

Application & Charging Policy

HEALTH PROMOTION & BEHAVIOUR CHANGE

Introduction to Making Every Contact Count (MECC)
Health Awareness RSPH Level 1
Understanding Health Improvement RSPH Level 2
Supporting Behaviour Change (Health & Wellbeing) RSPH Level 2
Advanced Behaviour Change (New for 2017)

SUBSTANCE MISUSE

Ageing and Alcohol
Alcohol Screening Brief Advice and Interventions
Blood Borne Viruses, Safer Injecting & Vulnerable Populations
Domestic Abuse & Substance Misuse
Dual Diagnosis – Substance Misuse & Mental Health
Drug and Alcohol Basic Awareness
Psychoactive Substances (NPS) & current trends (including Chemsex)
Motivational Interviewing: Facilitating Behaviour Change around Drugs & Alcohol
The Impact of Parental Substance Misuse
Working with People affected by Prescription & Over the Counter (OTC)
Medicine Abuse and Dependency

SEXUAL HEALTH COURSES

Sexual Health Basic Awareness*
Are You Ready...Supporting Young People To Delay Early Sex*
C-Card Training (issuing condoms)*
Pregnancy Testing*
HIV Awareness*
Older People and HIV*
Chemsex amongst Men Who have Sex With Men (MSM)*

HEALTHY LIFESTYLES

Oral Health Awareness*
Physical Activity
Healthy Lifestyles Team Talks & Training*

MENTAL HEALTH

Youth Mental Health First Aid (New for 2017)
Mental Health & Suicide*

Courses provided by
the
Workforce
Development Team
in partnership with:



Contact us:
Workforce Development Team
Email: learning@brighton-hove.gov.uk
Tel: 01273 291460

Application & Charging Policy

These courses support you and your organisation to develop the skills, knowledge and confidence needed to improve the health of people living in the area.

Who Should Attend?

- Primary and Community Health
- Police and Criminal Justice
- Education
- Mental Health
- Housing
- Social Care
- Voluntary organisations supporting these service areas

How to apply:

To access Health Promotion training, you will need to register for an account on our self-service booking system; the Brighton and Hove Learning Gateway: <https://learning.brighton-hove.gov.uk/cpd/portal.asp>

For further guidance on how to register, how to search for courses and how to manage your training record, please see our online user guides, which can be accessed via the Learning Gateway homepage.

You may also email us at learning@brighton-hove.gov.uk if you would like any support or guidance on how to use the Learning Gateway.

Some courses will have alternative booking methods*. These are listed on the course overview where applicable.

Charging policy

Courses are currently funded by Brighton & Hove City Council.

Places are **FREE** for staff who work in the Brighton and Hove area within one or more of the following areas:

- Health Services
- Higher Education (college, sixth form and university)
- Community and Voluntary Sector
- Brighton & Hove City Council

Staff who work in the Private Sector or outside of Brighton & Hove are welcome to apply but will be charged at the following rates:



Non-Attendance

If you are unable to attend training you will need to cancel your booking as soon as possible.

As the Learning Gateway is now fully self-service cancellations can be made via your Learning Gateway account. It is recommended you keep a written record of any cancellations that you make.

We require at least **five working days** notice of cancellation so that we can allocate the place to someone else. If you fail to notify us in time or fail to attend a training session, a **£50 charge** will be levied to cover the costs of the lost place, whether your place is funded or charged.

Substitution of a colleague at late notice is acceptable, in which case the fee will be waived.

Introduction to Making Every Contact Count (MECC)

Who should attend?

An introductory workshop aimed at anyone who has contact with the general public, e.g in the community and voluntary sector; residential care staff; housing; community pharmacy or any public facing service.

Overview

In this participatory session on MECC, we shall introduce the concept behind it and offer the tools and resources to deliver it, including resources and the key messages behind the new Public Health campaign 'One You'.

Making Every Contact Count (MECC) is a national Public Health initiative encouraging and helping people to make healthier choices to achieve positive long-term behaviour change by providing 'very brief interventions'.

Very Brief Interventions are pro-actively **introducing** the idea of lifestyle change and **motivating** individuals to start making changes to their lifestyle behaviour(s). They are usually given opportunistically and are a **short** intervention (usually from 30 seconds to 3 minutes).

By the end of the course you will be able to:

- Describe what MECC is and why is it important
- Explain key health messages
- Identify health promotion opportunities to offer a very brief intervention
- Be aware of local services in Brighton & Hove to promote health and well-being

Trainer

Liz Dean & Associates - Liz is an independent trainer and educator with vast experience in Public Health, Health Promotion, Education and Youth work. Liz is a member of MINT (Motivational Interviewing Network of Trainers). Liz has a team of skilled and experienced trainers who work in practice in a variety of areas including Clinical Psychology, Health Visiting, Nursing, Public Health, Housing and the Education sector.

Date	Time
5 th May 2017	13:30 – 16:30
6 th September 2017	09:30 – 12:30
22 nd March 2018	13:30 – 16:30

Health Awareness Level 1

Who should attend?

An introductory-level health awareness course suitable for practitioners with a role in promoting health and wellbeing – e.g. in the community and voluntary sector; those preparing for careers in health and healthcare; volunteers, those working in care homes, the housing sector and community pharmacy.

Date	Time
5 th July 2017	09:30 – 16:30
18 th January 2018	09:30 – 16:30

Overview

This Royal Society for Public Health (RSPH) Level 1 Award provides learners with a basic awareness of the principles of health and the impact of health behaviour on health and wellbeing. Participants will be provided with a range of resources on promoting health.

To gain the award there is an **optional** 45-minute multiple-choice assessment and successful candidates will receive an RSPH certificate. This costs £10 which can be paid online at the time of booking.

This course provides a foundation for further learning.

Learners may progress to other health awards such as the RSPH Level 2 Award in Understanding Health Improvement.

Benefits and learning outcomes to you and the organisation:

- Understand the meaning of 'health'
- Understand the basic principles of public health
- Understand the lifestyle choices affecting personal health and wellbeing
- Be aware of local services and initiatives available to promote health and well-being

Trainer

Liz Dean & Associates - Liz is an independent trainer and educator with vast experience in Public Health, Health Promotion, Education and Youth work. Liz is a member of MINT (Motivational Interviewing Network of Trainers). Liz has a team of skilled and experienced trainers who work in practice in a variety of areas including Clinical Psychology, Health Visiting, Nursing, Public Health, Housing and the Education sector.

Understanding Health Improvement Level 2

Duration: 1.5 days

Who should attend?

This Level 2 course is specifically designed for practitioners with an interest in developing public health knowledge and skills and who wish to build on their role in promoting health and wellbeing – e.g. in pharmacies, in sport and leisure; in the community and voluntary sector; those working in education, criminal justice; care homes and the housing sector.

Date	Time
24 th & 25 th April 2017	09:30 – 16:30 09:30 – 12:30
1 st & 2 nd June 2017	09:30 – 16:30 09:30 – 12:30
17 th & 18 th October 2017	09:30 – 16:30 09:30 – 12:30
29 th & 30 th January 2018	09:30 – 16:30 09:30 – 12:30

Overview

This Royal Society for Public Health (RSPH) Level 2 Award is accredited with the Qualifications and Credit Framework (QCF). This course provides learners with knowledge and understanding of the benefits of positive health and wellbeing and how to support and direct individuals towards further practical support in adopting and maintaining a healthier life. The course will provide a national and local context of health and a useful overview of tools and resources including local initiatives and services, which promote health improvement.

The accreditation is **optional**, but strongly encouraged.

In order to gain the Award candidates need to attend the half day workshop on the second day and complete a 45 minute multiple choice exam which will be assessed and successful candidates will receive an RSPH certificate. This costs £20 which can be paid online at the time of booking.

Learners may progress to other health awards such as the RSPH Level 2 Award in Understanding Behaviour Change (Health and Wellbeing).

Benefits and learning outcomes to you and the organisation:

- Know how inequalities in health may develop and what the current policies are for addressing these
- Understand how effective communication can support health messages
- Know how to promote improvements in health and wellbeing to individuals
- Understand the impact of change on improving an individual's health and wellbeing

Trainer

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Supporting Behaviour Change

Level 2 (Health and Wellbeing)

Duration: 2 days

Who should attend?

Designed for practitioners currently working face-to-face with individuals to change health related behaviours e.g. smoking, poor diet, inactivity, alcohol use and unsafe sex. The course aims to build on skills and confidence to address behaviour change relating to health and wellbeing e.g. in community health and social care, in community pharmacies, in sport and leisure, in mental health, in the community and voluntary sector; those working in education, youth work, criminal justice and the housing sector.

Overview

A two-day creative and participatory course, the Royal Society for Public Health (RSPH) Level 2 Award provides the learner with the knowledge, skills and confidence to offer opportunistic brief advice to, or engage in, brief interventions with individuals which could improve their health and wellbeing.

Participants will develop skills in reflective listening and be introduced to the principles which underpin motivational interviewing, whilst also considering what helps and hinders the change process, including dealing with resistance and reluctance.

By the end of the course participants will have developed a toolkit of strategies they can apply when working with individuals to facilitate behaviour change.

The accreditation is optional, but strongly encouraged. In order to gain the Award, candidates are required to complete a 45-minute multiple-choice exam at the end of Day 2, which will be assessed and successful candidates will receive an RSPH certificate. The accreditation costs £20 which can be paid online at the time of booking.

Benefits and learning outcomes to you and the organisation:

- developed communication skills to effectively support health behaviour change
- knowledge on the theory and evidence underpinning good practice in behaviour change
- know how to support individuals to adopt positive health behaviour, including assessing need, readiness and motivation as well as dealing with resistance
- have confidence in enabling individuals to develop tools and strategies to make and maintain changes

Trainer

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Date	Time
29 th & 30 th March 2017	09:30 – 16:30 09:30 – 16:30
2 nd & 3 rd May 2017	09:30 – 16:30 09:30 – 16:30
4 th & 5 th September 2017	09:30 – 16:30 09:30 – 16:30
16 th & 17 th November 2017	09:30 – 16:30 09:30 – 16:30
12 th & 13 th December 2017	09:30 – 16:30 09:30 – 16:30
1 st & 2 nd February 2018	09:30 – 16:30 09:30 – 16:30

Advanced Behaviour Change

Duration: 2 days (approx. 1 month apart)

Who should attend?

This course is designed for practitioners who understand the fundamental elements of facilitating behaviour change and have practiced it over time but now seek more advanced training in it. We would encourage participants who have at least 2 years experience of working one-to-one with individuals to facilitate change to attend.

Date	Time
6 th & 27 th July 2017	tbc

Those working within the community and voluntary sector, social care, community pharmacies, sport and leisure, mental health, education, youth work, criminal justice and the housing sector are particularly encouraged to attend.

Overview

A two-day practice focused self-reflective course providing the learner with the opportunity to enhance their knowledge, skills and confidence to engage in brief interventions to facilitate behaviour change with people whatever their readiness to change.

In between the sessions, participants will be asked to record a short 'behaviour change' intervention to then share on day 2 with the aim of gaining constructive feedback to affirm and enhance practice.

Participants will develop skills in motivational interviewing, specifically differentiating between change talk and commitment language, and learning how to elicit and shape the two to strengthen the outcome of interventions.

By the end of the course participants will have enhanced a toolkit of strategies they can apply when working with individuals to facilitate behaviour change over a short or longer term basis, including more complex cases and in dealing with resistance.

Benefits and learning outcomes to you and the organisation:

- enhanced communication skills to effectively support behaviour change
- increased knowledge on the principles and practical application of motivational interviewing
- gain strategies to engage individuals who are resistant and reluctant and in dealing with more complex issues
- developed critical reflective skills to assess practice in behaviour change
- gain confidence in enabling individuals to develop tools and strategies to make and maintain changes

Trainer

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Ageing and Alcohol

Who should attend?

This course is suitable for all staff working in primary/community/health/social care, particularly housing providers and support services, social care, mental health, police and criminal justice, voluntary organizations' and for anyone new to the substance misuse sector:

Date	Time
19 th July 2017	09:30 – 16:30
3 rd November 2017	09:30 – 16:30

- who work with the over 50's age-group
- who are NOT specialists in the field of alcohol use
- who support older people whose use of alcohol is affecting their health and wellbeing
- who support carers of alcohol users

Overview

As the population grows older and support needs become more complex, it is increasingly important that practitioners are aware of alcohol-related issues affecting the over 50's. Non-alcohol specialists working with this age-group have a crucial role in identifying the needs of this group, the role that alcohol may play in their lives, and accessing support where necessary.

Benefits and learning outcomes to you and the organisation:

- Recognise indications of alcohol misuse in the over 50's
- Communicate health risks of alcohol misuse to professionals, colleagues and older people
- Describe the principal helping agencies and the services they provide
- Ability to deliver brief advice / interventions to this age-group

Trainer

This training is run by **Pavilions Health Promotion and Training Team**.

Alcohol Screening, Brief Advice & Interventions

Who should attend?

This course is suitable for those working in

primary/community/health/social care, particularly nursing staff,

social work staff, housing providers and support services, mental health staff, Police and Probation, voluntary organisations and for any one new to the substance misuse sector who:

Date	Time
16 th June 2017	09:30 – 16:30
14 th November 2017	09:30 – 16:30

- come across alcohol use in their role
- are NOT specialists in the field of alcohol use
- support people whose use of alcohol is affecting their health and wellbeing
- support carers of alcohol users

Overview

Brief interventions of between 5 and 20 minutes, delivered in a variety of settings, have been evidenced by the World Health Organisation and NICE as effective in reducing risks and harms from alcohol consumption.

The course equips workers with the knowledge, skills and tools to identify individuals who are drinking at increasing and higher-risk levels and to deliver simple brief advice and interventions.

Benefits and learning outcomes to you and the organisation:

- Define and explain national key messages around alcohol
- Recognise the importance of brief interventions to enable people who do not need specialised treatment to change their drinking behaviour
- Practice skills and gain confidence in raising the issue of alcohol use with the client
- Carry out screening using the AUDIT screening tools
- Delivery of simple brief advice and interventions around alcohol
- Identify when and how to refer dependent and / or more problematic drinkers to specialist services

Trainers

This training is run by **Pavilions Health Promotion and Training Team.**

Blood Borne Viruses, Safer Injecting & Vulnerable Populations

Who should attend?

This course is suitable for those working or volunteering in drug and alcohol services, primary and community health, education, housing, social care, mental health, police and criminal justice, voluntary organisations.

Date	Time
10 th April 2017	09:30 – 16:30
30 th August 2017	09:30 – 16:30
16 th January 2018	09:30 – 16:30

Overview

Brighton and Hove has a significant drug using population, for whom related health-harms, including blood-borne viruses and overdose, are an issue. The aims of this course are to give an overview of HIV, Hepatitis B and C transmission, prevention and epidemiology, and to explore how and why vulnerable groups are particularly affected. This course focuses on raising awareness of these issues amongst professionals, in order that they and their service users are fully informed. City-wide screening provision, inoculations and treatment services are promoted, and safer injecting practices highlighted.

Benefits and learning outcomes to you and the organisation:

- Describe the epidemiology, transmission and screening of blood-borne viruses
- Explore attitudes and how they can impact on service delivery
- Identify health and safety issues for service users and the workforce in relation to blood-borne viruses
- Identify and promote safer injecting and safer sex practices
- Be able to identify and refer to local harm reduction and health services

Trainers

This training is run by **Pavilions Health Promotion and Training Team**.

Domestic Abuse & Substance Misuse

Who should attend?

This course is suitable for all practitioners and volunteers working in primary and community health,

education, housing, social care, mental health, police and criminal justice, voluntary organisations and for anyone new to the substance misuse sector wishing to improve their response to clients who may be experiencing domestic abuse.

Date	Time
12 th July 2017	09:30 – 16:30
24 th November 2017	09:30 – 16:30

Overview

This course will enable participants to understand concepts and develop skills to work effectively with service-users who present with domestic abuse and substance misuse issues. Participants will explore the behaviours which constitute domestic abuse, and the ways in which substances are used in the context of domestic abuse. Domestic abuse risk management and safety planning will be considered within the context of working with service-users affected by both issues. Participants will learn to recognise the need to work at community level with effective screening and signposting on to relevant services.

Benefits and learning outcomes to you and the organisation:

- Identify the issues facing clients who are affected by both domestic violence and substance use, and how these issues may affect or obstruct their access to appropriate service provision
- Outline strategies and skills appropriate to addressing presenting needs of clients who are experiencing domestic abuse and problematic substance use
- Approach the dual issues in an integrated way through partnership working and effective referral processes

Trainers

This training is run by **Pavilions Health Promotion and Training Team** in conjunction with **Rise**.



Dual Diagnosis: Mental Health & Substance Misuse

Who should attend?

This course is suitable for those working in primary and community health, education, housing, social care, mental health, police and criminal justice, voluntary organisations and for anyone new to the substance misuse or mental health sector, wishing to improve their response to clients who may be experiencing both mental health and substance misuse issues

Date	Time
31 st March 2017	09:30 – 16:30
5 th June 2017	09:30 – 16:30
11 th October 2017	09:30 – 16:30
1 st March 2018	09:30 – 16:30

Overview

This course will enable participants to understand and gain skills to work effectively with service-users who present with mental health and substance misuse issues. Participants will review key definitions of terms, explore attitudes and myths, have the opportunity to discuss best practice in direct work, and gain confidence in understanding treatment pathways and local support systems. Participants will discuss how best to work at community level, using effective screening and signposting to specialist services.

Benefits and learning outcomes to you and the organisation:

- Develop knowledge of dual diagnosis – definitions, attitudes & experience
- Understand the complex nature of the relationship between mental ill health and substance misuse
- Identify and respond more effectively to clients with dual diagnosis in practice
- Identify key issues facing clients affected by both substance misuse and mental health issues and how these issues may affect or obstruct access to appropriate service provision
- Be aware of treatment pathways and key service providers in the city

Trainers

This training is run by **Pavilions Health Promotion and Training Team** in conjunction with **Sussex Partnership NHS Foundation Trust** and **SUSTAIN** (Service User Support, Training, Advocacy and Involvement Network) representatives who are part of MIND in Brighton and Hove



Drug and Alcohol Basic Awareness

Duration: 2 days

Who should attend?

This 2-day course is crucial for practitioners and volunteers working in social care settings, primary care and community health, housing support, mental health, police and criminal justice, voluntary organisations education, and for any one new to the substance misuse sector.

Date	Time
9 th & 10 th March 2017	09:30 – 16:30 09:30 – 16:30
3 rd & 4 th May 2017	09:30 – 16:30 09:30 – 16:30
31 st July & 1 st August 2017	09:30 – 16:30 09:30 – 16:30
8 th & 9 th November 2017	09:30 – 16:30 09:30 – 16:30
5 th & 6 th February 2018	09:30 – 16:30 09:30 – 16:30

Overview

A two-day course on substance misuse related issues and interventions. This course is essential for anyone who comes into contact with drug or alcohol users in their work. This is an ideal introduction to current substance use issues in Brighton and Hove, equipping you with the knowledge and tools you will need to support your service-users, including signposting to specialist services.

Benefits and learning outcomes to you and the organisation:

- Identify the reasons for substance use and the impact it can have on users, their families / carers and the wider community
- Describe the effects of commonly used substances
- Identify and respond more effectively to substance misuse in your work
- State the range of helping agencies locally and nationally

Trainers

This training is run by **Pavilions Health Promotion and Training Team**.

New Psychoactive Substances (NPS) & Current Trends (including Chemsex)

Who should attend?

This course is relevant for volunteers and practitioners working with adults and young people in social care settings, primary care and community health, housing support, education, mental health, police and criminal justice, voluntary organisations and for any one new to the substance misuse sector.

Date	Time
16 th March 2017	09:30 – 16:30
24 th May 2017	09:30 – 16:30
4 th August 2017	09:30 – 16:30
5 th December 2017	09:30 – 16:30

Overview

This course highlights changing patterns, prevalence and sourcing of substances being used locally and nationally, and aims to increase confidence of professionals working with those who may be using these new psychoactive substances. It develops screening and assessment skills and enables professionals to support service-users via advice and referral to specialist services when relevant.

Benefits and learning outcomes to you and the organisation:

- Identify changing patterns of NPS use
- Explore the ever changing landscape of legal highs and new substances
- Increase knowledge of new substances and associated risks
- Feel confident in responding to emerging trends
- Identify when and how to refer to specialist services

Trainers

Pavilions Health Promotion Team and Travis Cox, Health Promotion Practitioner,
Terrence Higgins Trust

Motivational Interviewing: Facilitating Behaviour Change around Drugs and Alcohol

Who should attend?

This course is suitable for all practitioners and volunteers working in primary and community health, education, housing, social care, mental health, police and criminal justice, voluntary organisations and for anyone in the substance misuse sector wishing to improve their response to people using drugs/alcohol in a way that might be detrimental to them or those around them.

Date	Time
7 th March 2017	09:30 – 16:30
22 nd March 2017	09:30 – 16:30
17 th May 2017	09:30 – 16:30
11 th August 2017	09:30 – 16:30
24 th October 2017	09:30 – 16:30
31 st January 2018	09:30 – 16:30
20 th March 2018	09:30 – 16:30

This course is for those in regular contact with people in a helping relationship, who are already skilled at achieving warm, empathic relationships with their service users.

Overview

Professionals can play a crucial part in determining whether clients change or maintain their problem behaviour. Engaging and building service user's motivation for change is one of the key challenges workers face. Motivational Interviewing is a collaborative, highly effective, evidence based and deeply client centred approach aimed at helping people achieve positive behaviour change. This course will present the opportunity to enhance existing knowledge and skills as well as provide a comprehensive introduction to those with little or no experience of Motivational Interviewing.

Benefits and learning outcomes to you and the organisation:

- Define Motivational Interviewing (MI), the principles of MI and how it relates to a model of behaviour change
- List key strengths of MI for facilitating change for people with Drugs and /or Alcohol issues
- Assess readiness for change and motivation
- Explore ambivalence using the decision matrix
- Build basic skill application of Motivational Interviewing to promote someone's wish to change
- Help individuals to address their drinking/drug use through action planning
- Strengthen your empathic counselling skills
- Guide a conversation towards strengthening commitment to change through the eliciting and strengthening of change talk

Trainers

This training is run by **Pavilions Health Promotion and Training Team.**

The Impact of Parental Substance Misuse

Who should attend?

This course is suitable for practitioners and volunteers who work with families where there is a risk/presence of substance misuse, or for those who would like to better understand the systemic consequences of substance misuse on family members; especially children and young people.

Date	Time
4 th July 2017	09:30 – 16:30
24 th January 2018	09:30 – 16:30

Course Overview

Some of the serious effects of parental substance misuse for children include: abuse, neglect, emotional problems, educational difficulties, being young carers of parents or siblings, and a potential to later use drugs or alcohol themselves.

You will learn about what agency services are available to support the whole family, thus reducing or removing the potential risk/s of abuse.

Benefits and learning outcomes to you and the organisation:

- understand the potential impact of substance misuse in pregnancy
- provide an awareness of the impact that substance misuse by a parent, and how this affects the child or young person
- discuss how parental misuse of substances may affect their abilities to parent appropriately
- consider the potential risk factors, and what protective measures can be used to safeguard, using a multi agency approach
- enable a fuller awareness of local treatment/support is available

Trainers

This course is run by the **Local Children's Safeguarding Board (LSCB)** in partnership with **Pavilions Health Promotion and Training Team**.

Working with People affected by Prescription & Over the Counter (OTC) Medicine Abuse and Dependency

Who should attend?

For anyone where relevant to role - especially those who prescribe or work closely with prescribers.

Date	Time
27 th October 2017	09:30 – 16:30
20 th February 2018	09:30 – 16:30

Overview

The abuse of, and dependence on, prescription and Over the Counter (OTC) medicines are a growing problem in our city and around the country.

Whether dependency has arisen over time following initial legitimate prescribing, or the abuse of the medicine is intentional and non-medical to exploit its side effects, professionals may find themselves at a loss as regards to how best identify and support those affected by these issues. This course will help you better understand the needs of prescription/OTC medicines users, and explore ways of supporting them more effectively.

Benefits and learning outcomes to you and the organisation:

- Explain what addiction to, and misuse of, prescribed or OTC medicine means
- List the main categories and types of medicines people could abuse, misuse or become addicted to, including pain management medicines
- Identify at-risk groups of people who could become dependent on prescription medicine and OTC drugs
- List ways of reducing the risks and harms of these addictive substances
- Describe local services, the importance of joint working, and online resources which can help people who have become dependent or wish to address their misuse of these drugs

Trainers

This training is run by the **Pavilions Health Promotion and Training Team**.

Sexual Health: Basic Awareness

Who should attend?

Professionals working with clients that could be at risk of poor sexual health such as youth workers, housing support staff, education professionals, social care practitioners and any professional seeking a basic update on local and national sexual health issues.

Dates still to be confirmed

Email:
learning@brighton-hove.gov.uk for more information

Overview

This one-day course will cover the basic aspects of sexual health including Sexually Transmitted Infections, Contraception, Condom use and promotion, unplanned pregnancy and self-esteem. Participants will explore issues linked to poor sexual health and build skills and confidence to address sexual health issues with clients.

Benefits and learning outcomes to you and the organisation:

- Develop basic knowledge of Sexually Transmitted Infections, including HIV and know how to make appropriate referrals to GUM services
- Be confident in promoting Safer Sex messages, including promotion of condoms, femidoms and dams and knowledge of the local C-Card/free condom scheme
- Develop a basic understanding of the range of contraceptive methods available, including how they work and their effectiveness, and know how to make appropriate referrals to contraception services.
- Consider the impact of unplanned pregnancy, pregnancy choices and how to make appropriate referrals to support services.
- Examine personal attitudes to sex and sexual health and consider how this can impact or affect work with clients
- Explore the factors that can impact on an individuals sexual health and develop basic skills to address sexual health concerns with clients

Are You Ready... or not quite yet?

Supporting Young People to Delay Early Sex

Who should attend?

Any professionals working with young people (especially younger young people) including youth workers, education professionals, foster carers and social care practitioners and any professional seeking more information on supporting young people to delay early sex and build self esteem. It is advisable that participants have attended the Sexual Health Basic Awareness Training before attending this course and/or have some experience of working with young people around sexual health issues

Dates still to be
confirmed

Email:
learning@brighton-hove.gov.uk for more
information

Overview

This 2-day course allows professionals to develop “R U Ready?” work with young people by experiencing a range of practical tools and activities to take back to practice. It explores why young people choose to engage in early sex, how self esteem and peer pressure influence young people’s decisions and how to support young people to make choices about sex that feel right for them, including helping them to decide when they are really ready.

Benefits and learning outcomes to you and the organisation:

- Look at the causes and effects of early sex and current research findings
- Understand the role played by the media and peer pressure on young people in relation to early sex
- To come to an understanding of what the delay approach is and to become clearer about the distinction between Delay and Abstinence
- To explore a range of practical ways of working with young people to help them to make positive and healthy decisions for themselves
- To consider the concept of “readiness” for young people and introduce a decision-making resource for them to use in assessing this.
- To plan ways to apply the course learning and integrate approaches into all aspects of practice



C-Card Training*

(Issuing Condoms)

Duration: 3 hours

Who should attend?

Any Staff working within a C-Card Full Access Point (Youth Service, LCS GPs, Further Education Settings, School Health Drop-ins, R U OK?, Youth Offending, Allsorts and Clocktower Sanctuary). Staff working within C-Card Pick up Points may also wish to attend.

Overview

The local C-Card scheme has undergone a recent evaluation and review. Based on young people's feedback all sites now delivering C-Card consultations must attend C- Card training to ensure a uniform service throughout Brighton & Hove.

Training addresses a range of issues relating to young people's sexual health and ensures that professionals delivering the C-Card scheme are confident and comfortable in their role. Benefits and learning outcomes to you and the organisation

By the end of the course, participants will have:

- An increased knowledge of Sexual Health issues locally
- Consideration for young people's views, feelings and potential barriers to accessing services
- An increased confidence in knowledge of sex & the law in relation to young people
- A detailed understanding of the C-Card scheme, its purpose & requirements
- Developed a brief understanding of "R U Ready?"/ delay work and basic skills to implement its principles into their work
- Practiced skills in answering questions & building rapport with young people
 - Developed & practiced the skills to deliver a full C-Card consultation in a concise & standardised way.

*How to apply

To book contact: SC-TR.BrightonCASH@nhs.net

More details available at: <http://www.swish.org.uk>

Pregnancy Testing*

Duration: 3 hours

Who should attend?

Anyone working (in a voluntary or employed capacity) within an organisation that offers, or wishes to offer, a pregnancy testing service

Anyone already offering a pregnancy testing service who would like to update their knowledge and skills

Participants are recommended to have basic contraceptive & sexual health knowledge before attending this course.

Overview

Pregnancy Testing Service training is designed to give participants an understanding of what is involved in offering a free, safe pregnancy testing service to young people in Brighton & Hove.

This short session provides the theory to offering a pregnancy testing service and does not alone qualify participants to work independently with young people. Participants must commit to completing the independent learning tasks in the training manual provided. Participants and their managers are responsible for organising and committing to a programme of shadowing experienced staff offering a pregnancy testing service before they offer the service to a young person.

Participants **MUST** be observed in practice by an experienced team member before they are able to offer the testing service independently.

Benefits and learning outcomes to you and the organization:

- Develop an understanding of the pregnancy testing service and what this means for young people
- Increase your knowledge and/or a chance to recap on menstrual cycle, fertility and conception
- Reflect on cultural and personal perspectives on when conception occurs and be mindful of this when discussing with young people
- Demonstrate a basic understanding of contraceptive methods and how this relates to pregnancy testing (Independent Learning)
- Express a basic understanding of STI risks for young women presenting for pregnancy testing and the skills to offer Chlamydia testing and referral to Sexual Health Screening Services
- Develop the skills to safely conduct a pregnancy test, including pre-test assessment and post-test discussion
- Confidently identify appropriate agencies and make referrals where needed, including identifying pregnancy options and relevant support services

*How to apply:

To book contact SC.TR-BrightonCASH@nhs.net

More details available at: <http://www.swish.org.uk>

HIV Awareness*

Who should attend?

Anyone who is working with people living with or communities at risk of HIV; LGBT and BME Communities, homeless, young people, probation, mental health, police, teachers, HR staff, health professionals and other voluntary sector workers. The course is ideal for those who require an update on their existing HIV knowledge.

Overview:

This full day course provides attendees with working knowledge to understand and support the needs of people with and communities affected by HIV.

Basic biology, transmission, treatment, testing & prevention are covered.

The second part of the day focuses on the wider implications of HIV, including stigma, co-infection, criminalization and living with HIV.

Benefits and learning outcomes:

- Describe what HIV & AIDS is and the importance of terminology
- Explain how HIV is and isn't transmitted
- Understand current epidemiology and populations affected by the virus
- Have basic knowledge on treatment and the issues surrounding it
- Dispel the myths and fear surrounding HIV
- Understand social implications of living with HIV
- Understand the impact of HIV stigma, discrimination
- Understand the criminalisation of HIV transmission

*How to apply:

To book contact Benjamin Bloom: benjamin.bloom@tht.org.uk

Older People & HIV*

Who Should Attend?

Staff and volunteers working with older people living with HIV, organisations supporting older people living with HIV, care workers, social care staff, health professionals and voluntary sector workers. The course is ideal for those who require an update on their existing HIV knowledge.

Overview

Older people are the fastest-growing group in the UK living with HIV.

There are now up to 25,000 older people living with HIV in the UK, and in the coming years this number will continue to grow as people living with HIV age due to effective treatment and others contract HIV later in life.

This group of people will rely more and more on support from formal services such as social care services, care homes and sheltered housing – as they age.

Benefits and learning outcomes:

- Participants will have a better understanding of how HIV is and isn't transmitted
- Participants will have an improved knowledge of the social implications of living with HIV and of support services for people living with HIV
- Participants will feel better able to support older people living with HIV, and be aware of the specific needs of older people living with HIV
- Organisations will have enhanced skills and sustainable strategies to better support older people living with HIV through key transitions associated with ageing

*How to apply:

To book contact Alice Booth: alice.booth@tht.org.uk

Chemsex amongst Men who have Sex with Men (MSM)*

Who Should Attend?

Brighton and Hove has seen a significant increase in particular types of sexualised drug-use amongst MSM recently. This course is relevant to anyone who is working with people living with (or Trans people), in particular in relations to sex and sexual health. This might include medical professionals, needle exchange, alcohol and substance use workers, community groups supporting MSM, those working in commercial LGBT venues and sex on premises venues, sexual health, A&E, domestic violence, homelessness, with young people, mental health, police, universities and teachers, HR staff, health professionals and other voluntary sector workers.

Overview

Chemsex refers to sex involving drugs. This half day course provides attendees with up to date knowledge concerning cultural and medical changes that have affected drug use and sexual risk taking amongst MSM, included PEP, PrEP, viral load and increased prevalence of smartphone app use and sex parties. The training also covers harm reduction practices and safer drug taking, as well as brief intervention and behaviour change approaches to working with MSM and Chemsex.

Benefits and learning outcomes:

- Understand changes in HIV and sexual health
- Describe drugs commonly used by MSM
- Understand reasons why MSM might have Chemsex
- Describe the risks relating to Chemsex
- Understand the risks relating to Chemsex
- Feel confident talking about Chemsex with MSM
- Feel confident to refer and signpost

*How to apply

To book contact Travis Cox: travis.cox@tht.org.uk

Oral Health Awareness*

Who Should Attend?

Anyone interested in the health of their own mouth, or those they work with. The course will cover basic mouth care, prevention and improvement of oral health for staff, their clients and dependents.

Overview

The Course will cover basic oral care, hygiene and prevention - a holistic approach also looking at how poor oral health can impact on general health. It aims to increase knowledge of oral care, dental diseases and how to prevent them.

The second part of the session will be looking at prevention and the support needed for specific client groups that attending delegates work with. This can cover infants, children, vulnerable groups and older people and will include a practical session (if required) on how to clean another person's mouth.

Benefits and learning outcomes to you and the organisation:

- To gain knowledge in the cause and effect of dental diseases
- To be updated on current evidence based prevention messages
- To be able recognise certain conditions in the mouth and how to alleviate discomfort
- To increase confidence in cleaning another persons mouth

*How to apply:

To book contact Debbie Robinson: debbie.robinson@nhs.net or call **The Oral Health Promotion Team** on 01273 267345.

Bespoke training is also available (on request).

Physical Activity

Who Should Attend?

The course is suitable for those interested in learning about how being active can lead to health improvement. It is aimed at those engaging with clients/residents with a view

to informing them about the benefits of being more active and encouraging them to adopt a more active lifestyle.

Date	Time
27 th June 2017	09:30 – 16:30
14 th November 2017	09:30 – 16:30

Overview

This course considers the value of physical activity as part of a healthy lifestyle. It looks at the far-reaching physical and wellbeing benefits associated with participating in regular physical activity and also the risks linked to being inactive. The recommended activity levels (as published by the Chief Medical officer) are examined and followed by discussion around different approaches to leading an active life.

Attendees will also give consideration as to why people do not meet the recommended guidelines in terms of activity levels and reflect on the barriers that may render physical activity difficult. Strategies to overcome these barriers will be discussed and information about the opportunities to get active in the city will be shared.

The course is informative and interactive and includes activities which will help equip the learner to support others to become more active.

Benefits and learning outcomes to you and the organisation:

- An understanding of the benefits of leading an active lifestyle and risks of sedentary behaviour
- An understanding of the recommended activity level guidelines and putting those into practice
- An understanding of what the barriers to participation are and how these might be overcome
- An understanding of how to encourage other people to be more active
- Consideration of how this above learning can be applied to the learners specific job/volunteering role
- A knowledge of how to find out about opportunities to be active in Brighton and Hove

Trainer

Julie Stacey is the Active For Life Manager in the Sport and Physical Activity team at Brighton and Hove City Council.

Healthy Lifestyles Team Talks & Training*

Overview

The Healthy Lifestyles team is a newly integrated service combining Active for Life initiatives, Health Trainers and community nurses. They offer a range of support to residents and local organisations around the following themes - moving more and increasing physical activity, eating well, smoking cessation, reducing alcohol cessation and improving general wellbeing.

The team are offering a new training package aimed at community groups, organisations and colleagues across the city. The programme will support attendees to understand the benefits of leading a healthy lifestyle and to gain an understanding of relevant recommended guidelines.

Visit: www.brighton-hove.gov.uk/healthylifestyles for more information.

What?	Description	Duration	Who?
Active for Life Talks	Understand the benefits of being physically active. Delivered in community/health settings and aimed at service-users.	30 minutes – 1 hour	Active for Life team
Active for Life Workshops	Workshops around the benefits of being active. Delivered in community/health settings and aimed at service-users and/or workforce	Up to 2 hours	Active for Life team
Health Trainer Talks	Short talks/presentations to potential clients or referrers about the Health Trainer service	Up to 30 minutes	Health Trainer team
Health Trainer Workshops	Suitable for client groups who would like healthy lifestyle behaviour change support	Up to 6 x hour long sessions	Health Trainer team
Physical Activity for Healthy Living	Training devised for workers/volunteers seeking to support clients to be more active.	One full day offered twice a year	Active for Life team
Volunteer Healthwalk Leader Training	Informative course about the benefits of walking. Provided for those wishing to sign up to become a Healthwalk volunteer.	One full day offered twice a year	Healthwalks team

*How to apply

To discuss training for your organisation or for further information about the work of the Healthy Lifestyles team call **01273 294589** or email healthylifestyles@brighton-hove.gov.uk

Youth Mental Health First Aid

(Duration: 2 days)

Who Should Attend?

This course is relevant for people who teach, work, live with and care for 8 to 18 year olds. This course will be relevant to anyone who supports or cares for young people who suffer from, or are at risk of, depression, anxiety, suicide, psychosis, self-harm or suicide.

Dates still to be
confirmed

Email:
learning@brighton-
hove.gov.uk for more
information

Overview

The Youth MHFA course is an internationally recognised course designed specifically for those people that teach, work, live with or care for young people aged 8 to 18 years.

The sessions will be a mix of presentations, discussions, and group work activities. Instructors provide a safe learning environment and are trained to support you throughout the whole course. If you don't feel comfortable joining in certain parts, then there is no pressure to.

Due to some of the sensitive subjects of our courses, numbers are limited to 16 people. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult.

Everyone who attends the course will receive a copy of the Youth MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will receive a certificate to confirm that you are a trained Youth Mental Health First Aider.

Benefits and learning outcomes to you and the organisation:

- Spot the early signs of a mental health issue in young people
- Feel confident helping a young person experiencing mental ill health
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health issue from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health issues.

Trainers

Louisa Scanlon is a Health Improvement Specialist and Primary School Teacher who is part of the Public Health Schools Team for BHCC. Louisa's job involves designing and co-ordinating health promotion interventions in schools across Brighton and Hove.

Ben Sherratt (known as 'Bike It Ben') works for Sustrans on the Bike It Project covering Brighton and Hove schools. Ben works in around 50 schools, enabling school communities to gain confidence and fun on bikes.

***Other information** This Course is valued at £250, however this opportunity is **fully funded** for participants who meet the criteria outlined on the *Applications and Charging* page. Please note, however, participants will be required to pay £20 to cover the cost of the course textbook and workbook.

Mental Health & Suicide*

Grassroots Suicide Prevention provides courses on suicide prevention and mental health issues throughout the year.

Public Health subsidises the cost of these courses for frontline staff working with groups at higher risk of suicide, self-harm or mental ill health, but the courses are also available to others who are interested at a reasonable cost.

Courses include:

ASIST: Applied Suicide Intervention Skills Training

Developed by LivingWorks Education, Applied Suicide Intervention Skills Training (ASIST) is shown by major studies to significantly reduce suicidality, whilst helping to build suicide prevention networks in the community. Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people worldwide have taken the workshop.

Understanding Self-Injury

This is a half-day (3.5 hours) education and awareness workshop. It is informal in style with an emphasis on experiential learning and participation. The course can be tailored to meet the needs of individual groups.

One in Four: Mental Health Awareness

One in Four is a highly regarded half-day (3.5 hours) education and awareness workshop. It is informative, interactive and informal with an emphasis on experiential learning and participation. It includes the expertise of people who have direct experience of mental ill-health and gently encourages interest and curiosity

MHFA: Mental Health First Aid

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health.

*How to apply

To book a place click here - bit.ly/GSP-Book-Training

For more information visit the Grassroots website at: <http://www.prevent-suicide.org.uk/>

Working in Partnership with...



Pavilions provide Drug & Alcohol Services for Brighton & Hove. Support is available to anyone concerned about their drug or alcohol use, or for the families & carers supporting those struggling with substance misuse.

Pavilions brings together a range of partners with proven expertise, creative minds and a shared desire to re-shape drug and alcohol treatment and recovery services for the people of Brighton & Hove.

<http://www.pavilions.org.uk>



The Royal Society for Public Health (RSPH) is an independent, multi-disciplinary charity in Great Britain dedicated to the improvement of the public's health and wellbeing.

<https://www.rsph.org.uk>



Rise is a national award winning charity which has provided sanctuary and support to victims of domestic abuse in Sussex since 1994.

Rise also facilitates specialist training courses on domestic abuse awareness for professionals and teaches preventative education in schools.

<http://www.riseuk.org.uk>



Terrence Higgins Trust is the largest voluntary sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain.

Local services fall into three areas: long term condition management; health improvement and clinical services.

www.tht.org.uk/



So What Is Sexual Health (SWISH) provides information about sex, sexual health, and relationships for people living or working in Brighton & Hove.

<http://www.swish.org.uk>



Sussex Community NHS Foundation Trust are the main provider of NHS community health services across West Sussex and Brighton & Hove.

www.sussexcommunity.nhs.uk