



**South East London**

# **Lambeth & Southwark Health Promotion Training**

**September 2011 – March 2012**



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# 1 Welcome to the Lambeth and Southwark health promotion training brochure September 2011– March 2012

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## Who are we?

We are the NHS health promotion training specialists; our aim is to improve health and reduce health inequalities by working in close partnership with NHS, statutory and voluntary sectors to provide health promotion professional development expertise and support.

## Training, learning and information

The health and social care world is an ever-changing environment which means that if you intend to stay in the field, you need to equip yourself with the tools to adapt with emerging demands. The health promotion training and learning programme for 2011/12 has been designed to support you with this challenge by providing courses and programmes that meet your personal, local and national health improvement and health promotion priorities.

The courses in this training brochure have been designed to support the development of your skills, knowledge and confidence so that you are better able to:

- Meet the requirements in your direct and/or local enhanced services (DES/LES)
- Meet the requirements of your knowledge and skills frameworks (KSF)
- Enhance your health promotion skills
- Develop your health trainers' skills
- Involve clients and patients in service improvement such as the quality and outcomes framework (QOF), or low income schemes (LIS)

The Lambeth and Southwark Health Library can support your learning and professional development with on-the-spot coaching and access to a comprehensive collection of books, journals, models, DVDs, teaching packs and electronic resources.

We hope you find these opportunities as exciting as we do.

**Charles Aina**  
Health Improvement Training Manager

## 2 Flexible learning opportunities

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Everyone learns differently and we want to help you make the most of your time with us. Our team offers several different ways of learning, so when you think about your professional development, consider which of the following would suit you best.

### Training courses

Participants come from a wide range of backgrounds; this provides an environment that enables you to learn from each other. All of our courses have specific aims and objectives to help you choose the right one for you. Our training courses are listed from page 10. These courses will be held at venues across Lambeth and Southwark.

### Coaching programmes

We offer a broad range of coaching sessions that are designed to provide you with intensive one-to-one or small group support that is tailored to your needs. These sessions can be delivered at a time and place that is convenient for you. See page 46 for more details about topics. If you work in primary care also see page 49.

### Not in the brochure?

If you or your organisation have a health promotion training need that is not met by the opportunities in this brochure, we will work with you to find out how your need can be met. Please contact the Health Improvement Training Manager on 020 7525 5998 to discuss any specialist needs you may have.

### Health promotion hot topics sessions

Health Promotion update sessions are held throughout the year and focus on Lambeth and Southwark health promotion priority areas. These are designed to help you find out more about a local priority topic and what you can do to support it. More information can be found on page 17.

## 3 How to access Lambeth and Southwark Health Promotion learning opportunities

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### Who are the courses for?

These courses are available free to NHS, voluntary and statutory workers in Lambeth or Southwark who wish to develop their formal or informal health promotion role.

Places are available on a fee-paying basis for those working outside of Lambeth or Southwark. Fees, unless otherwise stated, are £100.00 per full day and £50.00 per half day, or for voluntary organisations and charities, £50.00 per full day and £25.00 per half day.

### Where are we located?

The Health Improvement Training team is located within NHS South East London, Southwark Public Health at the Southwark Council's Offices 160 Tooley Street, 1st Floor, London, SE1 2QH.

**There are no general parking facilities at either site.**

### Attendance certificates

A certificate of attendance will be issued to participants who attend for the advertised duration of a course.

### Training quality assurance

In order to ensure that our learning opportunities are responsive to participants' training needs, and to ensure high training standards, we will ask you to participate in an evaluation process after your learning session.

### Special needs access

Wheelchair access is available at the majority of the venues; participants who require disabled parking should check availability directly with the venue where training will be held. Contact numbers for venues are listed at the back of this brochure. If you have any other special needs, please let us know by telephone or on the training course application form and we will do our best to accommodate you.

## 4 How to apply for Lambeth and Southwark health promotion training courses

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### For training courses:

Please read the booking conditions below before applying for a course.

- Please read the course description and learning objectives carefully in order to ensure that the chosen course meets your needs before you apply.
- To apply, photocopy the application form at the back of this brochure, complete it fully in **BLOCK CAPITALS**, and return it by post to **South East London, Southwark Public Health, 1st Floor, Health Improvement Training Team, c/o the Training Coordinator, PO Box 64529, London, SE1P 5LX**. Alternatively, you can email the health improvement training coordinator at: [Lorraine.Baker@southwarkpct.nhs.uk](mailto:Lorraine.Baker@southwarkpct.nhs.uk)
- Training course applications require your manager's name and contact details and for participants to tick the box indicating you have read and accept the booking conditions. If these details are missing from your form it will be returned to you.
- We will send you a course confirmation email/letter within a week of receiving your application form. If you do not receive confirmation please contact Lorraine Baker at the email address above.

### For coaching sessions:

Please contact the appropriate facilitator via telephone or email (contact details available at the end of the brochure), and arrange a convenient time for the session.

### Booking conditions

Please read through the following carefully before applying:

- The closing date for each course is two weeks before the start date unless otherwise stated.
- Course places are booked for the person named on the application, not for an organisation; do not let anyone attend in your place.
- Please do not attend a training course without having previously received a letter/email of confirmation.
- **If you arrive late for the start of your course, you will be asked to rebook on a course at a later date.**
- If you need to leave a course early, please cancel your place and rebook for a later date when you can attend the course in full.
- Only participants attending the full duration of the course will receive an attendance certificate.
- Please note that your organisation/department will be charged a £60 cancellation fee for each day of training missed.

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## Bowel cancer screening awareness

Duration  
½ day

Course dates  
**Course 1:** 19th October 2011  
**Course 2:** 11th January 2012  
**Course 3:** TBC

Please contact  
Lorraine.Baker@  
southwarkpct.nhs.uk  
for further details.

Times  
1.30pm – 5.00pm

Venue  
160 Tooley Street

Facilitator  
Jo Zhou

This course introduces the Bowel Cancer Screening Programme (BCSP) which is the first national screening programme targeting both men and women aged 50+ and enables participants to motivate clients to live a healthy lifestyle. The course aims to raise awareness and knowledge of bowel cancer and screening

The course is for health promotion specialists, nurses, GPs, NHS and local authority including staff working in the community.

### Attending this course will help you to:

- Identify the disease course of bowel cancer
- Explain the risk factors for the prevention of bowel cancer
- Demonstrate how the BCSP is organised
- Explain how to promote the BCSP programme
- Describe the approaches used to tackle inequalities in accessing bowel cancer screening

KSF Dimensions covered  
C2, C4, C5 & C6  
HWB1 & 4  
IK3  
G1

## CVD risk assessment for NHS Health Checks – A health promotion perspective

This course will develop your knowledge and skills to confidently undertake cardiovascular disease risk assessment of your clients.

The course is for health promotion specialists, health care assistants, practice nurses, nurses, allied health professionals, pharmacists, local authority staff and health and social care staff working in the community.

### Attending this course will help you to:

- Identify individuals at risk of developing cardiovascular disease
- Undertake risk assessment using risk predictor tools
- Communicate risk to individuals
- Use motivational strategies to support individuals' self care

Duration  
1 day

Course dates  
**Course 1:** 13th October 2011  
**Course 2:** 25th January 2012  
**Course 3:** 10th May 2012

Times  
9.30am – 4.00pm

Venue  
160 Tooley Street

Facilitators  
Monica Melling  
Sylvia Livett

KSF Dimensions covered  
Core: 1, 2, 4, 6  
HWB: 1, 2, 4, 6, 7  
IK: 3  
G: 1, 2, 5, 7

## Delivering Alcohol Identification and Brief Advice (IBA): Identifying and addressing alcohol harm

Duration  
½ day

Course dates  
**Course 1:** 28th September 2011  
**Course 2:** 9th November 2011  
**Course 3:** 9th February 2012  
**Course 4:** 19th April 2012

Times  
9.30am – 1.00pm

Venue  
160 Tooley Street

Facilitators  
Charles Aina  
Bindi Dulku  
Maria Loizou  
Monica Melling

KSF Dimensions covered  
Core: 1:3, 2:2, 3:2, 4:1, 5:2 and 6:2  
HWB1:2, HWB2:2, HWB4:4, IK3:1

Attending this course will provide you with the tools and techniques that will enable you to identify 'risky' drinking, encourage a risky drinker to reduce their consumption, motivate increasing or higher risk drinkers to reflect on their drinking behaviour and reduce their alcohol consumption to lower risk levels. During the course you will be introduced to and instructed on the use of a validated screening tool and short, structured 'brief advice' techniques that support the delivery of simple Identification and Brief Advice (IBA).

**Please note that the course will focus on the identification and subsequent support for 'risky' drinkers; it will not cover in-depth support for those identified as dependent drinkers.**

The course is aimed at health care workers who are involved in client health checks and/or lifestyle screening.

### Attending this course will help you to:

- Identify the potential impact of alcohol use and misuse
- Identify alcohol misuse skills
- Demonstrate simple brief interventions
- Demonstrate how to work with resistance
- Identify when to refer people with alcohol dependence or complex needs for further treatment or support

## Developing culturally competent health promotion

This course will help you to enhance and develop your understanding of how culture, religion and politics impact on and shape health beliefs and behaviours. The course will provide you with the tools to assess how culturally appropriate and competent the health promotion you are already involved in is. It will also highlight techniques to develop an approach to delivering health promotion that is more culturally aware.

This course is aimed at health and social care staff working in the NHS, statutory and voluntary sectors.

### Attending this course will help you to:

- Define the role of culture in health behaviours
- Describe why being culturally competent is important within health promotion.
- Explain how health promotion can become more culturally competent
- Apply the principles of culturally competent health promotion to your interventions

Duration  
1 day

Course dates  
**Course 1:** 4th October 2011  
**Course 2:** 15th May 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Charles Aina

KSF Dimensions covered  
Core 1:3, 2:3, 4:2, 5:3 & 6:3.  
HWB1: 3

## Developing health promotion campaigns and displays – Getting the message across

Duration  
½ day

Course dates  
**Course 1:** 9th  
November 2011  
**Course 2:** 16th May  
2012

Times  
9.00am – 1.00pm

Venue  
160 Tooley Street

Facilitator  
Jay Jackson

This course is for people who wish to explore the role of leaflets and posters in health promotion and creating effective health displays. The aim is to provide participants with the skills and knowledge to use leaflets and posters more effectively for promoting health.

### Attending this course will help you to:

- Describe the role, limitations and appropriateness of leaflets and posters
- List criteria for assessing the appropriateness of leaflets and posters
- Create a simple eye-catching display using existing leaflets and posters

KSF Dimensions covered  
Core 1:2, 2:2, 4:2, 5:3 & 6:2  
HWB1: 2  
IK3: 2

## Enhancing wellbeing

This course will explore the five ways to wellbeing recommended by the Foresight report on Mental Capital and Wellbeing. It will look at some of the evidence underpinning this approach to enhancing wellbeing, as well as helping participants to understand the wider determinants of mental health, and the factors that can have a protective effect on wellbeing. It will also explore some of the current debates around the importance of individual strengths and resilience.

The course is aimed at anyone with an interest in understanding how wellbeing can be enhanced and protected, and it would be particularly useful to people who want to consider how working practices and environments might impact on clients' and their own wellbeing.

### Attending this course will help you to:

- Explain the five ways to wellbeing recommended by the *Foresight report*
- Describe the evidence that underpins this approach and develop practical ideas to enhance wellbeing based on this evidence
- Explain the current debates in positive psychology based on the development of “strengths” and resilience
- Apply this knowledge at a personal level and in relation to working practice

Duration  
1 short day

Course dates  
9th November 2011  
5th March 2012

Times  
10.00am – 3.00pm

Venue  
160 Tooley Street

Facilitators  
Anamaria Florin  
Ginette Hogan

KSF Dimensions covered  
Core; 1, 2,3,4,5 & 6  
HWB; 1, 2, 3 & 4  
G1 & G7

## Healthy eating and physical activity for West African communities

Duration  
1 day

Course dates  
**Course 1:** 17th  
November 2011  
**Course 2:** 29th  
February 2012

Time  
9.30–4.30pm

Venue  
160 Tooley Street

Facilitators  
Christine Nolan  
Sylvia Livett

KSF Dimensions  
covered  
Core: 1:4, 2:3, 5:2 and  
6:2.  
HWB1: 2, HWB2:2,  
HWB4:2 & HWB7:1

This course is for members of West African communities, community leaders and volunteers working with the West African communities in Southwark and Lambeth. The course may also be of interest to those who would like to know more about West African traditional foods and diet in order to work with clients.

### Attending this course will help you to:

- Describe the key elements of a healthy, balanced West African diet
- Explain why physical activity is good for our health
- Describe how to make small changes to get big benefits in health
- Identify ways of helping your family, friends, client group and community achieve better health through healthy diet and physical activity
- Explain what resources are available in Southwark and Lambeth to help the community to live healthily

## Health Promotion – Hot Topics

A series of hot topic health promotion sessions will be held throughout the year on a range of topics. They are appropriate for anyone with a health promotion role and will enable you to update yourself on local and national health agendas. You will also have the opportunity to network locally and share ideas and models of good practice.

The hot topic sessions for 2011–2012 will be advertised by flyers closer to the events' dates and will take place at various locations throughout Lambeth and Southwark. They will cover key health priorities including:

- Healthy weight
- Physical activity
- Stop smoking
- Alcohol
- HIV and sexual health
- Mental health
- CVD
- Diabetes
- Cancers
- Workplace health promotion

Contact [Lorraine.Baker@southwarkpct.nhs.uk](mailto:Lorraine.Baker@southwarkpct.nhs.uk)  
for more information

## How to promote good sexual health

Duration  
1 day

Course dates  
28th March 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Paul Steinberg

KSF Dimensions covered  
Core 1:3, 2:3, 4:2, 5:4 & 6:4  
G 1:2, G7: 1  
HWB1: 2, HWB4: 3 & HWB7: 1

This course explores the local picture around sexually transmitted infections and how to work with various client groups to prevent them. It examines attitudes, builds on knowledge and develops practical skills for working to address sexual health and reduce STIs.

It is suitable for anyone who has a remit to raise awareness of STIs and STI prevention; youth and community workers, health trainers, clinicians, GPs, staff within the voluntary sector, school nurses, PSHE teachers and others.

### Attending this course will help you to:

- Gain an overview of local epidemiology of STIs
- Describe some signs, symptoms, treatments and preventions
- Increase knowledge of safer sex and STI prevention
- Explore myths and stigmas surrounding STIs
- Develop methods for getting the message across

## Level 1 Developing key health promotion skills: Royal Society of Public Health Accredited Understanding Health Improvement Course

This 3½ day course is aimed at people who are interested in developing health promotion/public health skills and are concerned about the well being of the people in their community. The course will support you in identifying and using opportunities that present in your patient contact to help individuals to consider healthier lifestyle choices

### Attending this course will help you to:

- Describe the benefits of good health and wellbeing
- Explain the barriers to making a change of lifestyle
- Practise the communication skills that you will need to support and encourage behaviour change

Please note that there will be a multiple-choice examination on day 4 that you will need to pass in order to be awarded the RSPH qualification.

### Recommendations

It is recommended that you complete this course before attending other courses in levels 2 and 3 of the Developing Health Promotion Skills programme.

Duration  
3 ½ days

Course dates  
**Course 1:** 29th, 30th November, 1st and 6th December 2011  
**Course 2:** 21st, 22nd, 23rd February and 1st March 2012

Venue  
160 Tooley Street

Time  
9.30am – 4.30pm

Facilitator  
Charles Aina

KSF Dimensions covered  
Core: 1:3, 2.3, 4.2, 5.2 and 6.2  
HWB1:3, HWB 2:1 and HWB 4:2  
IK2: 1 and IK3: 1  
G1:1

## Level 2 Developing key health promotion skills: Presentation skills for health promoters – An introduction

Duration  
2 days

Course dates

**Course 1:** 4th – 5th

October 2011

**Course 2:** 6th – 7th

December 2011

**Course 3:** 29th – 30th

March 2012

**Course 4:** 26th – 27th

June 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Bindi Dulku

KSF Dimensions covered  
Core 1:1, 2:3, 5:4 & 6:4  
G1: 2, G2: 3

This course is for those who have little or no experience in delivering presentations. It will help you to structure and deliver effective presentations and increase both the effectiveness of your presentation and your confidence as a presenter. You will develop skills on how to talk concisely about your topic. You will be expected to prepare and deliver a ten-minute presentation on day two with the use of flip chart.

**Please have an idea of topic prior to the course – preferably something that's not work based.**

### Attending this course will help you to:

- Explore the three "A"s – Aim, Audience and Arena – when planning a presentation
- Organise material into a simple structure
- Look at the advantages and disadvantages of visual aids
- Identify tips for successful delivery including dealing with nerves
- Identify your strengths and areas for development as a presenter
- Develop effective use of voice and body language
- Involve and engage your audience in your presentation
- Present your topic in a given period of time

## Level 2 Developing key health promotion skills: Enhancing effective communication skills to support health promotion

The course is aimed at health professionals who are interested in developing health promotion/public health skills, who are working with clients and groups and are concerned about the well being of the people in their community.

### Attending this course will help you to:

- Explore why communication skills are important when promoting health behaviour change
- Develop a greater awareness of your voice and body language
- Analyse the difference between assertive, aggressive, manipulative and passive behaviours in communication
- Practice active listening skills in building rapport

### Recommendations

It is recommended that you attend the accredited Royal Society of Public Health Understanding Health Improvement course before attending this course.

Duration  
1 day

Course dates

**Course 1:** 2nd

February 2012

**Course 2:** 15th May

2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Bindi Dulku

KSF Dimensions covered  
Core 1:3, 2:3, 4:2, 5:2 and 6:2.  
HWB1:2  
HWB 4:2  
G1:1

## Level 2 Developing key health promotion skills: Community development – A health perspective

Duration  
3 days

Course dates  
12th, 13th and 14th  
June 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators:  
Monica Melling  
Geoff Wykurz

This course enables you to critically examine the potential to incorporate a community development approach within your work to address social inequalities and develop an empowering practice. The course blends input on current policy and practice and draws upon your personal experience to ensure relevance to your own work.

This course is aimed at primary care, voluntary and community sector health and social care professionals.

### Attending this course will help you to:

- Develop an understanding of 'community' and the relevance of 'community development' to addressing health priorities
- Examine policies and practice that support patient involvement in primary care
- Explore the role of a community development approach and social action and their potential influence on the social determinants of health
- Examine the issues associated with partnership working between the NHS, local authorities and the voluntary and community sectors
- Reflect on personal practice in the context of addressing health inequalities

KSF Dimensions covered  
Core 1:3, 2:3, 4:4, 5:3 & 6:3  
HWB1:3  
G1: 2, G4: 1 & G5: 2  
G6: 1, G7:2 & G8: 1  
IK2: 1 & IK3: 1

## Level 2 Developing key health promotion skills: Motivational Interviewing in health promotion

This course is aimed at health professionals who are interested in developing health promotion/public health skills who work with or would like to work with a client base and are concerned about the well-being of the people in their community. The course is also designed for those health professionals who want to refresh or revisit the motivational interviewing skills they already have. This course will provide you with the skills and knowledge to help you to motivate and facilitate health behaviour change with your clients.

### Attending this course will help you to:

- Explain the 'Stages of Behavioural Change' model
- Describe the spirit of motivational interviewing
- Practice the method of motivational interviewing
- Develop an effective and realistic health change plan and negotiate health change with the client

### Recommendations

It is recommended that you attend the accredited Royal Society of Public Health: Understanding Health Improvement and the Communication Skills courses before attending this course.

Duration  
1 day

Course dates  
**Course 1:** 28th  
February 2012  
**Course 2:** 22nd  
March 2012  
**Course 3:** 12th  
April 2012  
**Course 4:** 24th May  
2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Bindi Dulku

KSF Dimensions covered  
Core 1:3, 2:2, 4:1, 5:4 and 6:2.  
HWB1: 2, HWB2: 2  
HWB3: 1, HWB4: 4  
HWB7: 3  
G1: 1

## Level 2 Developing key health promotion skills: Training the trainers for health promoters

Duration  
6 days

Course dates  
**Course 1:** 7th, 8th, 9th, 15th, 16th and 23rd September 2011  
**Course 2:** 7th, 8th, 9th, 15th, 16th and 23rd March 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Health Improvement Training Team

KSF Dimensions covered  
Core 1:3, 2:3, 4:2, 5:4 & 6:4  
G1: 2 & G7: 1  
HWB1:2, HWB4:3 & HWB7:1

This course develops and enhances a practical understanding of the theory and skills involved in training delivery within a health promotion context.

The course is for anyone who would like to learn to develop and deliver training that supports the learning and professional development of people with a health promotion role.

As part of the course you will be expected to plan and deliver a short training session.

### Attending this course will help you to:

- Apply the basic principles of training: identifying need, planning, delivery and evaluation
- Collect information using a range of methods and resources to fulfil training need and evaluation
- Devise appropriate aims and objectives for a health promotion training event
- Use a variety of methods and resources to train individuals and groups
- Develop strategies for managing groups effectively
- Relate anti-discriminatory practice to training
- Communicate more effectively using a range of presentation skills
- Be more self-aware and able to identify personal strengths and weaknesses
- Explain different learning styles
- Identify methods to accommodate these learning styles when delivering health promotion training.

## Level 3 Developing key health promotion skills: Community based evaluation research

This course aims to help you gain a basic understanding of the evaluation process and to develop the skills needed to participate in evaluation. It is designed for anyone interested in developing their skills in research and evaluation in community settings. It will be particularly suitable if you have some previous knowledge or experience of research or evaluation, however basic.

The course is aimed at healthcare professionals who have the responsibility for, are engaged in or have an interest in measuring the outcomes and outputs community engagement processes.

### Attending this course will help you to:

- Introduce the basic concepts of evaluation research and the basic elements of evaluation design
- Explain elements of the research process including research ethics
- Design collectively, an evaluation of a project of your choice
- Experience applying what you have learned in workshop activities

Duration  
2 days (you will be required to carry out a research-based task between the two days but this can be done collectively)

Course dates  
2nd and 9th November 2011

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Dr Mehl Kotecha

KSF Dimensions covered  
Core 1:4, 2:3, 4:3, 5:4, and 6:4  
G1: 4, G2: 2, G7: 1, G8: 1  
HWB1: 2, HWB6: 2

## Level 3 Developing key health promotion skills: Project planning within health promotion – An introduction

Duration  
3 days

Course dates  
10th, 11th and 18th  
April 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Charles Aina  
Ian Warwick

This course introduces project planning ideas and skills from initial project conception, through assessment and implementation, to evaluation and taking further action.

The course will be useful for increasing and enhancing knowledge around the project planning process for those who fund health programmes or projects.

The course is targeted at health promotion specialists, nurses, NHS staff and others who carry out health education and/or health promotion activities in community, hospital, school or other settings.

### Attending this course will help you to:

- Explain the key principles of project management
- Explain the importance of the role of project management in health education/promotion
- Describe the phases of a project and the relationship between these
- Carry out simple project planning activities

KSF Dimensions covered  
Core 1:4, 2:2, 4:3, 5:2 & 6:2  
G1: 3, G2: 4, G5: 4 & G6: 2  
HWB1: 3  
IK1: 4, IK2: 3 & IK3: 3

## Level 3 Developing health promotion skills: How to transform health promotion theory into practice

Duration  
1 day

Course dates  
**Course 1:** 5th April 2012  
**Course 2:** 21st June 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Charles Aina

This training course aims to provide you with the skills and knowledge to develop and deliver a health promotion initiative within your work setting. It will be supported by the development of a learning set that will enable you to share the challenges you are facing as your project develops and to identify the tools you can use to address these challenges. The course is aimed at health professionals who are interested in developing health promotion/public health skills and creating a work environment that is visibly health promoting.

### Attending this course will help you to:

- Identify a health promotion project that you would like to deliver within your setting
- Create and present the rationale for the project
- Develop the process for delivering the project
- Explore your own practise
- Explain how you can promote healthy weight in your setting

### Recommendations

It is recommended that you attend the accredited Royal Society of Public Health: Understanding Health Improvement, Communication Skills and Motivational Interviewing courses before attending this course.

KSF Dimensions covered  
Core: 2:3, 4:2, 5:2 and 6:2.  
HWB1: 3, HWB 2:3  
HWB4: 2, HWB7: 2  
IK2: 2  
G1: 2, G2: 2

## Level 1 healthy weight training – An introduction to unhealthy weight in adults

Duration  
1 day

Course dates  
14th February 2012  
3rd July 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Sylvia Livett  
Kasia Juralowicz

This course is an introduction to the topic of overweight and obesity in adults. The course will be an opportunity to learn about the issue locally, its significance and what actions you can take to promote healthy weight in your role.

This course is suitable for both health and non-health staff working with adults in a wide range of settings.

### Attending the course will help you to:

- Explain how unhealthy weight is defined and measured
- Describe the causes and consequences of unhealthy weight in adults
- Practise the basic messages to convey about healthy eating and physical activity
- Demonstrate the communication skills required for raising the issue
- Describe local care pathways
- Describe the services where adults can be signposted
- Explore your own practise
- Explain how you can promote healthy weight in your setting

KSF Dimensions covered  
Core: 1: 4, 2:3, 4:2, 5:2 and 6:2.  
HWB1: 3, HWB2:3, HWB4:2 & HWB7:1  
IK2: 2

## Level 1 Healthy weight training – An introduction to unhealthy weight in children

Duration  
1 day

Course dates  
13th October 2011  
19th April 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Sonia Sharma

This course is an introduction to the topic of overweight and obesity in children and young people. The course will be an opportunity to learn about the issue locally, its significance and what actions you can take to promote healthy weight in your role.

This course is suitable for both health and non-health staff working with children, young people and their families in a wide range of settings.

### Attending this course will help you to:

- Explain how unhealthy weight is defined and measured
- Describe the causes and consequences of unhealthy weight in children
- Practise the basic messages to convey about healthy eating and physical activity
- Demonstrate the communication skills required for raising the issue
- Describe local care pathways and where to signpost children and families
- Explore your own practice and understand how you can promote healthy weight in your setting

KSF Dimensions covered  
Core: 1: 4, 2:3, 4:2, 5:2 and 6:2.  
HWB1: 3, HWB2:3, HWB4:2 & HWB7:1  
IK2: 2

## Level 2 healthy weight training – Skills for offering personalised support for children and families

Duration  
1 day

Course dates  
14th September 2011  
13th March 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Tejal Lovelock  
Sonia Sharma

This course is designed to help those working directly with children and families (either health or non-health professionals) who would like to offer personalised support for overweight or obese children. Participants will have the opportunity to learn some skills for helping families change their behaviour and how healthy weight can be achieved through nutrition and physical activity.

This course is most suitable for people working one to one with children and families

### Attending this course will help you to:

- Explain principles of measurement of children
- Explain how you can offer personalised support for overweight and obese children and their families
- Practise motivational and behaviour change techniques that will enable you to conduct a brief intervention
- Describe local obesity care pathway/signposting
- Explain how healthy weight is achieved through nutrition and physical activity

KSF Dimensions covered  
Core: 1: 4, 2:3, 4:2, 5:2 and 6:2.  
HWB1: 3, HWB2:3, HWB4:2 & HWB7:1  
IK2: 2

## Level 2 healthy weight training – Skills for offering personalised support for overweight and obese adults

This course is designed to help those working directly with individuals (either health or non-health professionals) who would like to offer personalised support for overweight or obese people. Participants will have the opportunity to learn some skills for helping people change and how healthy weight can be achieved through nutrition and physical activity.

This course is most suitable for people working directly with adults.

### Attending the course will help you to:

- Explain how you can offer personalised support for overweight and obese adults
- Practise motivational and behaviour change techniques that will provide you with the skills to conduct a brief intervention
- Describe local obesity care pathway/signposting
- Explain how healthy weight is achieved through nutrition and physical activity

Duration  
1 day

Course dates  
13th December 2011  
12th June 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Kasia Juralowicz  
Sylvia Livett

KSF Dimensions covered  
Core: 1: 4, 2:3, 4:2, 5:2 and 6:2.  
HWB1: 3, HWB2:3, HWB4:2 & HWB7:1  
IK2: 2

## Level 2 Stop smoking training course – Lambeth participants only

Duration  
2 days

Course dates  
**Course 1:** 11th and 12th of October 2011  
**Course 2:** 10th and 11th of January 2012

Times  
9.15am – 4.30pm

Venue  
Lambeth Hospital,  
Reay House or Lower  
Marsh

Facilitators  
Buljana Shehu  
Terri Forward  
Christina Rowe  
Leila de-Smitd  
Rachael Hastie  
Alanna Molloy

• KSF Dimensions covered  
• Core: 1:3, 2.1 & 2.2, 4.1, 5.3 & 6.1  
• G1:2  
• HWB1:1, HWB1:2, HWB3:1

This course is aimed at health care professionals (primary care staff, the voluntary and community sector) who wish to understand nicotine addiction and referral routes to the Lambeth stop smoking service.

The course will raise awareness of the health risks of smoking, benefits of quitting, reasons why stopping smoking can be difficult and how to support smokers with their quit attempt.

### Attending this course will help you to:

- Demonstrate an understanding of the evidence-based support and treatment programme used to help smokers to stop smoking
- Assess smokers' motivation to quit
- Describe the services available for smokers in Lambeth who wish to give up smoking
- Explain the treatment options used when the smoker sets a quit date eg Nicotine Replacement Therapy products (patches, lozenges and gum), Champix and Zyban

To apply for this course please contact Lambeth Stop Smoking Service on 020 3049 5791 or email [Lam-pct.stopsmokingservice@nhs.net](mailto:Lam-pct.stopsmokingservice@nhs.net)

## Level 2 Stop smoking training course – Southwark participants only

This course is aimed at practice-based health professionals (e.g. practice nurses, health care assistants etc), staff working in local pharmacies and health care professionals working in the voluntary and community sectors who wish to understand nicotine addiction and referral routes to the Southwark stop smoking service.

The course will raise awareness of the health risks of smoking, benefits of quitting, reasons why stopping smoking can be difficult and how to support smokers with their quit attempt.

### Attending this course will help you to:

- Demonstrate an understanding of the evidence-based support and treatment programme used to help smokers stop smoking
- Assess smokers' motivation to quit
- Describe the services available for smokers in Southwark who wish to give up smoking
- Explain the treatment options used when the smoker sets a quit date eg Nicotine Replacement Therapy products (patches, lozenges and gum), Champix and Zyban

Please note: it is expected that anyone attending the course will be willing to run a stop smoking service on behalf of the Southwark Stop Smoking service.

To apply for this course please contact Southwark Stop Smoking Service on 0800 169 6002 or email [sou-pct.stopsmoking@nhs.net](mailto:sou-pct.stopsmoking@nhs.net)

Duration  
2 days

Course dates  
22nd and 23rd  
September 2011

Times  
9.00am – 5.00pm

Venue  
160 Tooley Street

Facilitators  
Southwark Smoking  
Cessation Team

• KSF Dimensions covered  
• Core: 1:3, 2.1 & 2.2, 4.1, 5.3 & 6.1  
• G1:2  
• HWB1:1, HWB1:2, HWB3:1

## Low birth weight workshops

Duration  
½ day

Course dates

**Course 1:** 12th

October 2011

**Course 2:** 16th

November 2011

**Course 3:** 18th

January 2012

**Course 4:** 22nd

February 2012

Times

9.30am – 1.30pm

Venue

160 Tooley Street

Facilitators

Kate Benson

Jean Rowe

KSF Dimensions  
covered

Core: 1:3, 2:2, 3:3, 4:2,  
5:3 and 6:2

HWB1:2, HWB2:3,

HWB3:1, HWB4:4,

HWB5:1

G1:2

This course aims to provide an evidence based workshop which explores prevention of low birth weight and knowledge of local services and resources to support women during pregnancy.

The course is aimed at those working in Lambeth & Southwark with women, children and families and uses participatory learning and discussion to explore issues around maternity services, pregnancy and its associated issues.

### Attending this course will help you to:

- Explain the issues around low birth weight and barriers to maintaining good health
- Define the causes of low birth weight
- Describe what is meant by pre-conceptual care
- Explain the problems associated with low birth weight
- Identify the resources to support prevention of low birth weight
- Identify ways of effectively communicating information and working with clients
- Describe how to improve practice in partnership

## Making a difference to health inequalities

The fact that some people may have poorer health and die sooner than others is the shocking reality of health inequalities. This course will develop your understanding of the 'health inequalities gap' and how you can make a difference.

The course is for health promotion specialists, nurses, GPs, NHS, local authority, voluntary and community sector healthcare professionals.

### Attending this course will help you to:

- Explain what is meant by health inequalities and the factors that contribute to them
- Illustrate what is happening at a national, regional and local level to reduce the health inequalities gap
- Describe how to use data to help target areas for health improvement at your local level
- Develop your own action plan to recognise how you can tackle health inequality through your own practice

Duration  
½ day

Course dates

**Course 1:** 8th February

2012

**Course 2:** 5th July

2012

Times

9.00am – 1.00pm

Venues

160 Tooley Street

Facilitators

Monica Melling

Alex Trouton

KSF Dimensions  
covered

Core 1:4, 2:4, 4:3, 5:4  
& 6:4

G1: 2, G2: 2, G5: 1 &  
G7: 1

HWB1: 2, HWB 4:3

## Mental Health First Aid (MHFA) training

Duration  
2 Days

Course dates  
**Course 1:** 20th and 21st October 2011  
**Course 2:** 7th and 14th November 2011  
**Course 3:** 23rd and 24th February 2012  
**Course 4:** 11th and 18th June 2012

Times  
9.00am – 5.00pm

Venue  
**Courses 1 and 3**  
Gracefield Gardens, 2-8 Gracefield Gardens, SW16 2ST  
**Courses 2 and 4**  
160 Tooley Street

Facilitators  
Health Promotion Team

A 12-hour intensive course to promote awareness of mental health issues among non-mental health professionals, to recognise those affected by mental health problems and offer initial help and guidance towards professional support.

By training these 'mental health first aiders', it aims to tackle the prejudice and stigma traditionally associated with mental health problems.

The course is for health promotion specialists, nurses, GPs, NHS, local authority, voluntary and community sector healthcare professionals.

### Attending this course will help you to:

- Describe the symptoms of mental health problems
- Explain how to provide initial help
- Describe how to signpost towards appropriate professional help
- Preserve life where a person may be a danger to themselves or others
- Explain how to provide help to prevent the mental health problems developing into a more serious state
- Describe how to promote the recovery of good mental health
- Demonstrate how to provide comfort to a person experiencing a mental health issue

KSF Dimensions covered  
Core 1:3, 2:3, 5:2, & 6:3.  
HWB1: 2, 2:2, 3:2, 4:3, 5:3, 6:2 & 7:1

## Promoting health and self-care with clients who have a long term condition

The course will provide practical guidance and support to PCT staff and health care professionals for establishing a culture of self-care or improve the promotion of self-care by clients.

### Attending this course will help you to:

- Define self-care
- Explain the policy context of self-care within the NHS
- Explore the steps to develop an action plan and strategy for self-care in your practice/workplace
- Identify potential barriers and benefits of self-care
- Explore health promotion challenges when working with clients living with long-term conditions

Duration  
1 day

Course dates  
17th April 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Bindi Dulku  
Monica Melling

KSF Dimensions covered  
Core 1:3, 2:3, 4:3, 5:4 & 6:4  
G1: 1, G2: 2 & G7: 1  
HWB1: 3, HWB2: 2, HWB3: 2 & HWB4: 4

## “R U Ready?” – Practical strategies for supporting young people to delay early sex

Duration  
2 days

Course dates  
**Course 1:** 24th and 25th November 2011  
**Course 2:** 12th and 13th June 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Lorraine Baker  
Andrea Hayden

This course aims to equip those working in the field of sexual health provision, Personal, Social and Health Education (PSHE) or sex and relationships education (SRE) with understanding and skills to help young people delay early sex, until they feel ready to make a positive and informed choice.

This course is suitable for everyone working with young people e.g. teenage pregnancy workers, sexual health providers, SRE/PSHE teachers and support staff, school nurses, youth and community workers, Connexions staff and PA's, social workers, residential home mentors and key workers.

### Attending this course will help you to:

- Identify the causes and effects of early sex
- Review current research findings
- Explain the role played by media and peer pressure in early sex
- Explore a range of practical ways of working with young people to help them make positive and healthy decisions for themselves
- Gain skills to pass on to young people in how to say “no” and focus on alternatives to having sex
- Consider the role played by friendships and supportive adults in supporting delay
- Consider and clarify the personal values we bring to this work
- Plan ways in which to implement the course learning in practice and how to present and develop this work with young people

KSF Dimensions covered  
Core 1:3, 2:3, 4:2, 5:4 & 6:4  
G1: 2 & G7: 1  
HWB1: 2, HWB4: 3 & HWB7: 1

## Stress management for line managers

This course is aimed at anyone with line management responsibility who would like to understand work-related stress, how it can affect their team members, and how working practices can have an impact on the development of stress. It will examine the signs and symptoms of stress, as well as the impact it has on individuals and the workplace.

The course will look at the causes and effects of stress in a workplace context, as well as stress management techniques. It will be based on the current advice and guidance on minimising work-related stress, as well as providing an understanding of how to assess levels of stress and provide appropriate support.

### Attending this course will help you to:

- Recognise the signs and symptoms of stress
- Define the support needed by people who are experiencing stress
- Outline the current advice and guidance on minimising work-related stress
- Practise practical stress-management techniques
- Explain where you can access additional advice and support

Duration  
1 day

Course dates  
9th May 2012

Times  
10.00am – 4.00pm

Venue  
160 Tooley Street

Facilitator  
Ginette Hogan

KSF Dimensions covered  
Core; 1, 2, 3, 4, 5, 6  
HWB; 1, 2, 3, 4  
G; 1, 2, 6, 7

## STORM (Skills Training on Risk Management) – A suicide prevention course

Duration  
2 days

Course dates  
**Course 1:** 4th and 5th July 2011  
**Course 2:** 3rd and 4th October 2011  
**Course 3:** 10th and 11th January 2012  
**Course 4:** 30th April and 1st May 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Wanda Garcia  
Dr. Nancy Kuchemann  
Andrew Langford  
Pauline Nandoo  
Fiona O'Connell  
Joanna Politis

• KSF Dimensions covered  
• Core: 1, 2, 3, 4 & 6.  
• HWB: 1, 2, 3 & 4.  
• G: 1 & 2.

STORM utilises the most effective, evidence-based methods in skills development training – role-rehearsal and videotaped role-rehearsal – with self-reflection and structured feedback.

The skills learned through this method are specific to suicide prevention and are transferable to all practices including GP settings.

Participants are central to the process of learning and are encouraged to share their wealth of knowledge and experience with the group.

The course is aimed at GPs, mental health liaison nurses, primary care/social workers (i.e. assessment and Brief Treatment Unit), homeless unit workers, people working with asylum seekers/refugees and any other worker supporting people who are vulnerable.

### Attending this course will help you to:

- Develop/enhance skills and confidence in suicide prevention
- Discuss related practice issues
- Agree a common language around suicide assessment and management
- Establish networking opportunities with other professionals/agencies

## Understanding HIV and AIDS – An introduction

This course provides an opportunity to explore non-clinical issues related to working with HIV/AIDS. It is an ideal introduction for people with a health promotion role who have little or no HIV and AIDS knowledge or who need to refresh on non-clinical issues relating to HIV/AIDS.

This course is aimed at GPs, nurses, GP reception staff, voluntary workers, probation officers, police officers, teachers, social services staff, staff in drug support services and residential care services, staff working for refugee agencies and other interested individuals.

### Attending this course will help you to:

- Describe the difference between HIV and AIDS
- Explain how HIV is transmitted
- Explain the local HIV/AIDS epidemiology and reasons behind recent changes
- Explain the importance of confidentiality within the context of HIV work

Duration  
½ day

Course dates  
21st October 2011

Times  
9.30am – 1.30pm

Venue  
160 Tooley Street

Facilitators  
Charles Aina  
Deirdre Love

• KSF Dimensions covered  
• Core 1:3, 2:3, 4:2, 5:4, 6:4  
• G1:2, G7:1  
• HWB1:2, HWB4:3, HWB7:1

## Understanding HIV/AIDS – A non-clinical advanced course

Duration  
1 day

Course dates  
16th February 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Charles Aina  
Deirdre Love

This course is a follow up to the 'Understanding HIV/AIDS- A non-clinical introduction course and builds on the knowledge gained from that course. It is expected that people who attend this course will already have a basic understanding of HIV and AIDS.

This course is aimed at GPs, nurses, GP reception staff, voluntary workers, probation officers, police officers, teachers, social services staff, staff in drug support services and residential care services, staff working for refugee agencies and other interested individuals.

### Attending this course will help you to:

- Explain the local HIV/AIDS epidemiology and reasons behind recent changes
- Explain what opportunistic infections are
- Explain the current treatments for HIV and opportunistic infections
- Describe the current HIV prevention strategies
- Explain the implications and benefits to early HIV testing
- Explain the implications of HIV as a Long Term Condition
- Develop practical skills in discussing HIV testing
- Apply the current UK Treatment Guidelines (BHIVA) to practice

KSF Dimensions covered  
Core 1:3, 2:3, 4:2, 5:4, and 6:4  
G1: 2, G7:1  
HWB1: 2, HWB4: 3, HWB7:1

## Walking the way to health initiative – Volunteer walk leader training

The aim of this course is to train participants to become walk leaders who are able to lead safe and enjoyable walking sessions in Lambeth and Southwark and motivate people to walk more in their daily lives.

This course is for anyone who would like to join our team of Volunteer Walk Leaders or who wants to introduce a walking programme into their own organisation's activities.

### Attending this course will help you to:

- Outline the main benefits to be gained by regular walking
- Organise and lead a walking session
- Outline the role of a walk leader at the start, during and at the end of a 'Health Walk'
- Recognise potential safety hazards
- Advise on practical issues such as intensity, frequency, posture and clothing
- Outline the essential qualities of a 'good walk leader'

This course is recognised by the British Heart Foundation Centre for Physical Activity and Health, is an endorsed training within the framework of the Register of Exercise Professionals and is accredited by the Awarding Body Consortium (ABC).

Duration  
1 day

Course dates  
**Course 1:** 1st July 2011  
**Course 2:** 2nd September 2011  
**Course 3:** 20th January 2012  
**Course 4:** 15th June 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Sylvia Livett

KSF Dimensions covered  
Core 2:2 & 3:2  
HWB1: 1 & 1:2

## What women need to know if they are having a baby

Duration  
1 day

Course dates  
**Course 1:** 6 December 2011  
**Course 2:** 21st March 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitators  
Kate Benson  
Jean Rowe

KSF Dimensions covered  
Core: 1:3, 2:2, 3:3, 4:2, 5:3 and 6:2  
HWB1:2, HWB2:3, HWB3:1, HWB4:4, HWB5:1, G1:2

This course aims to increase knowledge and understanding of all aspects of maternity services and what women are entitled to when they are pregnant and in the postnatal period. The course is aimed at those working in Lambeth & Southwark with women, children and families and uses participatory learning and discussion to explore issues around maternity services, pregnancy and its associated issues.

### Attending this course will help you to:

- Explain maternity rights
- Describe what women can expect when they are pregnant and in the postnatal period
- Describe local maternity services
- Explain how to access local maternity services
- Describe how to help women to maintain a healthy pregnancy
- Define how you can support women during the postnatal period
- Demonstrate how you can promote family health

## Young people, sex and the law

The aim of this course is to increase participants' knowledge and understanding of the law relating to sex and young people, and how this impacts on their work practice.

The course is suitable for sexual health providers, social workers, residential home and key workers, school nurses, Sex and Relationships Education (SRE) and Personal, Social and Health Education (PSHE) teachers, teenage pregnancy workers, youth and community workers, Connexions staff and PAs, drugs workers - and anyone working with young people.

### Attending this course will help you to:

- Increase your knowledge and understanding of the legal frameworks and government guidelines around young people and sex, including the Sexual Offences Act 2003, Fraser guidelines and child protection policies
- Explore ways in which the law relates to sexual health work with young people and how relevant national and local policies can support the work of those providing sexual health advice and contraception to young people
- Examine the areas where there may appear to be a conflict between the law related to sexual health work, professional responsibilities and personal principles

Duration  
1 day

Course dates  
28th January 2012

Times  
9.30am – 4.30pm

Venue  
160 Tooley Street

Facilitator  
Paul Steinberg

KSF Dimensions covered  
Core 1:4, 2:4, 4:3, 5:4 & 6:4  
G1: 2 & G7: 1  
HWB1: 2, HWB4: 3 & HWB7: 1

## NHS Lambeth and Southwark coaching scheme

We offer a series of original and exciting one to one and small group sessions. These flexible sessions aim to provide you with intensive support (for a limited amount of time) on your chosen topic. The session will be tailored to your individual needs at a time and place convenient to you and with the possibility of follow up sessions. You will have space to develop your ideas and learn new skills in a non-threatening environment. The session provides concentrated attention from a specialist and allows time out to think and reflect.

### What coaching sessions are on offer?

#### Five ways to wellbeing

Encourages you to think about how to promote the 5 ways to wellbeing (5WW), the benefits of promoting 5WW and using local resources.

**Maria Loizou**

#### Using alcohol screening tools/resources to offer brief advice to patients

This session is for people who have practised alcohol screening in the past and need a refresher.

**Maria Loizou**

#### Condom correct

Effectively negotiate health behaviour change in young people, recognise different products and practice using condom demonstrators.

**Lorraine Baker  
Andrea Hayden**

#### Delay it

Gain skills to pass onto young people in how to say “no” and focus on alternatives to having sex and exploring a range of ways to help young people make positive healthy decisions.

**Lorraine Baker  
Andrea Hayden**

#### Developing a health promotion intervention

Provides a space for you to consider how best to plan a piece of health promotion work.

**Monica Melling**

#### Finding good quality health information

Provides tips on finding health information using a variety of resources including searching the Web, books and other printed materials.

**Health Library staff**

#### Motivating clients to change their behaviour

Helps you to encourage clients to change their behaviour in order to promote their health.

**Bindi Dulku**

#### Presentation skills

Helps you to put together an effective presentation.

**Bindi Dulku**

#### Project planning

Ensures that you have considered the appropriate steps when planning a health promotion project

**Monica Melling**

#### Walk leader coaching

Supports you to develop walk leader skills and knowledge.

**Sylvia Livett**

#### Campaigns and displays – getting the message across

Explore the role of leaflets and posters in health promotion and creating effective health displays. Create a simple eye-catching display using existing leaflets and posters.

**Jay Jackson**

To find out more, or for general enquiries, call the Health Library on 020 3049 4450 or visit the website at [www.lambethpct.nhs.uk/library](http://www.lambethpct.nhs.uk/library)

## Community Health and Primary Care: information skills coaching for you in your workplace

### Using HPAC- the Health Promotion Access Catalogue

[www.hpac.lslsis.nhs.uk](http://www.hpac.lslsis.nhs.uk)

Takes you through the registration, ordering and reviewing processes for health promotion resources. Telephone support is also available.

Health Library and Distribution staff

### Finding good quality health information

Provides tips on finding health information using a variety of resources including searching the Web, books and other printed materials.

Health Library staff

### Literature Searching: using databases

Helps you make effective use of databases for literature and evidence searching. Covers use of clinical databases such as Medline, Cochrane Library or social science / social care databases such as SocIndex.

Health Library staff

To find out more, or for general enquiries, call the Health Library on 020 3049 4450 or visit the website at [www.lambethpct.nhs.uk/library](http://www.lambethpct.nhs.uk/library)

- Would you like to find out how to access full text journals via the web?
- Do you want to find out how to search bibliographic databases such as Medline or the Cochrane Library more effectively?
- Are you interested in finding evidence to support your practice but not sure where to start?

If you answered yes to any of these questions, then why not take advantage of the information skills coaching service tailored for your role. We can travel to your workplace and provide one-to-one or small group coaching at a time to suit you.

### Aim

These sessions can help you develop your knowledge of electronic health information sources, and to search the Internet and research databases more effectively. Support is available for both beginners and those with some experience of searching.

### You can get help with:

- Searching the Internet for sources of health information and evidence
- Exploring targeted Internet based resources such as the Cochrane Library or NHS Evidence Health Information Resources
- Searching major medical databases such as Medline and CINAHL
- Accessing over 1500 full-text journals
- Information quality on the Internet
- Searching for e-books
- Searching Map of Medicine
- Using HPAC to find and order health promotion resources ([www.hpac.lslsis.nhs.uk](http://www.hpac.lslsis.nhs.uk))

Duration  
40 minutes – 2 hours  
with follow up sessions  
if required.

Facilitator:  
Please contact the  
Health Library on  
020 3049 4450

[learningcentre@  
lambethpct.nhs.uk](mailto:learningcentre@lambethpct.nhs.uk)

# NHS Lambeth and Southwark Health Library

## Opening times:

Monday  
12:00pm – 5pm  
Tuesday  
9:30am – 5pm  
Wednesday  
9:30am – 5pm  
Thursday  
9:30am – 5pm  
Friday  
9:30am – 5pm

The Lambeth and Southwark Health Library is a specialist health promotion and public health library. It holds, or can access, publications and resources relevant to the work of all NHS employees. Subjects include health promotion, public health, management, professional development, primary care, mental health, social care, nursing, commissioning and research.

The collection consists of books, CD-ROMs, journals, reports, leaflets, teaching packs, DVDs and educational models. We also provide access to health care databases, electronic books and journals. It is the most comprehensive source of information about health promotion and public health issues in South East London.

## Location and contact details

The library was moving to a new location when this brochure was printed. Please ring 020 3049 4450 for the latest information. We plan to operate the same opening hours once we are in our new location.

If you are unable to visit the library during the times listed please contact the library desk 020 3049 4450 to make alternative arrangements or visit the website at [www.lambethpct.nhs.uk/library](http://www.lambethpct.nhs.uk/library)

## Health promotion leaflets and posters

The Lambeth and Southwark Resource Distribution Service supplies health promotion leaflets and posters, free of charge, to those working to promote health or studying health in Lambeth and Southwark. Users of the Lambeth and Southwark Resource Distribution Service include NHS primary care, GP surgery and hospital staff, teachers, Community Health, students, pharmacy, community and voluntary organisations. We do not automatically supply commercial companies or private organisations. Please contact Heidi Fanning to discuss your requirements.

## Ordering Leaflets and Posters in Lambeth and Southwark

Leaflets and posters can be ordered online using the Lambeth and Southwark Resource Distribution Service's Health Promotion Access Catalogue (HPAC): [www.hpac.lslsis.nhs.uk/](http://www.hpac.lslsis.nhs.uk/)

You will need to register yourself on this website in order to place orders. Your account needs to be verified by a member of staff before you can begin ordering. This is usually done once per day. You will receive an email confirming your registration when your account has been activated. Until your registration is activated you are welcome to browse resources.

If you would like help placing your order or need to place an order urgently, ring Futsum in the Distribution Service on 020 3049 6258 or the Library on 020 3049 4450. Tell us that you have just registered for HPAC and are waiting for confirmation. We can talk you through the ordering process if you have the time.

## Contacts

If you have a query about an existing order, or you have still not received your order after 15 days, please contact the Resource Distribution Centre.

Lambeth and Southwark Resource Distribution Service, Unit 5 Burgess Industrial Park, Park House Street, London SE5 7TJ

Tel: 020 3049 6258 (Futsum Kahsa) Fax: 020 3049 6257

Email: [LearningCentre@lambethpct.nhs.uk](mailto:LearningCentre@lambethpct.nhs.uk)

## Contact List for Lambeth and Southwark Health Promotion Training

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### **Charles Aina**

Health Improvement Training Manager  
Charles.Aina@Southwarkpct.nhs.uk

### **Lorraine Baker**

Health Improvement Training Coordinator/Trainer  
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### **Bindi Dulku**

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### **Monica Melling**

Health Improvement Trainer  
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### **Sylvia Livett**

Senior Health Promotion Specialist  
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### **Maria Loizou**

Health Promotion Specialist  
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### **Andrea Hayden**

Chlamydia Screening Programme Support/Trainer  
Andrea.hayden@Lambethpct.nhs.uk

### **Heidi Fanning**

Head of Health Promotion Knowledge and Resources  
Lambeth and Southwark Health Library  
Heidi.Fanning@Lambethpct.nhs.uk

### **Ruth Murphy**

Information Officer  
Ruth.Murphy@Lambethpct.nhs.uk

### **Paul Lee**

Information Officer  
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### **Jay Jackson**

Campaigns and Communications Specialist  
Jay.Jackson@Lambethpct.nhs.uk

### **Lambeth and Southwark Health Improvement Training Team**

#### **Correspondence address**

NHS SEL, Southwark Public Health  
Health Improvement Training Team  
1st Floor,  
PO Box 64529  
London  
SE1P 5LX  
Tel: 020 7525 1696  
Email: Lorraine.Baker@Southwarkpct.nhs.uk

### **Lambeth and Southwark Health Library**

Tel: 020 3049 4450  
Email: LearningCentre@Lambethpct.nhs.uk

## **Other training and learning opportunities in Lambeth and Southwark**

### **NHS Corporate Training**

GSTT Community and Provider Service Staff can access mandatory and essential training by contacting the Education Centre on the Training Hotline Number 020 7188 6696

## Calendar of courses September 2011– March 2012

Date	Course title
<b>September 2011</b>	
2nd Sept	Walking the way to health initiative – Volunteer walk leader training
7th, 8th, 9th, 15th, 16th & 23rd Sept	Level 2 Developing key health promotion skills: Training the trainers for health promoters
14th Sept	Level 2 healthy weight training: Skills for offering personalised support for overweight children and families
22nd and 23rd Sept	Level 2 Stop smoking training course – Southwark participants only
28th Sept	Delivering alcohol identification and brief advice (IBA): identifying and addressing alcohol harm
<b>October 2011</b>	
3rd and 4th Oct	STORM – a suicide prevention course
4th Oct	Developing culturally competent health promotion
4th and 5th Oct	Level 2 Developing key health promotion skills: Presentation skills for health promoters – an introduction
12th Oct	Low birth weight workshop
11th and 12th Oct	Level 2 Stop smoking training course – Lambeth participants only
13th Oct	Level 1 Healthy weight training: An introduction to unhealthy weight in children
13th Oct	CVD risk assessment for NHS health checks – a health promotion perspective
19th Oct	Bowel cancer screening awareness
20th and 21st Oct	Mental Health First Aid (MHFA)
21st Oct	Understanding HIV and AIDS: A non-clinical introduction

Date	Course title
<b>November 2011</b>	
2nd and 9th Nov	Level 3 Developing key health promotion skills: Community based evaluation
9th Nov	Enhancing wellbeing
9th Nov	Health promotion campaigns and displays – how to get the message across
9th Nov	Delivering alcohol identification and brief advice (IBA): Identifying and addressing alcohol harm
7th and 14th Nov	Mental Health First Aid (MHFA)
16th Nov	Low birth weight workshop
17th Nov	Healthy eating and physical activity for people in West African communities
24th and 25th Nov	“R U ready” – Strategies for supporting young people to delay early sex
29th and 30th Nov and 1st, 6th Dec	Level 1 Developing health promotion skills: RSPH accredited understanding health improvement
<b>December 2011</b>	
6th Dec	What women need to know if they are having a baby
6th and 7th Dec	Level 2 Developing health promotion skills: Presentation Skills for health promoters – an introduction
13th Dec	Level 2 healthy weight training – Skills for offering personalised support for overweight and obese adults
<b>January 2012</b>	
10th and 11th Jan	STORM – A suicide prevention course
10th and 11th Jan	Level 2 Stop smoking training course – Lambeth participants only

Date	Course title
11th Jan	Bowel cancer screening awareness
18th Jan	Low birth weight workshop
20th Jan	Walking the way to health initiative – Volunteer walk leader training
25th Jan	CVD risk assessment for NHS Health Checks – a health promotion perspective
28th Jan	Young people, sex and the law
<b>February 2012</b>	
2nd Feb	Level 2 Developing key health promotion skills: Enhancing effective communication skills to support health promotion
8th Feb	Making a difference to health inequalities
9th Feb	Delivering alcohol identification and brief advice (IBA): Identifying and addressing alcohol harm
14th Feb	Level 1 Healthy weight training: An introduction to unhealthy weight in adults
16th Feb	Understanding HIV and AIDS: A non-clinical advanced course
21st, 22nd, 23rd, Feb and 1st March	Level 1 Developing key health promotion skills: RSPH accredited understanding health improvement
22nd Feb	Low birth weight workshop
23rd and 24th Feb	Mental Health First Aid (MHFA)
28th Feb	Level 2 Developing key health promotion skills: Motivational Interviewing in health promotion
29th Feb	Healthy eating and physical activity for West African communities

Date	Course title
<b>March 2012</b>	
5th March	Enhancing wellbeing
7th, 8th, 9th, 15th, 16th and 23rd March	Level 2 Developing key health promotion skills: Training the trainers for health promoters
13th March	Level 2 Healthy weight training: Skills for offering personalised support for overweight children and families
21st March	What women need to know if they are having a baby
22nd March	Level 2 Developing key health promotion Skills: Motivational Interviewing in health promotion
28th March	How to promote good sexual health
29th and 30th March	Level 2 Developing health promotion skills: Presentation Skills for health promoters – an introduction

## Application form for Lambeth and Southwark health promotion training courses

First name: .....

Surname:..... Title: .....

Job title:.....

Email:.....

Work address.....

.....

.....Postcode.....

Tel contact no. 1.....

Tel contact no. 2.....

In which borough do you work? (Please tick all that apply)

Lambeth  Southwark  Cross Borough

Other  (please specify).....

Who employs you? (Please tick one)

NHS General Practice

NHS SE London

NHS SBU

NHS GSTT

NHS SLAM

NHS KCH

Local Authority

Voluntary Sector

Other (please specify).....

Please complete this form and either post it to NHS Southwark, Health Improvement Training Team, 1st Floor, PO Box 64529, London, SE1P 2TZ or email it to Lorraine.Baker@Southwarkpct.nhs.uk

Please ensure you read the booking conditions on page 60 thoroughly before applying for any courses.

Please note if you fail to attend a training course without telling us 48 hours beforehand, we will charge you the course fee for each day of training that you miss.

# Application form for Lambeth and Southwark health promotion training courses.

Course/seminar/conference name.....

.....

Course/seminar/conference date:.....

Reasons for wanting to attend:

.....

.....

.....

.....

How do you intend to put the learning from this course into practice?

.....

.....

.....

.....

.....

.....

Is this part of your personal development plan (PDP)?.....

Fee.....(See booking conditions)

Do you have any special requirements? .....

(eg wheelchair access, mobility, hearing, sight)

How did you hear about this course? (Please tick one)

Brochure  Leaflet  Manager  Colleague  Website  Email

Other (please specify) .....

ETHNIC MONITORING (PLEASE INDICATE AS APPROPRIATE):

<b>White:</b>	British	Irish	Any other White back-ground	
<b>Mixed:</b>	White and Black Caribbean	White and Asian	White and Black African	Any other mixed background
<b>Asian or British Asian</b>	Indian	Pakistani	Bangladeshi	Any other Asian background
<b>Black or Black British</b>	Caribbean	African	Any other Black background	
<b>Other ethnic categories:</b>	Chinese	Any other ethnic category		Prefer not to state

Name of Manager.....

Job title.....

Manager's email.....

Manager's tel no.....

## Using and sharing your information

Your information will be held by NHS Southwark, in accordance with the Data Protection Act 1998. It will be used by the team for evaluation and future training mail-out purposes.

I have read and understood the above statement.

Signed: .....

Date:.....

By ticking the box, I indicate that I have read and accept the booking conditions

Please ensure you return by email to [Lorraine.baker@southwarkpct.nhs.uk](mailto:Lorraine.baker@southwarkpct.nhs.uk)