A large, stylized graphic of a hand in shades of purple and pink, with the index finger pointing towards the top right. The hand is composed of solid-colored shapes with rounded edges.

 **Health Improvement**  
Western Area

Training Brochure  
1 April • 31 December 2016

 Public Health  
Agency

 Western Health  
and Social Care Trust



# Contents

Introduction	2
Boccia Leaders Award	3
Breast Cancer Awareness	4
Brief Intervention in Smoking Cessation	5
Community Food and Nutrition Team	6
Early Movers	7
Facilitating Groups	8
Falls Prevention for Community Workers	9
Inclusive Skills	10
Mental Health First Aid (MHFA)	11
Moving More Often	12
Nutrition Matters for the Early Years	13
SafeTALK	14
Start to Play	15
Staying Safe Online: E-safety Training: Core Awareness	16
E-safety Training for Trainers: Children Aged 5 - 11 years	17
E-safety Training for Trainers: Children and Young People Aged 12 - 16 years	18
E-safety Training for Trainers: Children and Young People With a Disability (Sensory, Learning or Autism Spectrum Disorder)	19
E-safety Training for Trainers: Child Sexual Exploitation	20
Walk Leaders	21

# Introduction



**The Health Improvement Department aims to improve the health and wellbeing of people within the Western Health and Social Care Trust (WHST) area 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 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.

**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 WHST.

**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.



# Boccia Leaders Award

**Date & Venue:** 20 September 2016, Melvin Sports Complex, Strabane

**Facilitators:** Disability Sport NI

**Duration:** 3.5 hour course (1.00pm - 4.30pm)

**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 and classification

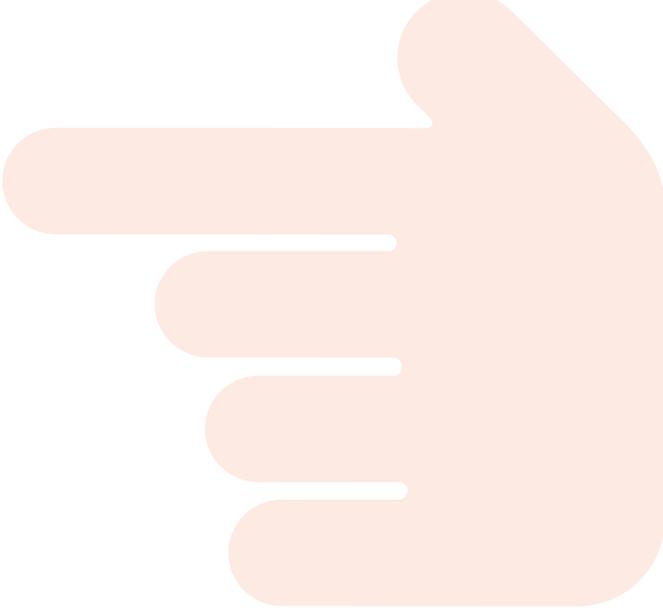
Boccia (pronounced “Bot-cha”) is a Paralympic sport designed specifically for athletes with a disability affecting loco motor function, but is also enjoyed by older people and those with limited mobility.

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**

**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.**

# Breast Cancer Awareness



**Date & Venue:** Individual group sessions for Western Trust staff, workplaces or communities are available on request for a minimum of 10 people.

**Facilitators:** Health Improvement Department

**Duration:** 1 hour session

**Aimed at:** Women of all ages

**Aim of Course:** To teach women to become breast aware by checking their breasts on a regular basis and becoming familiar with the signs and symptoms of breast cancer.

**Course Content:** The signs and symptoms of ovarian and bowel cancer are also covered along with the importance of attending for breast and cervical screening. Information on leading a healthier lifestyle is also incorporated in the session.

**If you are interested in this session please contact:**

**Sandra Semple**

T: 028 7186 5127

E: [sandra.semple@westerntrust.hscni.net](mailto:sandra.semple@westerntrust.hscni.net)

# Brief Intervention in Smoking Cessation

**Date & Venue:** Group sessions for staff in all sectors including community, voluntary, statutory and private organisations available on request.

**Facilitators:** Smoking Cessation Team

**Duration:** 30 - 60 minutes

**Aimed at:** All staff working with the general public

**Aims of Course:** To increase awareness of the WHSCT Smoking Cessation Service and to highlight that evidence-based tobacco cessation interventions increase quit rates. Every encounter someone makes with a smoker has the potential to increase awareness of resources available to them.

**Course Content:** One in two smokers will die of a tobacco related illness; helping patients quit is the single best ways to reduce disease, disability and death.

By explaining the Smoking Cessation Service and support available, including access to Nicotine Replacement Therapy (NRT), participants should feel more confident with the referral process.

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

**Mary Campbell**

T: 028 7186 5127

M: 078 0955 3315

(Londonderry, Limavady and Strabane)

**Kathleen McManus**

T: 028 6638 2000 ext 257032

M: 078 0955 2846

(Omagh and Fermanagh)

**Karen Harper**

T: 028 7134 5171 ext 214645

M: 075 8444 9175

(Londonderry, Limavady and Strabane)

**WHSCT STAFF ONLY:** Online update training on helping smokers quit and the referral process is available on WHSCT intranet. Click the icon on the right for access.



# Community Food and 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 WHSCT 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 and 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 of 2.5 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 a half 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 a half day training.

For further information on training please contact:

**Community Food and Nutrition Team**

T: 028 7188 0221

E: [info.cfnt@westerntrust.hscni.net](mailto:info.cfnt@westerntrust.hscni.net)



# Early Movers

**Date & Venue:** 19 April 2016, Early Years Organisation, Trory, Enniskillen  
23 May 2016, St Columb's Park House, Londonderry  
31 May 2016, Strathroy Community Centre, Omagh

**Facilitators:** Health Improvement Department

**Duration:** 3.5 hour course (6.00pm - 9.30pm)

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

**Aims 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 maximise physical activity opportunities for children from birth to 5 years in your setting. To promote a whole setting approach to physical activity by providing tools to audit your current provision and developing a physical activity policy and gain practical ideas for enhancing physically 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



**Date & Venue:** 19 May 2016, Shared Future Centre, Londonderry  
22 September 2016, Post Graduate Centre,  
Tyrone County Hospital, Omagh

**Facilitators:** Health Improvement Department

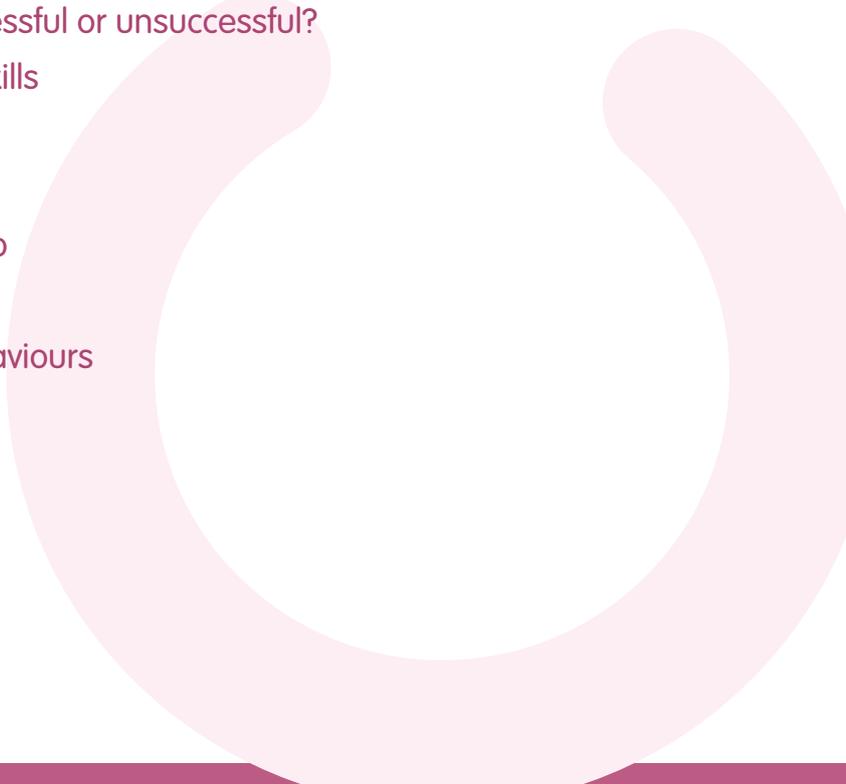
**Duration:** One day course (9.30am - 4.30pm)

**Aimed at:** People who have limited experience of working with groups or who want to develop their skills in group work.

**Aims 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 or 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
- 

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# Falls Prevention Training for Community Workers

**Date & Venue:** 15 June 2016, Shared Future Centre, Londonderry

**Facilitators:** Health Improvement Department

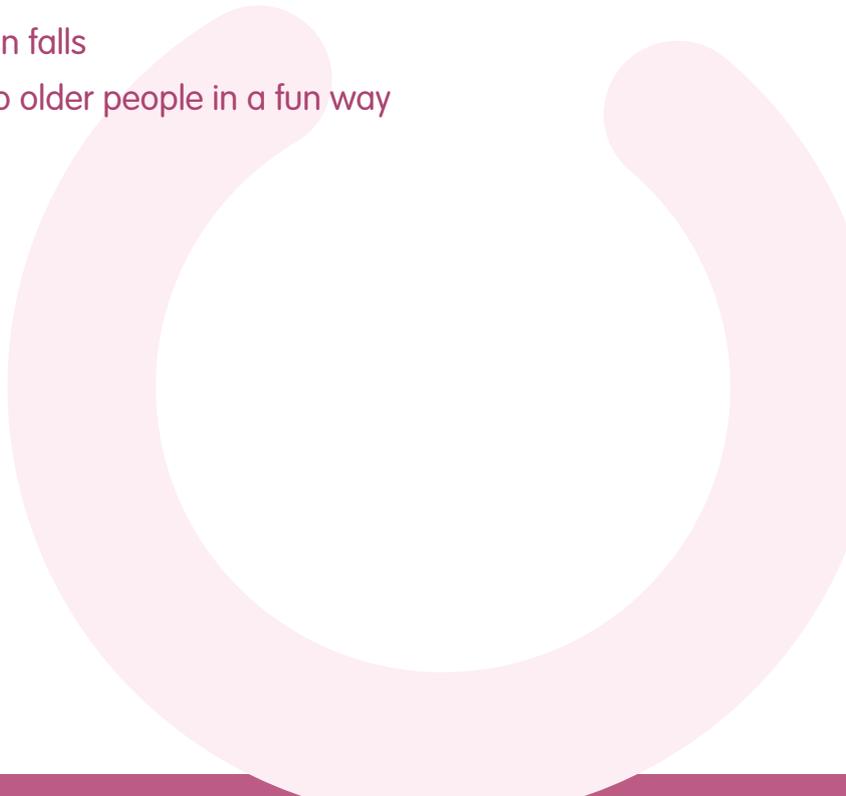
**Duration:** 3 hour course (9.30am - 12.30pm)

**Aimed at:** Anyone working with older people.

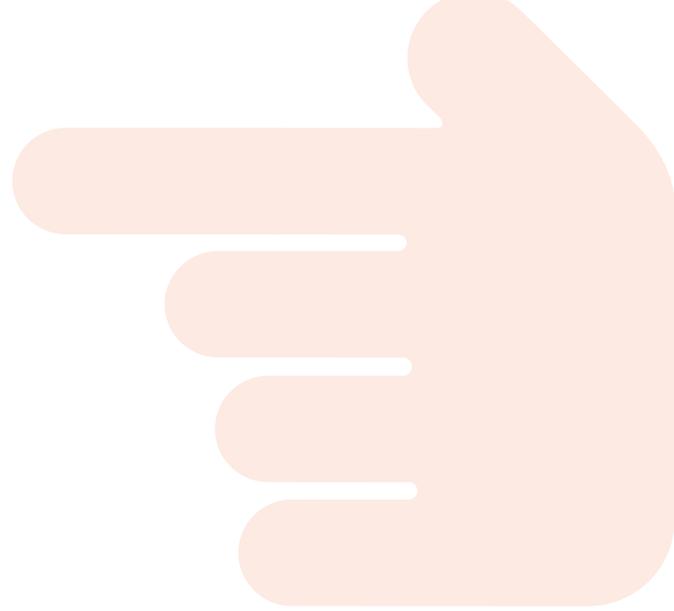
**Aims of Course:** To train people within local communities to deliver falls prevention messages to older people.

**Learning Objectives:** Participants will be aware of the causes for falls in older people and will be able to disseminate the learning to older people to reduce falls in a fun way.

**Course Content:**

- Statistics for 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
- 
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# Inclusive Skills



**Date & Venue:** 25 May 2016, Bawnacre Centre, Irvinestown

**Facilitators:** Disability Sport NI

**Duration:** 3.5 hour session (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.

**Aims of Course:** To gain knowledge in facilitating 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 (MHFA)

**Date & Venue:** 2 & 9 June 2016, Post Graduate Centre, Tyrone County Hospital, Omagh  
8 & 15 September 2016, Aisling Centre, Enniskillen  
6 & 13 October 2016, MDEC Building, Altnagelvin Hospital, Londonderry  
3 & 10 November 2016, Post Graduate Centre, Tyrone County Hospital, Omagh

**Facilitators:** Mental Health First Aid Trainers

**Duration:** Two day course (9.30am - 4.30pm)

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

**Aims of Course:** 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.

**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.

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.**

# Moving More Often



**Date & Venue:** 10 May 2016, Bawnacre Centre, Irvinestown  
12 October 2016, YMCA, Londonderry

**Facilitators:** Health Improvement Department

**Duration:** One day course (9.30am - 4.30pm)

**Aimed at:** Those working or volunteering with older people, especially frailer older people.

**Aims of Course:** Moving More Often is a training programme for health and social care workers and volunteers who work with frailer older people and who wish to promote physical activity and movement in a range of community, residential and social care settings.

**Learning Objectives:** To highlight the importance of moving more often in later years. To explore practical considerations when promoting physical activity and movement with frailer older people. To enable participants to provide a range of activities which enhance existing physical activity programmes including group games.

## **Course Content:**

- Activity levels in later years
- Benefits of being active in later years
- Barriers to being active
- Motivation for physical activity and movement
- Preparation and safety for activity
- Activities and games to promote physical activity and movement

**Participants will receive a 'Moving More Often' resource pack, set of games cards and equipment bag.**



# Nutrition Matters for the Early Years

**Date & Venue:** 14 April 2016, St Columb's Park House, Londonderry  
5 May 2016, Omagh Enterprise Centre, Omagh

**Facilitators:** Community Food and Nutrition Team

**Duration:** 2 hour session (7.00pm - 9.00pm)

**Aimed at:** Childminders and staff from early years settings

**Aims of Course:** To provide nutritional guidance for feeding the under 5's in the childcare setting.

**Learning Objectives:** Introduction to the updated Nutrition Matters document, its purpose and use. To enable participants to use the document to provide healthy choices in their establishment. Provides information on preparing a nutrition policy, menu planning and physical activity

## Course Content:

- Why is nutrition important?
- Weaning and nutrition for under 1's
- Balanced diet 1-5 year olds
- Promoting good dental health
- Meal planning and nutrition checklist
- Children with individual dietary requirements
- Physical activity guidelines for under 5's
- Food refusal
- Allergen labelling
- Nutrition Policy
- Rewards and Celebrations

**PLEASE NOTE :** Applications for this course can only be made through the Western Childcare Partnership. Please contact:

**Anita Mason, Training Officer, Western Childcare Partnership.**

T: 028 9536 1042 E: [anita.mason@hscni.net](mailto:anita.mason@hscni.net)

[www.childcarepartnerships-ni.org/training-quality/](http://www.childcarepartnerships-ni.org/training-quality/)

# SafeTALK



**Date & Venue:** 27 April 2016, Roe Valley Arts & Cultural Centre Limavady,  
(9.30am - 12.30pm)

30 June 2016, South West Acute Hospital, Enniskillen,  
(1.30pm - 4.30pm)

9 September 2016, MDEC Building, Altnagelvin Hospital,  
Londonderry,  
(9.30am - 12.30pm)

10 October 2016, Post Graduate Centre, Omagh,  
(1.30pm - 4.30pm)

2 December 2016, South West Acute Hospital, Enniskillen,  
(1.30pm - 4.30pm)

**Facilitators:** SafeTALK Trainers

**Duration:** 3 hour seminar  
9.30am - 12.30pm (am seminar)  
1.30pm - 4.30pm (pm seminar)

**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.

**This seminar is not suitable for anyone recently bereaved by suicide.**



# Start to Play

**Date & Venue:** 26 September 2016, Early Years Organisation, Trory, Enniskillen  
18 October 2016, Strathroy Community Centre, Omagh  
22 November 2016, St Columb's Park House, Londonderry

**Facilitators:** Health Improvement Department

**Duration:** 3.5 hour course (1.00pm - 4.30pm)

**Aimed at:** Childcare providers working with children aged 0-5 years **who have previously completed the 'Early Movers' training.**

**Aim of Course:** To introduce the 'Start to Play' resources and how they can be used to enhance opportunities for active play within childcare settings.

**Learning Objectives:** To build on learning from 'Early Movers' training which emphasised the importance of physically active play in the early years. To highlight practical ideas for maximising physically active play opportunities for children aged 0-5 in childcare settings and to familiarise participants with 'Start to Play' resources

**Course Content:** 'Start to Play' is a resource package developed by the Youth Sport Trust to encourage play and physical activity opportunities for children aged 0-5 years. 'Start to Play' complements and supports the Early Years Curriculum, providing high quality learning opportunities across all six areas of learning: Physical, Personal, Social and Emotional Development; Communication, Language and Literacy; Problem Solving, Reasoning and Numeracy; Knowledge and Understanding of the World.

This course will give participants the opportunity to become familiar with the ethos of 'Start to Play' through engaging in activities outlined in the resources.

**Each setting will receive a set of 'Start to Play' resources.**

# Staying Safe Online: E-safety Training



## Core Awareness

Revised  
Course 

**Date & Venue:** 18 May 2016, Omagh Community House, Omagh

7 June 2016, Arc Healthy Living Centre, Irvinestown

16 June 2016, Omagh Community House, Omagh

22 June 2016, Fermanagh House, Enniskillen

27 September 2016, St Columb's Park House, Londonderry

5 October 2016, St Columb's Park House, Londonderry

9 November 2016, St Columb's Park House, Londonderry

**Facilitators:** Health Improvement Department and Social Services Learning, Development and Governance Team staff

**Duration:** 3 hour Core Awareness Module (9.30am - 12.30pm)

**Aimed at:** Practitioners working with parents, children/young people and vulnerable adults.

**Course Content:** A Core Awareness Module will provide you with an overview of online safety issues including unwanted contact/grooming, cyberbullying, harmful content/illegal material, privacy/digital footprints and sexting.

**To become a registered trainer, you must complete a Core Awareness Module plus the 'Bolt-on' Module of your choice. 'Bolt-on' Modules can be found on pages 17, 18, 19 and 20.**

# Staying Safe Online: E-safety Training for Trainers

'Bolt-on' Module • Children Aged 5 - 11 Years

Revised  
Course **R**

**Date & Venue:** 16 June 2016, Omagh Community House, Omagh

9 November 2016, St Columb's Park House, Londonderry

**Facilitators:** Health Improvement Department and Social Services Learning, Development and Governance Team staff

**Duration:** 2 hour 'Bolt-on' Module (1.30pm - 3.30pm)

**Aimed at:** Practitioners working with parents, children/young people and vulnerable adults.

**Course Content:** 'Bolt-ons' are designed to meet the specific needs of your practice. Each full course (Core Awareness and 'Bolt-on' Module) enables you to deliver training directly to the target groups above. The training will address issues that children, young people and parents face online daily and will signpost to initiatives, resources and organisations locally and nationally that have a role in safeguarding and supporting you as a practitioner and trainer.

Participants who wish to become trainers will be registered with Child Exploitation and Online Protection (CEOP). Therefore you must be able to produce the following on or before the day of training:

- A letter on headed notepaper from your organisation stating your role, duration in the organisation and how you intend to use the training in relation to your role.
- A form of photographic identification i.e. passport or driving licence.
- Be willing to deliver at least one course for your organisation by 31 May 2017.

# Staying Safe Online: E-safety Training for Trainers

'Bolt-on' Module • Children and Young People Aged 12 - 16 Years

Revised  
Course 

**Date & Venue:** 22 June 2016, Fermanagh House, Enniskillen

5 October 2016, St Columb's Park House, Londonderry

**Facilitators:** Health Improvement Department and Social Services Learning, Development and Governance Team staff

**Duration:** 2 hour 'Bolt On' Module (1.30pm - 3.30pm)

**Aimed at:** Practitioners working with parents, children/young people and vulnerable adults.

**Course Content:** 'Bolt-ons' are designed to meet the specific needs of your practice. Each full course (Core Awareness and 'Bolt-on' Module) enables you to deliver training directly to the target groups above. The training will address issues that children, young people and parents face online daily and will signpost to initiatives, resources and organisations locally and nationally that have a role in safeguarding and supporting you as a practitioner and trainer.

Participants who wish to become trainers will be registered with Child Exploitation and Online Protection (CEOP). Therefore you must be able to produce the following on or before the day of training:

- A letter on headed notepaper from your organisation stating your role, duration in the organisation and how you intend to use the training in relation to your role.
- A form of photographic identification i.e. passport or driving licence.
- Be willing to deliver at least one course for your organisation by 31 May 2017.

# Staying Safe Online: E-safety Training for Trainers

**'Bolt-on' Module • Children and Young People With a Disability**  
(Sensory, Learning or Autism Spectrum Disorder)

Revised  
Course **R**

**Date & Venue:** 18 May 2016, Omagh Community House, Omagh

**Facilitators:** Health Improvement Department and Social Services Learning, Development and Governance Team staff

**Duration:** 2 hour 'Bolt On' Module (1.30pm - 3.30pm)

**Aimed at:** Practitioners working with parents, children/young people and vulnerable adults.

**Course Content:** 'Bolt-ons' are designed to meet the specific needs of your practice. Each full course (Core Awareness and 'Bolt-on' Module) enables you to deliver training directly to the target groups above. The training will address issues that children, young people and parents face online daily and will signpost to initiatives, resources and organisations locally and nationally that have a role in safeguarding and supporting you as a practitioner and trainer.

Participants who wish to become trainers will be registered with Child Exploitation and Online Protection (CEOP). Therefore you must be able to produce the following on or before the day of training:

- A letter on headed notepaper from your organisation stating your role, duration in the organisation and how you intend to use the training in relation to your role.
- A form of photographic identification i.e. passport or driving licence.
- Be willing to deliver at least one course for your organisation by 31 May 2017.

# Staying Safe Online: E-safety Training for Trainers

'Bolt-on' Module • Child Sexual Exploitation

Revised  
Course **R**

**Date & Venue:** 7 June 2016, Arc Healthy Living Centre, Irvinestown  
27 September 2016, St Columb's Park House, Londonderry

**Facilitators:** Health Improvement Department and Social Services Learning, Development and Governance Team staff

**Duration:** 2 hour 'Bolt On' Module (1.30pm - 3.30pm)

**Aimed at:** Practitioners working with parents, children/young people and vulnerable adults.

**Course Content:** 'Bolt-ons' are designed to meet the specific needs of your practice. Each full course (Core Awareness and 'Bolt-on' Module) enables you to deliver training directly to the target groups above. The training will address issues that children, young people and parents face online daily and will signpost to initiatives, resources and organisations locally and nationally that have a role in safeguarding and supporting you as a practitioner and trainer.

Participants who wish to become trainers will be registered with Child Exploitation and Online Protection (CEOP). Therefore you must be able to produce the following on or before the day of training:

- A letter on headed notepaper from your organisation stating your role, duration in the organisation and how you intend to use the training in relation to your role.
- A form of photographic identification i.e. passport or driving licence.
- Be willing to deliver at least one course for your organisation by 31 May 2017.



# Walk Leader Training

**Date & Venue:** 12 April 2016, Gransha Park House, Londonderry

4 May 2016, Bawnacre Centre, Irvinestown

13 September 2016, Post Graduate Centre,  
Tyrone County Hospital, Omagh

17 October 2016, Lime Villa, Gransha Park, Londonderry

**Facilitators:** Health Improvement Department

**Duration:** One day course (9.30am - 4.00pm)

**Aimed at:** Anyone wishing to set up a walking for health group as part of their work role or in a voluntary capacity.

**Aim of Course:** To train adults to lead health walks in their local 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 risk assess walking routes
- To lead safe and enjoyable health walks for people of all ages and abilities

This is a basic level course which promotes low level health walks for people who are inactive.

**PLEASE NOTE: All participants will be expected to be active as Walk Leaders within two months of attendance and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity.**

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