

Public Health Training Solutions

For organisations in North West England

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

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

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



For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



@HaltonBC



Halton BC

Our Training Courses

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

Cheshire West and Cheshire Council.

RSPH (Royal Society for Public Health) Courses

RSPH Level 2 Understanding Health Improvement

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

RSPH Level 2 Healthy Weight And Healthy Eating

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

RSPH Level 2 Award In Understanding Alcohol Misuse

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

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

RSPH Level 2 Award in Understanding the NHS Health Check

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

Other Training

Blood Pressure Training

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

Making Every Contact Count (Mecc)

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

Menopause

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

Menopause Awareness For Managers

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

Sleep

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

Mental Health Training

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

Mental Health Awareness

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

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

Mental Health Awareness for Managers

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

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

Suicide Awareness Training

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

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

Stress Awareness

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

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

COSTS

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

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

TRAINING COURSE	ACCREDITATION	PRICE PER HEAD AT A HALTON SESSION	PRICE PER IN HOUSE SESSION (max 20 per session)
L2 Award in Understanding Health Improvement	RSPH	£375	£5000
L2 Award in Understanding the NHS Health Check	RSPH	£375	£5000
L2 Award in Understanding Alcohol Misuse	RSPH	£375	£5000
L2 Award in Healthy Weight and Healthy Eating	RSPH	£375	£5000
Making Every Contact Count (MECC)	CPD	£50	£500
Blood Pressure Training	CPD	£50	£500
Menopause	CPD	£50	£500
Menopause Awareness for Managers	CPD	£50	£500
Mental Health Awareness	CPD	£50	£500
Mental Health Awareness for Managers/Supervisors	CPD	£50	£500
Suicide Awareness Training	CPD	£50	£500
Stress Awareness	CPD	£50	£500
Sleep	CPD	£50	£500

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

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.



Aged 40-74?

**Have you had
your FREE NHS
Health Check?**

*“It saved
my life!”*

**“My blood pressure
was so high, I was in
danger of a stroke.
It was only spotted
at my FREE NHS
Health Check.”**



NHS Health Checks are designed to assess your risk of developing diabetes, heart disease, kidney disease, stroke and dementia. If there are any warning signs, then we can help you to do something about it.

The check takes about 40 minutes. Our health trainers take details of your height, weight, age and blood pressure. The check also includes a quick finger prick blood test to check your blood sugar and cholesterol levels.

Following the health check, you will receive free personalised advice about what you can do to stay healthy.

For organisations based in North West England, the cost per health check is £100.

**For more information call our Workplace Coordinator on 0300 029 0029
or email HITworkplacehealth@halton.gov.uk**

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

In partnership with

Halton Health Improvement Team

The logo for Halton Borough Council, featuring a stylized 'h' above the word 'HALTON' and 'BOROUGH COUNCIL' below it.

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**

