

Public Health Training Solutions

For Halton Organisations

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

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

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



For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



@HaltonBC



Halton BC

Our Training Courses

Our training programme is designed to create a network of local Health Champions, whose role is to promote healthy lifestyles and inspire others to take a more active role in their health. They are sources of information on all aspects of health and wellbeing, can signpost to services and offer support to make positive behavioural changes.

"We have started to roll out the Mental Health Awareness sessions to all our staff as a means of us supporting our customers but also to raise awareness of our own mental health and the support that is available in Halton. The feedback has been excellent and we are confident that the training is making a real difference to our customers and colleagues alike."

Halton Housing

Blood Pressure Training

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

Making Every Contact Count (MECC)

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

Menopause

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

Menopause Awareness For Managers

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

Sleep

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

Mental Health Training

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

Mental Health Awareness

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

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

Mental Health Awareness for Managers/Supervisors

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

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

Suicide Awareness Training

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

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

Stress Awareness

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

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

COSTS

Training for workplaces based in Halton is subsidised by Public Health.

TRAINING COURSE	ACCREDITATION	HALTON WORKPLACES COST PER PERSON
Making Every Contact Count (MECC)	CPD	FREE
Blood Pressure Training	CPD	FREE
Menopause	CPD	FREE
Menopause Awareness for Managers	CPD	FREE
Mental Health Awareness	CPD	FREE
Mental Health Awareness for Managers/Supervisors	CPD	FREE
Suicide Awareness Training	CPD	FREE
Stress Awareness	CPD	FREE
Sleep	CPD	FREE

Some of our sessions are available to [book online](#) or scan the QR code.

For all other training sessions please email HITworkplacehealth@halton.gov.uk stating which sessions you are interested in.



Workplace Health Checks for Halton Businesses

Did you know that Halton Borough Council's Health Improvement Team is here to support you and your employees with our FREE Healthy Workplaces scheme? As part of this incredible offer, we can provide FREE Health Checks directly at your workplace!

Boost morale, productivity, and employee well-being with our convenient on-site Health Checks. Our team is dedicated to ensuring the health and happiness of your workforce, making it easier than ever to prioritise wellness in the workplace.

Don't miss out on this amazing opportunity! Contact us today to schedule your FREE Health Check event and discover the difference they can make for your business and your team. Together, we can build a healthier and happier workplace.



Register your interest today - scan the QR code, complete the online form and our team will be in touch in a few days to arrange a visit.



In partnership with

Halton Health Improvement Team



WORKPLACE HEALTH NEEDS ASSESSMENT

All employers have a responsibility to protect and support the health and wellbeing of their staff.

Evidence shows that employers who invest in the health and wellbeing of their staff see higher rates of retention, reduced sickness absence and increased productivity.

Sometimes it can be hard to understand where to prioritise investment in staff health and wellbeing, especially when moving beyond the basic health and safety legislative requirements. A workplace health needs assessment (WHNA) can be a useful and simple way to gather anonymous information about the health of a company's workforce and provides a baseline of data against which to track progress.

Using a nationally recognised format, the Health Improvement Team can coordinate a Workplace Needs Assessment with your employees and deliver a report and action plan based on the information we receive. Responses are confidential and only anonymous data is fed back to managers and senior teams in order to make critical decisions. Employees confidentiality is protected throughout the process.

Based on the results of the WHNA, our team can work with you to offer support, training and advice to your employees.

Please email HITworkplacehealth@halton.gov.uk to request your Workplace Health Needs Assessment.

Rest assured, it is completely anonymous; only anonymous data will be provided to managers and senior teams to determine how we can support your employees.

SIGN UP FOR OUR NEWSLETTER

If you would like to receive our monthly Healthy Workplaces Newsletter, sign up by scanning the QR code and completing our online form.

You can opt-out at any time.



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

