Health Improvement.**

If you would like to sign up as a Sharer, Shaper or Supporter, please complete the form below and select which role you are signing up for.

**Sign up form:** [Community Health Champion Programme sign up form](#)

If you have any questions you would like answered before signing up, or to request the Sharer, Shaper or Support role descriptions please email [healthchampions@northumberland.gov.uk](mailto:healthchampions@northumberland.gov.uk)

### Trainer's contact details

- Aimme Boldra
- Health Improvement Practitioner
- Telephone: 07592 272 912
- Email: [aimme.boldra@northumberland.gov.uk](mailto:aimme.boldra@northumberland.gov.uk)

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## Connect 5

### Course overview

Connect 5 is an evidence-based training course that gives learners the skills and confidence to have enabling conversations with people in their work and lives. Connect 5 training builds the capacity and capability of the learners to look after their own and others' mental wellbeing proactively. Using the framework of the Five Ways to Wellbeing and principles of cognitive behavioural theory, it aims to empower people to have conversations about mental wellbeing. These conversations are intended to contribute towards promoting mental wellbeing, preventing mental health deterioration and when necessary, identifying and taking appropriate action to address mental distress.

The training consists of three modules which are all delivered via Microsoft Teams through Boost Learning Academy. Learners can choose to complete the whole course by completing all three modules or complete each module independently but must complete the modules in the order of module 1, 2 and 3.

### What you will achieve

#### Module 1: Brief Mental Wellbeing Advice

Module 1 will include learning:

- To extend your skills and confidence to have mental wellbeing conversations within everyday life and the workplace.
- About public mental health models and recognised techniques (i.e., The 3Cs of Connected Conversations) to inform mental wellbeing conversations.
- On where to find mental wellbeing resources.

#### Module 2: Brief Mental Wellbeing Intervention

Module 2 builds on module 1 so that learners understand wellbeing needs and are able to offer one off brief wellbeing interventions to others. This module includes information on suicide awareness. Learning in this module will enable you to:

- Apply recognised models, such as the 'Five Areas Model' to a wellbeing conversation and practice the '3Cs' of Connected Conversations, learnt in Module 1;
- Assess the nature and extent of the mental wellbeing issue being presented to ensure people get the right help at the right time, including suicide awareness;
- Identify steps that can be taken to improve mental wellbeing.

#### Module 3: Extended Mental Wellbeing Intervention

Module 3 builds on the knowledge and skills developed in module 1 & 2 to motivate and support people to make changes to improve their mental health and wellbeing. We will explore self-help tools and life skills to promote mental wellbeing in more depth which will enable you to support a person to improve and protect their mental wellbeing by practicing the application of self-help tools.

### 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.

### Trainer's contact details

- Natnaree Kaewhin
- Health Improvement Practitioner
- Telephone: 07858 687 745
- Email: [natnaree.kaewhin@northumberland.gov.uk](mailto:natnaree.kaewhin@northumberland.gov.uk)

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# 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

- Sarah Harvey
- Health Improvement Practitioner
- Telephone: 07745 744 397
- Email: [sarah.harvey@northumberland.gov.uk](mailto:sarah.harvey@northumberland.gov.uk)

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# **Making Every Contact Count (MECC) for Mental Health**

## **Course overview**

Making Every Contact Count (MECC) for Mental Health training has been designed by the Royal Society for Public Health in collaboration with Health Education England and stakeholders across the North of England.

The training aims to develop knowledge, skills and confidence to integrate relevant messages and interventions into routine practice and at the end of the programme all participants will receive a certificate of attendance with continuous professional development (CPD) points.

The training consists of three sessions:

- Session 1. Introduction to Making Every Contact Count for Mental Health
- Session 2. Knowledge and Skills
- Session 3. Signposting & Pathways

## **What you will achieve**

- Identify what is meant by mental health, mental wellbeing and mental illness, including recognised definitions, models and frameworks.
- Define the MECC approach and explore how this can be applied for mental health in health, care and community settings.
- Develop skills and confidence to engage with service users about their mental health and wellbeing.
- Develop skills to support service users to understand distressing feelings and experiences.
- Develop awareness of local support services and how to effectively signpost service users to the appropriate service.
- Develop confidence to understand and implement appropriate signposting pathways.

## **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 MECC for Mental Health. Please note that 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](mailto:natnaree.kaewhin@northumberland.gov.uk)

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# **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](mailto:natnaree.kaewhin@northumberland.gov.uk)
  
- Jane Elliot
- Health Improvement Practitioner Specialist
- Telephone: 07927 579 590
- Email: [jane.elliott@northumberland.gov.uk](mailto:jane.elliott@northumberland.gov.uk)

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# **RSPH Level 2 Award in Understanding Health Improvement**

## **Course Overview**

The Understanding Health Improvement course is a Level 2 qualification, accredited by the Royal Society of Public Health (RSPH), and the aim of this qualification is to provide candidates with an understanding of the principles of promoting health and wellbeing which will enable them to direct individuals towards further practical support in their efforts to attain a healthier lifestyle. 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 can be delivered via an eLearning course or a half day face to face session. Both options will be followed by a one-hour multiple-choice assessment paper, which must be completed face to face.

**To qualify for this course, you must currently be volunteering as a Community Health Champion Supporter with Northumberland County Council.**

If you are currently volunteering in this role and you would like to access this course, please email [healthchampions@northumberland.gov.uk](mailto:healthchampions@northumberland.gov.uk) for more details.

## **What you will achieve**

This course will provide candidates with a knowledge and understanding of:

- How inequalities in health may develop and what the current policies are for addressing these
- How effective communication can support health messages
- How to promote improvements in health and wellbeing to individuals
- The impact of change on improving an individual's health and wellbeing

## **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](mailto:aimme.boldra@northumberland.gov.uk)

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# Money and 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](mailto:sarah.harvey@northumberland.gov.uk)

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# 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](mailto:cameron.armstrong@northumberland.gov.uk)

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# **Alcohol Awareness, Making Every Contact Count**

## **Course Overview**

This training will give participants an understanding of alcohol units and the current recommended guidelines, as well as an awareness of the effects of alcohol. Participants will learn about the health risks and the impact of alcohol misuse on the individual and communities.

Discover hints and tips for cutting down, information on local specialist alcohol services and how to use the 'Make Every Contact Count' framework to initiate conversations about alcohol use.

## **What you will achieve**

On completion of this training participants will have:

- Increased learner confidence and understanding in relation to alcohol.
- Awareness of the effects of alcohol on individuals and communities.
- Increased knowledge of local specialist services.

## **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**

- Suzanne Doney
- Health Improvement Practitioner
- Telephone: 07971 511 132
- Email: [suzanne.doney@northumberland.gov.uk](mailto:suzanne.doney@northumberland.gov.uk)

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## **Basic Drugs Awareness**

### **Course Overview**

This training will give participants a basic knowledge and understanding of substance use. We will look at a range of drugs, their classification, the law and effect on the body. This training will cover some of the reasons people use drugs as well as the effect substance use has on communities. We will also cover the specialist support services available in Northumberland.

### **What you will achieve**

- Increased learner confidence and understanding in relation to drugs.
- An awareness of the effects of drugs on individuals and communities.
- Information on specialist support services.

### **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**

- Suzanne Doney
- Health Improvement Practitioner
- Telephone: 07971 511 132
- Email: [suzanne.doney@northumberland.gov.uk](mailto:suzanne.doney@northumberland.gov.uk)

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## **HIV/AIDS Awareness**

### **Course Overview**

This training aims to provide a knowledge, skills & understanding on HIV/AIDS, screening, treatment & prevention with an overview of PEP, PrEP & 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
- Email: [zoe.johnstone@northumberland.gov.uk](mailto:zoe.johnstone@northumberland.gov.uk)

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# Introduction to Sexual Health

## Course Overview

This training is aimed at professionals working with young people, who may be delivering sexual health education or advising young client groups.

## What you will achieve

- To develop strategies in raising issues of Sexual Health with client groups
- Brief Overview of Contraception Methods & EHC
- STI Briefing: Signs, Symptoms & Treatments
- Update of PEP, PrEP & U=U
- Local & Regional overview
- Sex & The Law, Consent & Confidentiality
- An overview of local services & signposting

## Target group

This training is aimed at those working with young people and/or require a Sexual Health update.

## Trainer's contact details

- Zoe Johnstone
- Health Improvement Practitioner
- Email: [zoe.johnstone@northumberland.gov.uk](mailto:zoe.johnstone@northumberland.gov.uk)

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# **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
- Email: [zoe.johnstone@northumberland.gov.uk](mailto:zoe.johnstone@northumberland.gov.uk)

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# Supporting Adults to be at a Healthy Weight, Making Every Contact Count

## Course Overview

This training will support you in how to have conversations about weight with an adult outside the healthy weight range. The training includes an overview of unhealthy weight, guidance around healthy eating and physical activity and using making every contact count to have successful conversations around weight.

## What you will achieve

- Understand the causes and consequences of unhealthy weight in adults.
- Develop knowledge of basic advice around healthy eating and physical activity.
- Be able to have a very brief or brief conversation with someone around weight concerns.

## Target group

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

## Trainer's contact details

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

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# 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](mailto:stopsmokingservice@northumberland.gov.uk)

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# 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](mailto:stopsmokingservice@northumberland.gov.uk)

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## **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
- Email: [richard.palmerheathman@northumberland.gov.uk](mailto:richard.palmerheathman@northumberland.gov.uk)

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# 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.
- Overview of Sexual & Reproductive Health, Women's Cancers, Menopause & Contraception.

## Target group

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

## Trainer's contact details

- Zoe Johnstone
- Health Improvement Practitioner
- Email: [zoe.johnstone@northumberland.gov.uk](mailto:zoe.johnstone@northumberland.gov.uk)

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## Alternative Training Providers

<p><b>e-learning for healthcare</b></p> <p><a href="http://www.e-lfh.org.uk">www.e-lfh.org.uk</a></p>	<p><b>Openlearn free courses with The Open University</b></p> <p><a href="http://www.open.edu/openlearn/free-courses">www.open.edu/openlearn/free-courses</a></p>
<p><b>Future Learn Online Courses from top universities.</b></p> <p><a href="http://www.futurelearn.com">www.futurelearn.com</a></p> <p>Selected courses available free of charge</p>	<p><b>The Kings Fund</b></p> <p><a href="http://www.kingsfund.org.uk/leadership-development?free=true">www.kingsfund.org.uk/leadership-development?free=true</a></p>
<p><b>Boost Learning Academy</b></p> <p><a href="http://www.boost.org.uk/learning-academy">www.boost.org.uk/learning-academy</a></p>	<p><b>UKPHR Practitioner Registration Programme</b></p> <p><a href="http://www.ukphr.org">www.ukphr.org</a></p>
<p><b>Northumberland Family Hubs</b></p> <p><a href="http://www.familyhubsnorthumberland.co.uk/free-online-courses">www.familyhubsnorthumberland.co.uk/free-online-courses</a></p> <p>Free training for parents &amp; carers including Solihull approach e-learning</p>	<p><b>MECC Gateway</b></p> <p><a href="http://www.meccgateway.co.uk/nenc/training">www.meccgateway.co.uk/nenc/training</a></p>

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