



**Health Improvement**  
Western Area

**health  
improvement  
training**

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Public Health  
Agency



Western Health  
and Social Care Trust

# contents



Introduction	2
ASIST	3
Being Breast Aware	4
Boccia Leaders Award	5
CEOP/ThinkUKnow, Internet Safety, Training for Trainers	6
Chi Me	7
Community Food and Nutrition Team	8
Drugs and Alcohol Training Programme	9
Early Movers	10
Facilitating Groups	11
Falls Prevention Training for Leaders of Older Peoples Groups	12
Inclusive Skills	13
Mental Health First Aid	14
Nutrition Matters	15
safeTALK	16
Self-Harm: Supporting the Family	17
Sexual Health Awareness for Primary Care	18
Sexual Health Awareness for Community & Voluntary Sector	19
Smoking Cessation Service	20
Walk Leader	21

# introduction



The Health Improvement Department aims to improve the Health and Wellbeing of people within the Western Health and Social Care Trust areas and to address inequalities in health.

The Department works towards Government health priorities; builds on the skills and capacity of people to deliver quality, effective health improvement programmes; co-ordinates and facilitates health improvement activities and provides a resource of information and advice. The service works directly with staff and the public as well as in partnership with other statutory, voluntary and community organisations.

**Training** We deliver various training courses related to improving health and wellbeing.

**Information and advice** Staff are available to offer information and advice on a range of health related issues.

**Resource provision** Materials and leaflets are available to support specific Health Improvement Initiatives. Funding supports programme delivery in line with local and regional strategies.

**Policies and procedures** The team is involved in developing specific health related policies and procedures.

**Settings** Staff support Health Improvement activities in communities, schools and workplaces throughout the WHSCT.

**Partnership working** Our key to success is working in partnership with community, voluntary and statutory organisations.

**Project development** We aim to create new innovative projects related to Health Improvement.

**Community Development** We utilise a community development approach by involving communities in the eight Neighbourhood Renewal Areas throughout the west.

**Research and evaluation** Various pieces of research and evaluation are carried out to inform good practice.

# ASIST

applied suicide intervention  
skills training

**Dates & Venues:** 12 & 13 May 2015, Aisling Centre, Enniskillen

15 & 16 September 2015, Post Graduate Centre,  
Tyrone County Hospital, Omagh

**Facilitators:** ASIST trainers

**Duration:** Two Day Course (9am - 5pm)

## **Course Content:**

ASIST is a two-day, skills-building workshop that prepares caregivers of all kinds to provide suicide first aid interventions. Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety. As an ASIST-trained first aid intervention caregiver you will be better able to:

- **Identify people who have thoughts of suicide**
- **Understand how your beliefs and attitudes can affect suicide interventions**
- **Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living**
- **Review current risk and develop a plan to increase safety from suicidal behaviour for an agreed amount of time**
- **Follow up on all safety commitments, accessing further help as needed**

Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

# being breast aware

Individual group sessions for trust staff, workplaces or communities are available on request for a minimum of 10 people.

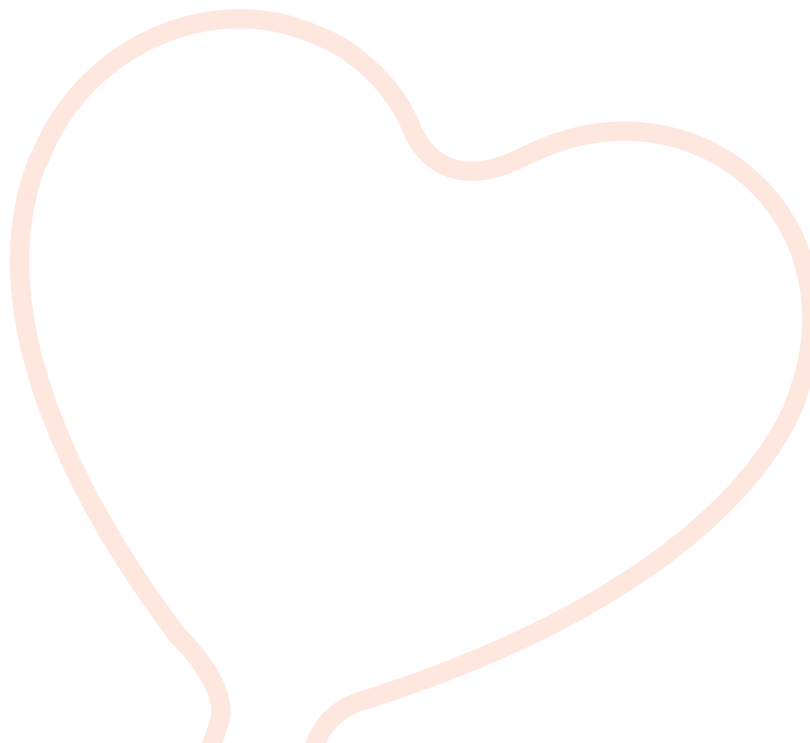
**Facilitators:** Sandra Semple

**Duration:** One Hour Workshop

**Course Content:**

The aim of the information session is to teach women to become breast aware by checking their breasts on a regular basis and to know the signs and symptoms of breast cancer. The importance of attending for breast screening and cervical screening is also covered during the session.

If you are interested in this workshop please contact the Health Improvement Department.



# boccia leaders award

**Dates & Venues:** 7 May 2015, Bawnacre Centre, Irvinestown

**Facilitators:** Disability Sport NI

**Duration:** 3.5 Hour Workshop (9:30am - 1:00pm)

**Aimed at:** Those working with older people, people with disabilities or mobility problems.

**Aim of Course:** To enable participants to facilitate boccia sessions.

## **Learning Objectives:**

- **Background to boccia**
- **Court layout**
- **Warm-ups**
- **Propulsion skills**
- **Game play**
- **Rules & classification**

Boccia (pronounced "Bot-cha") is a Paralympic sport designed specifically for athletes with a disability affecting locomotor function but is also enjoyed by older people and those with limited mobility.

Boccia is played indoors on a court similar in size to a badminton court. Athletes throw, kick or use a ramp to propel a ball onto the court with the aim of getting closest to a "jack" ball.

Please note that Boccia equipment is not provided to participants to take away with them after the course. Participants will be expected to purchase or access their own Boccia equipment to enable them to commit to actively facilitate Boccia sessions on a regular basis.

**Dates & Venues:** 21 May 2015, Old School Canteen,  
Tyrone & Fermanagh Hospital, Omagh

**Facilitators:** Health Improvement Department

**Duration:** One Day Course (9:30am - 4:30pm)

**Aimed at:** Practitioners whose roles directly or indirectly involve the protection of children and young people (teachers, police officers, social workers, youth workers etc).

**Course Content:**

CEOP internet safety training for trainers enables practitioners to directly deliver CEOP's ThinkUKnow programme to Key Stage 3/4 children (ages 11-16). The training will increase their understanding of many of the most popular applications young people are using in the online and mobile environment. The course covers many issues that children and young people face online and signposts to initiatives and organisations for help and support.

CEOP ThinkUKnow training is FREE to attend. However, in order to be eligible to attend any training session for CEOP's ThinkUKnow programme you MUST be able to produce the following:

- **A letter on headed notepaper from your organisation stating your role, duration in the organisation and the use of CEOP training in relation to your role.**
- **A form of photographic identification ie passport or driving licence.**
- **Be willing to deliver at least one course for your organisation by 31 March 2016.**

ThinkUKnow training is also provided by the Social Services Training and Development Team. If you are NISCC Registered (Social Workers and Social Care Workers) please apply for this training via the Social Services Training and Development Team. You can call the Riverview Office (028 7127 2131) or the Omagh Office (028 8225 2222) for information.



**Dates & Venues:** 23 & 30 September 2015, Omagh Enterprise Centre

**Facilitators:** Lifedock

**Duration:** Two Day Course (9:30am - 4:30pm)

**Aimed at:** Those working with older people and people with health issues.

**Aim of Course:** To provide all the skills needed to lead groups of older people or those with health conditions in "Chi Me" Tai Chi influenced exercise sessions.

**Learning Objectives:**

To learn Tai Chi influenced exercises which can:

- **Reduce risk of falls**
- **Improve muscle strength**
- **Improve balance**
- **Improve co-ordination**
- **Promote flexibility**
- **Aid relaxation**

**Course Content:**

This course can be adapted for all abilities including wheelchair users, people with a learning disability, people with mental health problems and those with a range of health conditions.

**This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment. Both days must be attended in full.**



# community food & nutrition team

The Community Food and Nutrition Team is a dietetic led team that takes a community development approach to promoting good nutrition among the population of the Western Trust area.

We provide training and support for community based food and nutrition initiatives, develop new programmes aimed at making healthier food choices simpler and offer workshops and updates on a variety of nutrition topics.

Below is a list of training programmes currently being offered by the Community Food & Nutrition Team:

- **Cook it!** is a Community Nutrition Education Programme. **Cook it! tutor training equips participants to deliver the Cook it! programme to their clients. Training comprises 2½ days and includes basic food hygiene.**
- **Food Values - Budgeting for Better Nutrition** is a short food budgeting programme that aims to make healthier food choices more accessible within a limited budget. **Food values tutor training comprises of ½ day training.**
- **Solid Start Weaning Programme** has been developed by the Community Food and Nutrition Team to support parents and carers to adopt healthy weaning practices at home. **The programme focuses on the practical aspects of weaning to encourage parents and carers to develop their skills, knowledge and confidence in their own ability to provide healthy weaning foods for their baby. Solid Start tutor training comprises of ½ day training.**

For further information on training programmes please contact the Community Food & Nutrition Team on **028 7188 0221** or email **info.cfnt@westerntrust.hscni.net**

# drugs and alcohol training programme

DATP provides training opportunities to individuals living and working in the Western Trust area, who represent community/voluntary, health, social care, criminal justice and youth organisations.

A wide range of drugs and alcohol training is available including:

- **Drugs and Alcohol Intervention Training (6 week programme)**
- **Alcohol and Pregnancy**
- **You, Your Client and Blood Borne Viruses**
- **Foetal Alcohol Spectrum Disorder**
- **Hidden Harm Training**
- **New Drugs in Our Community - What We Need to Know (Emerging Drugs Of Concern)**

For further information regarding training please contact the Drugs and Alcohol Training Programme on **028 7186 5236** or email [da.tp@westerntrust.hscni.net](mailto:da.tp@westerntrust.hscni.net)

# early movers

**Dates & Venues:** 13 May 2015, St Columb's Park House, Londonderry

**Facilitators:** Health Improvement Department

**Duration:** 3.5 Hour Workshop (6pm - 9:30pm)

**Aimed at:** Childcare providers and other relevant staff and volunteers working directly with babies and children aged 0-5 or parents/carers of children 0-5.

**Aim of Course:**

- To highlight the Chief Medical Officers' Physical Activity guidelines for children aged 0-5 years.
- To provide information to support childcare providers enhance physical activity opportunities for babies and children aged 0-5 years in their setting.

**Learning Objectives:**

- **How to maximize physical activity opportunities for children from birth to 5 years in your setting.**
- **Promoting a whole setting approach to physical activity by providing tools to audit your current provision and developing a physical activity policy.**
- **Practical ideas for enhancing physical active play.**

"Early Movers" is a physical activity training programme and set of resources developed by the British Heart Foundation. All participants will receive an "Early Movers" resource pack.

# facilitating groups

**Dates & Venues:** 30 April 2015, Venue TBC, Londonderry

24 September 2015, Post Graduate Centre, Tyrone  
County Hospital, Omagh

**Facilitators:** Health Improvement Department

**Duration:** One Day Course (9.30am - 4.30pm)

**Aim of Course:** To understand the complexities of facilitating groups with a view to promoting more effective group work.

**Learning Objectives:**

- To explore the theory and practice of facilitation and some of the key issues around facilitating a group session.

**Course Content:**

- What is a group? Why it is successful/unsuccessful
- Communication and listening skills
- Building trust
- Group delivery and group life
- Roles and behaviours in a group
- Leadership styles
- Dealing with difficult group behaviours

# **falls prevention**

for leaders of older people's groups

**Dates & Venues:** 20 May 2015, Londonderry (Venue TBC)

**Facilitators:** Health Improvement Department

**Duration:** One Day Course (9.30am - 12.30pm)

**Aim of Course:** To train non-professionals to deliver falls prevention messages to older people.

**Learning Objectives:**

- **Participants will be knowledgeable of the reasons for falls in older people and will be able to disseminate the learning to older people to prevent/reduce falls.**

**Course Content:**

This course will cover:

- Current statistics in falls in older people
- Why falls occur
- Coping strategies when a person falls
- How to deliver falls prevention to older people in a fun way.

# inclusive skills

**Dates & Venues:** 21 April 2015, YMCA, Londonderry

**Facilitators:** Disability Sport NI

**Duration:** 3.5 Hour Workshop (1.00pm - 4:30pm)

**Aimed at:** Those working with children with physical, sensory and learning disabilities or mixed groups of disabled and non-disabled children.

**Aim of Course:** To gain knowledge to facilitate basic activities relating to core skills (movement, throwing, catching and striking) for children with physical, sensory or learning disabilities aged 5+.

## Learning Objectives:

- To participate in practical demonstrations relating to core skills.
- To consider how to adapt activities to promote participation of children with disabilities.

On completion all participants will receive the 'Inclusive Skills' resource pack.

# mental health first aid

**Dates & Venues:** 3 & 4 June 2015, St Columb's Park House, Londonderry

2 & 9 July 2015, Post Graduate Centre, Tyrone County Hospital, Omagh

3 & 10 September 2015, Lecture Theatre, Education Centre, South West Acute Hospital, Enniskillen

**Facilitators:** Health Improvement Officers and Aware Defeat Depression

**Duration:** Two Day Course (9:30am - 4:30pm)

**Aimed at:** Adults wanting to increase their knowledge/skills in providing initial support for someone with a mental health problem.

## **Course Content:**

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

### **The aims of MHFA are:**

- **To preserve life where a person may be a danger to themselves or others**
- **To provide help to prevent the mental health problem becoming more serious**
- **To promote the recovery of good mental health**
- **To provide comfort to a person experiencing a mental health problem**

MHFA does not teach people to be therapists, rather it teaches:

- **How to recognise the symptoms of mental health problems**
- **How to provide initial help**
- **How to go about guiding a person towards appropriate professional help**

Participants receive a certificate and a MHFA handbook on completion of the course.

# nutrition matters

**Dates & Venues:** 2 March 2015, ARC Healthy Living Centre, Irvinestown

5 March 2015, MDEC, Altnagelvin Hospital, Londonderry

**Facilitators:** Community Dietitians

**Duration:** Two Hour Workshop (7pm - 9pm)

**Aimed at:** All staff within day nurseries, playgroups and crèches, as well as SureStart workers, childminders and foster carers providing childcare within the home setting.

## **Course Content:**

In recognition of the crucial role of childcare providers in encouraging good nutrition among young children, the Public Health Agency and Social Care Trusts are working in partnership to offer this **free nutrition training**.

Delivered by Community Dietitians across Northern Ireland this training aims to provide information and practical advice on issues of relevance to those caring for the under fives, including why good nutrition is important, weaning, healthy eating for 1 to 5s, snacks and drinks, menu planning, how to meet the nutritional needs of children with individual dietary requirements including those with medical conditions such as coeliac disease, diabetes, ethnic communities and vegetarian diets, fussy eaters, food safety, rewards and celebrations, developing and implementing a nutrition policy, dental health and physical activity.

All delegates will receive a copy of the recently updated '**Nutrition Matters for the Early Years: Guidance for Feeding Under Fives in the Childcare Setting**' publication and a certificate of attendance.

Places may be booked through the Regional Childcare Partnership website <http://www.childcarepartnerships-ni.org>

For further information please contact the Community Food and Nutrition Team on **028 7188 0221** or email [info.cfnt@westerntrust.hscni.net](mailto:info.cfnt@westerntrust.hscni.net)





**Dates & Venues:** 15 April 2015, Roe Valley Arts & Cultural Centre, Limavady

8 June 2015, Lecture Theatre, South West Acute Hospital, Enniskillen

10 September 2015, Lecture Theatre 2, MDEC, Altnagelvin Hospital, Londonderry

**Facilitators:** safeTALK Trainers

**Duration:** 3 Hour Seminar (9.30am - 12:30pm)

**Aimed at:** Individuals aged over 16 years.

**Course Content:**

safeTALK is a free 3 hour seminar which raises general awareness on how to prevent suicide in our community.

The seminar equips participants with the skills to recognise a person with thoughts of suicide, to engage them and then connect them with an organisation or individual who can intervene to help keep them safe.

safeTALK is ideally placed for delivery in a workplace or community setting.



# self-harm: supporting the family

**Dates & Venues:** 28 May 2015, Lecture Theatre 2, MDEC, Altnagelvin Hospital, Londonderry

11 September 2015, Post Graduate Centre, Tyrone County Hospital, Omagh

**Facilitators:** Health Improvement Department and Derry Healthy Cities

**Duration:** One Day Course (9.30am - 4.30pm)

**Aimed at:** The training is offered to anyone working with or supporting individuals who are at risk of self-harm and their families.

**Aim of Course:** This training will not teach you to be a therapist but it will help you in your role to understand self-harm, the stigma associated with it and how to offer help.

## Learning Objectives:

- **Clear and accurate information about self-harm**
- **Increased understanding of what is self-harm**
- **Understanding the person behind the behaviour**
- **Understanding the family system**
- **Understanding the importance of compassion**
- **Confidence in your ability to provide initial information and support to someone who is self-harming**

## Course Content:

The training is divided into three sessions:

### Session 1: What is self-harm?

Definitions, Concepts,  
Life experiences/feelings/functions

### Session 2: The person behind the behaviour

Theories of personality,  
Theories of child development

### Session 3: The family system

Rules and roles,  
Supporting the family member,  
The importance of compassion,  
Risk management

# sexual health awareness

primary care

**Dates & Venues:** 20 April 2015, GU Medicine (GUM) Clinic, Altnagelvin Hospital, Londonderry

1 June 2015, GU Medicine (GUM) Clinic, Altnagelvin Hospital, Londonderry

**Facilitators:** Health Improvement Department and GUM Clinic Staff

**Duration:** 2.5 Hour Workshop (2pm - 4:30pm)

**Aimed at:** Primary Care Staff.

**Aim of Course:**

- To raise awareness of sexually transmitted infections- testing/diagnosis /treatment/referrals to GU Medicine (GUM) Clinics .
- To raise awareness of GU Medicine (GUM) Clinics provided by WHSCT and referral procedures/ HIV (PEPSE) protocols.

**Learning Objectives:**

- Increased understanding of sexually transmitted infections including testing/diagnosis and treatment.
- Increased understanding of post exposure treatment for patients who have had possible exposure to HIV (PEPSE) protocols.
- After the session participants will have a better understanding of the GU Medicine (GUM) services provided within WHSCT area and referral procedures

**Course Content:**

- Prevalence of STIs in Northern Ireland
- Services provided by GU Medicine (GUM) Clinics
- Signs and symptoms of STI's
- Testing/ diagnosis/treatment
- HIV (PEPSE) protocols
- Referral pathways

# sexual health awareness

community and voluntary sector

**Dates & Venues:** 25 June 2015, Lecture Theatre, South West Acute Hospital, Enniskillen (10am-12.30pm)

10 September 2015, Healthy Living Centre, Creggan, Londonderry (2pm-4.30pm)

**Facilitators:** Health Improvement Department and GUM Clinic Staff

**Duration:** 2.5 Hour Workshop

**Aimed at:** Community and Voluntary Sector.

#### **Aim of Course:**

- To raise awareness about sexually transmitted infections
- To raise awareness of the role of the GU Medicine (GUM) Clinic
- Increase confidence in sign posting young people to sexual health services
- Increase understanding about looking after your sexual health

#### **Learning Objectives:**

- After attending this session participants will have a better understanding of the GUM service i.e. what they do and where the services are located
- Have a better understanding about sexually transmitted infections and the importance of looking after your sexual health

#### **Course Content:**

- Role of GUM Clinic
- How to access a GUM Clinic
- Why go to a GUM Clinic
- Sexually transmitted infections signs/symptoms and treatment
- How to look after your sexual health

# smoke free service

Online update training on helping smokers to quit is available on WHSCT intranet. Click on the link below for access. **Please note this training can only be accessed by WHSCT staff.**

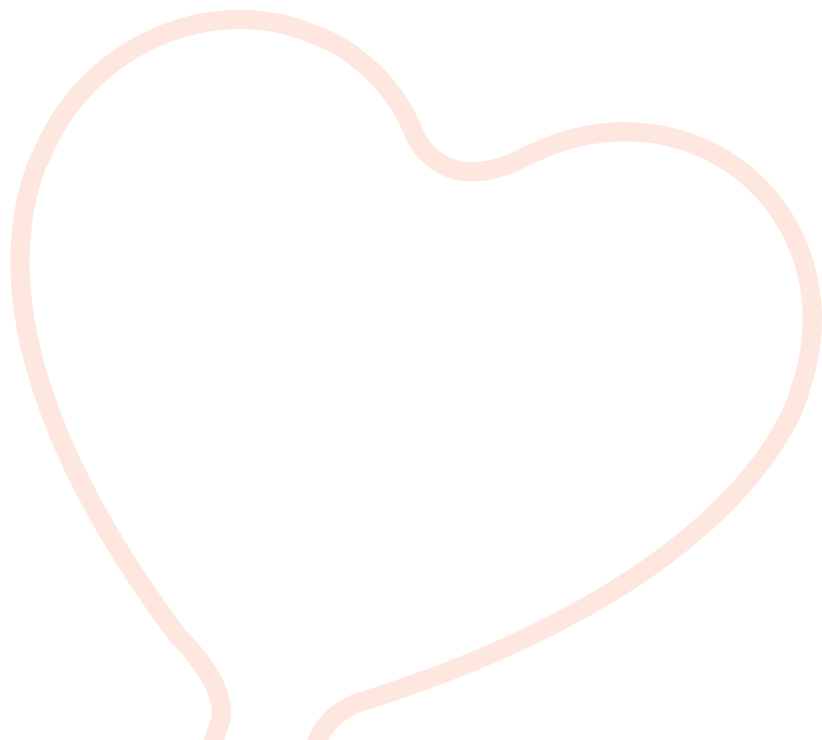
## Online Update Training

The Smokefree Service also provide face to face training to staff in all other sectors including community, voluntary, statutory and private.

To arrange training for yourself or your team, please contact:

**Mary Campbell 028 7186 5127**  
(Londonderry, Limavady & Strabane area)

**Kathleen McManus 028 6638 2000 ext 257302**  
(Omagh & Fermanagh area)



# walk leader training

**Dates & Venues:** 28 April 2015, Lecture Theatre 2, MDEC, Altnagelvin Hospital, Londonderry

5 May 2015, Bawnacre Centre, Irvinestown

27 May 2015, Post Graduate Centre, Tyrone County Hospital, Omagh

17 September 2015, Lecture Theatre 2, MDEC, Altnagelvin Hospital, Londonderry

**Facilitators:** Health Improvement Department

**Duration:** One Day Course (9:30am - 4:00pm)

**Aimed at:** Community or workplace.

**Aim of Course:** To train adults to lead health walks in their community or workplace.

**Learning Objectives:**

- To understand the health benefits of walking
- To motivate inactive people to participate in health walks
- To develop walking for health programmes
- To plan and assess walking routes

Please note this is a basic level course which promotes health walks specifically. All participants will be expected to be active as Walk Leaders within three months of attendance.

Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity.