

HALTON HEALTH IMPROVEMENT

# Public Health Training Solutions

For organisations in North West England

Our team is made up of health and wellbeing professionals including Lifestyle Advisors, Health Trainers, Stop Smoking Advisors, Health Improvement Specialists and Practitioners.

We are a Royal Society For Public Health and City and Guilds Accredited Training Centre and as such can offer a wide variety of off-the-shelf and bespoke health education and training programmes.

Support the health and wellbeing of your local population by upskilling your workforce, creating health champions within your community and embedding health within your settings. Our training can play a vital part in improving the health of your residents.



For more information call the team on:

**0300 029 0029**

or visit [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)



@HaltonBC



Halton BC

  
HALTON  
BOROUGH COUNCIL

## Our Training Courses

"I just wanted to say THANK YOU. It was a pleasure meeting you and the training was a resounding success. The feedback about the training delivered by you and Beth was genuinely really positive, so thank you."

**Cheshire West and Cheshire Council.**

### **RSPH (Royal Society for Public Health) Courses**

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

This training provides candidates with a knowledge and understanding of the principles of promoting health and wellbeing. Along with how to direct individuals towards further support in their efforts to maintain and attain a healthier lifestyle.

#### **RSPH Level 2 Healthy Weight And Healthy Eating**

The objective of this qualification is to provide learners with the ability to help individuals develop a healthier lifestyle by encouraging them to eat healthily and attain/maintain a healthy weight. Learners will increase their knowledge and understanding of why individuals may not be at a healthy weight, the effect on health of this, the principles of healthy eating and how individuals can be supported to achieve a healthy weight and eat healthily.

#### **RSPH Level 2 Encouraging Vaccination Uptake**

The objective of this qualification is to provide learners with the knowledge and understanding to promote the importance of vaccination programmes and to use behaviour change models and motivational techniques to support individuals in making a decision to receive a vaccination.

#### **RSPH Level 2 Award In Understanding Alcohol Misuse**

This qualification is for individuals with an interest in health who are also interested in helping others develop a healthier lifestyle by addressing the issue of alcohol misuse. To achieve this qualification a candidate must:

- Understand factors that result in people misusing alcohol
- Understand the personal and social consequences of alcohol misuse
- Know how to provide help and support to the individual

#### **RSPH Level 2 Award in Understanding the NHS Health Check**

This qualification will provide the learner with the knowledge and understanding to support them in carrying out an NHS Health Check assessment and to inform the client of the significance of their results and their risk, providing brief advice if required. It provides underpinning knowledge for the core competences and technical competences described in the NHS Health Check competency framework.

#### **RSPH Level 3 Certificate in Social Prescribing**

The objective of this qualification is to provide learners with the knowledge, skills and understanding to deliver personalised care as part of a social prescribing programme, in order to promote the health and wellbeing of individuals, groups and communities.

## RSPH Level 3 Certificate in Health and Wellbeing Improvement

The objective of this qualification is to provide learners with the knowledge, understanding and skills to promote the health and wellbeing of individuals, groups and communities so that people can make improvements and changes to their lives by positive behaviour change or by adopting activities and practices that will have a positive effect on their physical and mental health and wellbeing. The qualification will enable learners to carry out conversations and consultations with individuals, groups and communities to help them to identify their priorities in relation to their health and wellbeing, and to support them in recognising those factors that might be affecting their health and wellbeing.

## Other Training

### Blood Pressure Training

This training will give you the knowledge, confidence and equipment to measure colleague's blood pressure within the workplace. Training is accredited and the aim of the project is to find colleagues with undiagnosed high blood pressure and help them find the treatment they need.

### Making Every Contact Count (Mecc)

MECC is a behaviour change approach that uses the day to day interactions that organisations and people have with the public to encourage individuals to make positive health and wellbeing choices. Every interaction is an opportunity to signpost someone towards better health decisions. Not everyone needs assistance, but for those that do a small chat could be life-changing. Our MECC training provides attendees with the skills and resources to share consistent, simple health messages.

### Menopause

Menopause training aims to improve knowledge about the menopause, increase confidence to support someone struggling to cope with menopause in the workplace as well as reduce the stigma associated with talking about the menopause. Those attending the training will be able to signpost colleagues to relevant services and sources of information.

### Menopause Awareness For Managers

This session will help managers to understand the definition of menopause along with its signs and symptoms. It will analyse the impact of menopause on the workplace and how you can best support your employees through reasonable adjustments and signposting to services.

### Sleep

This session will look at why sleep is important, the stages of sleep, barriers to and benefits of a good night's sleep, the relationship between sleep and diet, how sleep affects our health, sleep hygiene and routine.

### Ageing Well Training

This session is for practitioners working with older people. The aim of our Age Well training is to improve knowledge and understanding of factors that affect older people i.e. falls, loneliness and dementia.

- Build practical skills using tools that identify people who may be at risk.
- To build confidence in giving out advice on how to minimise risks.
- Raise awareness of the various referral pathways & signposting services

## Mental Health Training

Our mental health training sessions are designed to equip learners with the knowledge and skills around recognising signs and symptoms and signposting to support.

### Mental Health Awareness

At the end of this session, learners will be able:

- To distinguish between mental health and mental illness.
- To describe the signs & symptoms we may experience with the most prevalent mental health conditions.
- To identify key elements to have wellbeing conversations with colleagues and staff.
- Describe some of the tools and activities you can use for yourself and your staff/colleagues to look after your mental health.
- To recommend services that are available to support mental health.

### Mental Health Awareness for Managers

At the end of this session, learners will be able:

- To distinguish between mental health and mental illness and why good mental health matters in the workplace.
- To describe the signs & symptoms we may experience with the most prevalent mental health conditions.
- To identify key elements to have wellbeing conversations with colleagues and staff.
- Describe some of the tools and activities you can use for yourself and your staff/colleagues to look after your mental health.
- To recommend services that are available to support mental health.

### Suicide Awareness Training

At the end of this session, learners will be able:

- Explain how and when to use; the updated suicide awareness guidance.
- To dispel fears around starting the conversation.
- Discuss potential risk factors that could contribute towards suicidal thoughts, feelings and behaviour.
- Identify signs and symptoms of suicidal thoughts, risks and behaviour.
- Give you the knowledge to know where you can appropriately sign post people locally in need of support.

### Stress Awareness

At the end of this session, learners will be able:

- Explain what stress is.
- Discuss how and why the body responds to stress.
- Relate this information to identify when our own body is responding to stress.
- Distinguish between the different systems that control stress.
- Interpret the different levels of stress.
- Introduce a number of resources available to help you to create your own 'cave'.
- Identify how you would use the information and knowledge to reduce stress or better manage our stress.

## COSTS

Our training sessions are held regularly in locations in Widnes and Runcorn where our team is based. See page 6 for dates.

However, if you have 10 to 20 staff to be trained, we can organise an in-house session at a location convenient for you.

TRAINING COURSE	ACCREDITATION	PRICE PER HEAD AT A HALTON SESSION	PRICE PER IN HOUSE SESSION (max 20 per session)
L2 Award in Encouraging Vaccination Uptake	RSPH	£250	£4500
L2 Award in Understanding Health Improvement	RSPH	£250	£4500
L2 Award in Understanding the NHS Health Check	RSPH	£250	£4500
L2 Award in Understanding Alcohol Misuse	RSPH	£250	£4500
L2 Award in Healthy Weight and Healthy Eating	RSPH	£250	£4500
L3 Certificate in Health and Wellbeing	RSPH	£500	£7500
L3 Award in Social Prescribing	RSPH	£500	£7500
Making Every Contact Count (MECC)	CPD	£50	£500
Blood Pressure Training	CPD	£50	£500
Menopause	CPD	£50	£500
Menopause Awareness for Managers	CPD	£50	£500
Mental Health Awareness	CPD	£50	£500
Mental Health Awareness for Managers/Supervisors	CPD	£50	£500
Suicide Awareness Training	CPD	£50	£500
Stress Awareness	CPD	£50	£500
Sleep	CPD	£50	£500
Ageing Well Training	CPD	£50	£500

\* Costs only include a place on the course, not accommodation or travel.

### UPCOMING TRAINING DATES IN HALTON

If you would like to attend any of these courses taking place in Runcorn and Widnes, please call 0300 029 0029 or email [HITworkplacehealth @Halton.gov.uk](mailto:HITworkplacehealth@Halton.gov.uk)

JANUARY 2024			
Tuesday 9 January 2024	RSPH L2 Encouraging Healthy Eating and Healthy Weight	9:00am-4:00pm	Runcorn Town Hall Council Chamber
Thursday 11 January 2024	Mental Health Awareness	1.00pm-4.00pm	Grangeway Community Centre Runcorn
Friday 12 January 2024	Sleep	9:00am-12:00noon	Widnes Library
Friday 12 January 2024	Stress Awareness	12:30pm-2:30pm	Grangeway Community Centre Runcorn
Monday 15 January 2024	Menopause Awareness	1:00pm-4:00pm	The Board Room, Municipal Building Widnes
Monday 15 January 2024	Mental Health Awareness - Supervisors / Managers	1.00pm-4.00pm	Grangeway Community Centre Runcorn
Tuesday 16 January 2024	Suicide Awareness	9:30am-12 noon	Grangeway Community Centre Runcorn
Wednesday 17 January 2024	RSPH L2 Encouraging Vaccination Uptake	9:00am-4:00pm	Runcorn Town Hall Council Chamber
Thursday 25 January 2024	RSPH L2 Understanding NHS Health Checks	9:00am-4:00pm	Runcorn Town Hall Council Chamber
Tuesday 30 January 2024	RSPH L2 Understanding Health Improvement	9:00am-4:00pm	Runcorn Town Hall

### UPCOMING TRAINING DATES IN HALTON (continued)

<b>FEBRUARY 2024</b>			
Tuesday 6 February 2024	MECC	10:30am-1:00pm	Runcorn Town Hall Civic Suite
Wednesday 7 February 2024	Mental Health Awareness	9:30am-12:30pm	Kingsway Library Widnes
Friday 9 February 2024	Blood Pressure Champion Training	9:00am-12:00noon	Widnes Library
Tuesday 13 February 2024	RSPH L2 Encouraging Vaccination Training	9:00am-4:00pm	Widnes Library
Tuesday 20 February 2024	RSPH Understanding Alcohol Misuse	9:00am-4:00pm	Runcorn Town Hall Civic Suite
Tuesday 20 February 2024	Mental Health Awareness Supervisors / Managers	9:30am-12:30pm	Kingsway Library Widnes
Friday 23 February 2024	RSPH L2 Encouraging Healthy Eating and Healthy Weight	9:00am-4:00pm	Runcorn Town Hall, Council Chamber
Wednesday 28 February 2024	Suicide Awareness	1.00pm-3:30pm	Kingsway Library Widnes
Wednesday 28 February 2024	Stress Awareness	10.00am-12noon	Kingsway Library Widnes

**UPCOMING TRAINING DATES IN HALTON (continued)**

<b>MARCH 2024</b>			
Friday 8 March 2024	Sleep	9:00am-12:00noon	Widnes Library
Monday 11 March 2024	MECC	1:00pm-4:00pm	Widnes Library
Tuesday 12 March 2024	Mental Health Awareness	1.00pm-4.00pm	Grangeway Community Centre Runcorn
Wednesday 13 March 2024	Menopause Awareness	9:00am-12:00noon	Runcorn Town Hall Civic Suite
Tuesday 19 March 2024	RSPH Level 2 Understanding Health Improvement	9:00am-4:00pm	Widnes Library
Thursday 21 March 2024	Mental Health Awareness Supervisors / Managers	1.00pm-4.00pm	Grangeway Community Centre Runcorn
Monday 25 March 2024	Suicide Awareness	10.00am-12:30pm	Grangeway Community Centre Runcorn
Monday 25 March 2024	Stress Awareness	1.30pm-3.30pm	Grangeway Community Centre Runcorn
Tuesday 26 March 2024	Blood Pressure Champion Training	9:00am-12:00noon	Runcorn Town Hall Civic Suite

**For more information about any of the services provided by Halton Health Improvement Team please call  
0300 029 0029**