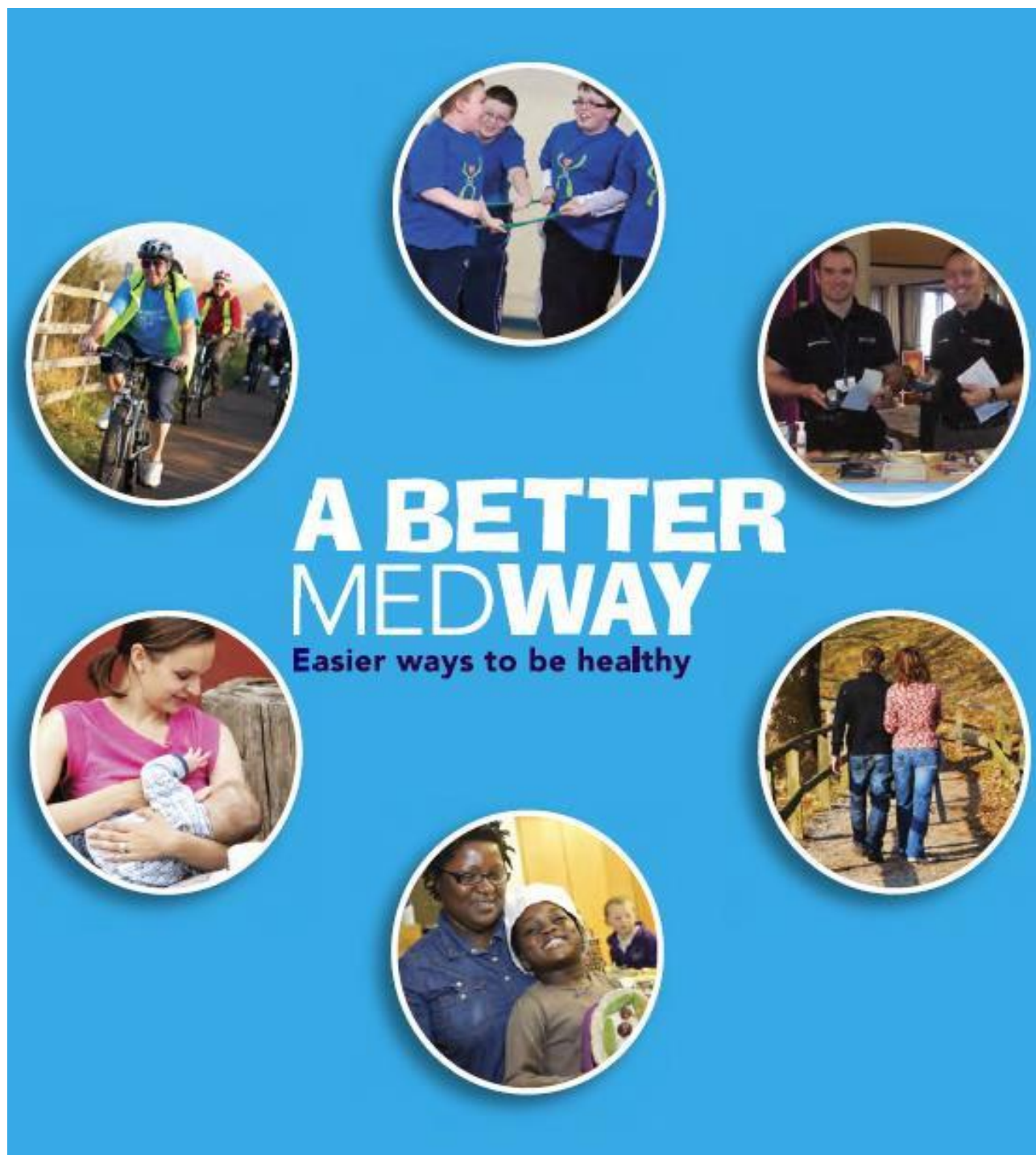


# Health Improvement Training Course Directory



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## Welcome to A Better Medway

A Better Medway is the face of health improvement services in Medway, provided by Medway Council. We provide specialist support and advice programmes and resources to help people living or working in Medway to improve their health and wellbeing.

We are involved in a wide range of partnership working; recognizing that the whole community needs to come together to tackle these issues.

### Find out more:

You can find out more information about A Better Medway, and register for our email newsletter on our website [www.abettermedway.co.uk](http://www.abettermedway.co.uk)

### Follow us online for daily updates:



### Booking procedure

To register your interest please use the contact details provided for each course. For general information please contact the Health Improvement Advice Line on 0800 234 6805 or email [healthimprovement@medway.gov.uk](mailto:healthimprovement@medway.gov.uk)

**Venue:** Course are held at various venues throughout Medway and delegates will be informed of the venue when they make enquiries.

**Accredited courses:** We offer many nationally recognized, accredited courses. The awarding body logo is displayed next to the course title. The A Better Medway Champions logo signifies the course can be selected towards attaining recognition as a health and wellbeing champion

**In-housing training:** If you have a group we may be able to attend your venue at dates and times to suit you. Please contact us to enquire about in-house training.

**Full terms and conditions:** These will be detailed on the appropriate course application.

**Cost:** Most sessions are fully funded by Medway Public Health and there is **no charge** for attending the A Better Medway Champions programme. If a fee is payable the amount will be detailed on the relevant page.

**Cancellation Policy:** Cancellation within 5 working days of the course date or failure to attend on the day **will** incur a charge. This charge will be invoiced to the manager named on the registration form.

## A Better Medway Champions



### Brief description of course

The course provides delegates with knowledge and skills so that they are able to take every opportunity to help the population make informed choices about healthy lifestyles and how to access support services.

Become A Better Medway Champion by completing the FREE programme consisting of:

- a 2-day classroom course and a half day revision & exam session leading to a Level 2 Award in Understanding Health Improvement, accredited by the Royal Society for Public Health
- at least 3 masterclasses relating to your areas of interest (3 – 3½ hour session)

As part of the network, Champions will be kept up to date with public health news, receive signposting to e-learning resources and also be invited to refresher training and network events.

### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards improving health and wellbeing in Medway.

### What is covered?

- Promoting health and wellbeing
- Communicating key messages and service information
- Advocating public health
- RSPH Level 2 Award in Understanding Health Improvement

Course Duration	Course Fee	Contact Details
<u>Core Module:</u> 2 days classroom & half day revision and exam session	FREE	Julie Daniels <a href="mailto:abmchampions@medway.gov.uk">abmchampions@medway.gov.uk</a>
<u>Masterclasses:</u> 3 x 3½ hour sessions		

## Making Every Contact Count in Medway



### Brief description of course

We all meet and interact with people every day at work, at home and in our communities. Making Every Contact Count (MECC) uses these interactions to support people in making positive changes to their:

- Physical Health
- Mental Health
- General Wellbeing

As part of the Local Strategic Transformation Partnership, Medway Council have developed training to cater for Medway's diverse workforce.

### **Tier 1: Introduction to Making Every Contact Count and Local Public Health Services**

#### **Target Audience**

Those who have brief contacts with members of the public and where opportunities to signpost to local public health services are likely to arise (e.g. community hub staff, library staff, school administrators, leisure centre receptionists).

#### **What is covered?**

- Principles and concepts of MECC
- Key health and wellbeing messages in relation to smoking, alcohol consumption, mental health and obesity

Local services and resources to support people in relation to stopping smoking, maintaining a healthy weight, reducing alcohol related harm and maintaining good mental health and wellbeing

Course Duration	Course Fee	Contact Details
2 hours	FREE	<a href="mailto:mecc@medway.gov.uk">mecc@medway.gov.uk</a>

## Making Every Contact Count in Medway (Continued)



### **Tier 2: Making Every Contact Count with Motivational Interviewing Techniques**

#### **Target Audience**

- For those having direct contact with service users and where conversations about lifestyle and health are likely to occur
- Those with opportunities to give brief advice and signpost to health services
- May suit the following roles: Housing officers, children's centre staff, community nurses, youth workers, pharmacy staff

#### **What is covered?**

This session covers the same content as Tier 1, along with some of the basic principles of motivational interviewing to help successfully manage conversations with people about leading a healthier lifestyle.

<b>Course Duration</b>	<b>Course Fee</b>	<b>Contact Details</b>
1 day	FREE	<a href="mailto:mecc@medway.gov.uk">mecc@medway.gov.uk</a>

## Introducing Solid Foods

### Brief description of course

One day training on guidance for introducing solid food, infant feeding recommendations, developmental readiness for solid foods, practical ideas on introducing family foods and a healthy diet.

### Target Audience

Community Nursery Nurses, Community Health Nurses, Health Visitors and early years setting staff eg: Children's Centres.

### What is covered?

- The importance of recommended guidelines and practical approaches for infant and toddler feeding
- Recognise and communicate infant feeding recommendations and developmental readiness for solids
- Understand the importance of appropriate food options for children under 5
- Develop an understanding of the benefits of using family foods to instill healthy eating practices throughout life

Course Duration	Course Fee	Contact Details
1 day	FREE	Fiona Evans <a href="mailto:ifp@medway.gov.uk">ifp@medway.gov.uk</a>





## Medway Obesity Pathway: Building Confidence and Awareness

### Brief description of course

To guide and support front line professionals to gain confidence in raising the topic of obesity and how to motivate and support individuals in making lifestyle changes.

### Target Audience

This training course is appropriate for all front line professionals, particularly those in the health sector, working directly with adults, young people, children and families.

### What is covered?

- Causes and effects, prevalence and perceptions of obesity
- How to address the topic of obesity with clients
- Practical motivational interviewing and brief intervention skills
- Sharing best practice of practical skills when assessing weight status (calculating BMI, taking waist circumference and interpreting growth charts)

Course Duration	Course Fee	Contact Details
1 day	FREE	Tessa Attwood RGN <a href="mailto:healthimprovement@medway.gov.uk">healthimprovement@medway.gov.uk</a>



## Obesity & Physical Activity

### Brief description of course

This session aims to provide you with an understanding of obesity and physical activity levels in Medway, how we can support lifestyle change and what services are available for residents.



### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards improving health and wellbeing in Medway.

### What is covered?

- Obesity factors in Medway
- Signpost services available for residents
- Physical activity issues in Medway

Course Duration	Course Fee	Contact Details
3 hours	FREE	Julie Daniels <a href="mailto:abmchampions@medway.gov.uk">abmchampions@medway.gov.uk</a>



## Eating Well

### Brief description of course

This session aims to provide you with an understanding of the key nutrition issues in Medway and what services are available for residents.



### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards improving health and wellbeing in Medway.

### What is covered?

- Key nutrition issues in Medway
- What is a healthy diet
- Food Labelling
- Sign-post services available for residents

Course Duration	Course Fee	Contact Details
3 hours	FREE	Julie Daniels <a href="mailto:abmchampions@medway.gov.uk">abmchampions@medway.gov.uk</a>



## Tri For You Facilitators Training



### Brief description of course

Tri For You facilitators training will equip leaders with the skills, knowledge and confidence required to effectively deliver Tri Club courses for families with children aged between 5 and 17 years old. It focuses on building an understanding of childhood obesity, working with families to bring about change and the practical aspects for the delivery of the programme, activities and games.

### Target Audience

This training is for any member of staff who will be delivering Tri Club programmes. Leaders will have a background in working with children and / or families, and have ideally a lifestyle related qualification.

### What is covered?

- Cause and effects of carrying excess weight from an early age
- Lifestyle awareness and behaviour change
- Motivational interviewing
- Knowledge of the values model and how it is used in delivery
- Working with groups
- Tri For You programmes and delivery requirements

Course Duration	Course Fee	Contact Details
2 days delivered over 1 day and 2 evenings	FREE	Tri For You referral line: 01634 333 741 <a href="mailto:change4life@medway.gov.uk">change4life@medway.gov.uk</a>

## Healthy Way (Train the Trainer)

APPROVED BY



ROYAL SOCIETY  
FOR PUBLIC HEALTH

### Brief description of course

The Healthy Way Training course is a two-day course based on the 'train the trainer' model. The course gives attendees the skills and knowledge to then facilitate a 12-week group weight management and lifestyle course for which there will be financial remuneration. Full training will be given and this will be practical, interactive and delivered through structured teaching, 1:1 mentoring and ongoing support.

### Target Audience

All frontline staff including specialist practitioners, rehab, nursing home, local authority – social housing, social services, community care, youth workers, hospital staff, Voluntary sector staff and CCG.

### What is covered?

- Life-style behavioural change.
- Resources and supporting systems to encourage individuals to implement personal health goals into everyday life.
- How to facilitate, communicate with and manage groups.

Course Duration	Course Fee	Contact Details
2 days	FREE	Tessa Attwood RNG <a href="mailto:healthimprovement@medway.gov.uk">healthimprovement@medway.gov.uk</a>

## Alcohol Identification and Brief Advice (IBA)

APPROVED BY



ROYAL SOCIETY  
FOR PUBLIC HEALTH

### Brief description of course

This training session focuses on the various interventions available to identify alcohol consumption and guidance on delivering appropriate advice for each risk level.

It is also worth noting that Alcohol Identification and Brief Advice (IBA) is an internationally recognised and evaluated approach which encourages people to reduce their consumption to a lower risk guideline.

### Target Audience

This is appropriate for non-specialised professionals, members of the public and organisations who regularly engage clients/employees in positive messages around health.

### What is covered?

- The alcohol unit system and calculating total unit consumption.
- Screening tools available to identify alcohol consumption risk level
- How/when to deliver brief advice and support someone to reduce their alcohol consumption to a lower risk level
- Information on local services available to support those who need specialist support

Course Duration	Course Fee	Contact Details
2 hours	FREE	Claire Hurcum <a href="mailto:healthimprovement@medway.gov.uk">healthimprovement@medway.gov.uk</a>

## Drug & Alcohol Misuse

### Brief description of course

This session provides an overview of the issues caused by alcohol and other drugs.



### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards improving health and wellbeing in Medway.

### What is covered?

- The local picture of drugs misuse in Medway
- The signs, symptoms and risks of drugs
- Harm reduction methods for drug use
- Local services available to signpost clients to

Course Duration	Course Fee	Contact Details
2.5 hours	FREE	Julie Daniels <a href="mailto:abmchampions@medway.gov.uk">abmchampions@medway.gov.uk</a>





## Community Alcohol Licensing

### Brief description of course

Alcohol causes far reaching harms – both health and social – across Medway and alcohol licensing is the key mechanism for controlling the sale of alcohol.

This module is designed to help anyone who has concerns about how alcohol impacts Medway. This module is designed to provide practical advice and guidance enabling communities to have an effective voice when commenting on licence applications.

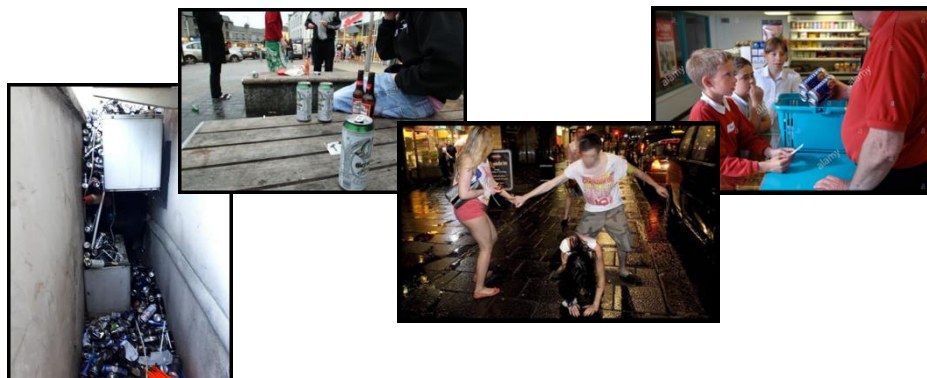
### Target Audience

This module is appropriate for community members, representatives from agencies which engage with vulnerable service users, business representatives and anyone who has an interest in how premises which sell alcohol have an impact in Medway.

### What is covered?

- Overview of the link between alcohol and health and social harms
- The links between harms and licensed premises
- Overview of alcohol and licensed premises in Medway
- Knowledge of licensing legislation and policy
- Relevance to communities, agencies and business
- How individuals, communities, businesses and agencies can participate positively in the licensing process

Course Duration	Course Fee	Contact Details
3.5 hours	FREE	Barbara Murray <a href="mailto:barbara.murray@medway.gov.uk">barbara.murray@medway.gov.uk</a>





## Level 2 Smoking Cessation Advisor

APPROVED BY



ROYAL SOCIETY  
FOR PUBLIC HEALTH

### Brief description of course

This course provides attendees with knowledge and information to begin the process of becoming a Stop Smoking Adviser for the Medway Stop Smoking Service. It includes information on the history of smoking cessation, gives the national and local context and provides essential information on Nicotine Replacement Therapy products. It also looks at the behavioural aspects of smoking to enable the attendees to provide advice to clients at the various stages of a quit attempt. The participants will mostly be learning a new skill although we do accept people returning for a refresher if previously trained.

### Target Audience

The course is aimed at people who work for organisations such as GP surgeries, pharmacies, hospital staff, children's centres, prisons, military medical staff, youth workers, council staff, voluntary sector and many other similar organisations.

### What is covered?

- The process of a structured attempt to quit smoking using evidence-based products and behavioural techniques
- In-depth knowledge of each NRT product available to clients
- The behavioural aspects of a quit attempt and provide practical training through role play and active group work
- How to guide clients through a proven process of consultations to effect an important behaviour change

*The training day is followed up with a series of visits to ensure that the recommended treatment processes are followed and Administration of data is through*

Course Duration	Course Fee	Contact Details
1 day	FREE	Christopher Ford <a href="mailto:healthimprovement@medway.gov.uk">healthimprovement@medway.gov.uk</a>

## Smoking in Medway

### Brief description of course

This session aims to provide you with an understanding of smoking and tobacco control issues in Medway and what services are available for residents.



### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards improving health and wellbeing in Medway.

### What is covered?

- Issues relating to smoking and tobacco control in Medway
- Signpost services available for residents

Course Duration	Course Fee	Contact Details
2 hours	FREE	Julie Daniels <a href="mailto:abmchampions@medway.gov.uk">abmchampions@medway.gov.uk</a>



## Stop Smoking Brief Intervention Training

### Brief description of course

This course provides attendees with the tools to initiate a brief intervention conversation with a smoker motivated to quit by providing the latest information available on the dangers of smoking and support available in the local area.

### Target Audience

The course is aimed at people who work for organisations such as GP surgeries, pharmacies, hospital staff, children's centres, prisons, military medical staff, youth workers, council staff, voluntary sector and other similar organisations.

### What is covered?

- Setting the scene locally and nationally regarding smoking prevalence and smoking regulations and policies
- Knowledge of how to raise the issue of smoking and cessation
- How to explain the risks involved in smoking and second-hand smoke
- Products available to support a quit attempt
- Referral methods and processes

Course Duration	Course Fee	Contact Details
3 hours	FREE	Christopher Ford <a href="mailto:healthimprovement@medway.gov.uk">healthimprovement@medway.gov.uk</a>



## Secondhand Smoke Training

### Brief description of course

A training course designed to educate attendees on what is meant by the terms 'secondhand' and 'thirdhand' smoke (SHS/THS) and about the harms associated with exposure to this, particularly in children. The course discusses harm reduction approaches that could be employed if an individual is unable or unwilling to quit smoking.

### Target Audience

Professionals only, particularly those working with parents/carers and/or pregnant women.

### What is covered?

- The harms of secondhand and third hand smoke
- Information on what advice to give when talking to a smoker
- Strategies to confidentially talk to smokers about secondhand smoke
- The options available to a smoker to reduce the harm of secondhand smoke

Course Duration	Course Fee	Contact Details
1.5 hours	FREE	Claire Hurcum <a href="mailto:healthimprovement@medway.gov.uk">healthimprovement@medway.gov.uk</a>

# Smoking and Pregnancy

## Brief description of course

A course to help gain a deeper understanding of the effects of smoking on the mother, the pregnancy and the child in later life.

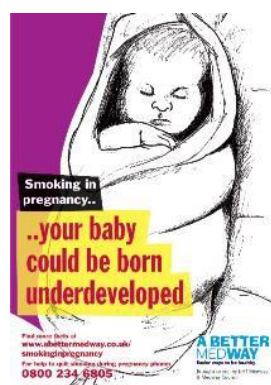
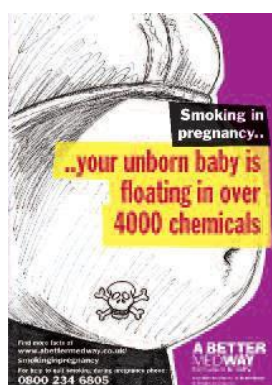
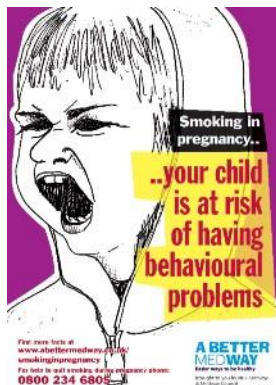
## Target Audience

Midwives, Doctors, Pharmacy Staff, Children Centre Staff, Ultra Sonographers and Youth Workers.

## What is covered?

- How to engage pregnant smokers in a brief intervention which may lead them to consider a quit attempt
- The impact of smoking in pregnancy and how to engage with this difficult target group
- How to understand specific data requirements and ensure accuracy in data recording as well as the importance of delivering consistent messages

Course Duration	Course Fee	Contact Details
3 hours	FREE	Hanifa Ditta <a href="mailto:healthimprovement@medway.gov.uk">healthimprovement@medway.gov.uk</a>



## Very Brief Advice on Smoking E-Learning

### Brief description of course

This course ISN'T about advising people or asking people if they want to stop, those details are saved for the stop smoking advisor. It's about delivering the message that offering support and using medication can significantly increase the chances of a successful quit attempt and it's about using simple techniques such as Ask, Advise and Assist methods to raise the issue.



### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards improving health and wellbeing in Medway.

### What is covered?

- Deliver the message that offering support and using medication can significantly increase the chances of a successful quit attempt
- To use Ask, Advise and Assist methods to raise the issue
- Increased understanding of the topic and service to signpost residents

Course Duration	Course Fee	Contact Details
2 hours	FREE	E-Learning Link: <a href="http://www.ncsct.co.uk/publication_very-brief-advice.php">www.ncsct.co.uk/publication_very-brief-advice.php</a>



## Volunteer Walk Leader and Walk Assistant

### Brief description of course

A one-day course for anyone interested in leading and assist our accredited walking for health program. The aim of the walk leader and assistant training is to ensure that all volunteers are trained to a high standard and are able to competently and confidently lead short, free health walks across the Medway towns.



### Target Audience

Applicants should have local knowledge of the area that would like to walk. Over 18's only.

### What is covered?

- Understanding the partnership involved between walking for health and Medway health walks.
- Understanding the benefits of activity and the positive impact on physical and mental health
- Understanding what a health walk is and how to run one
- Explore the paperwork, understand why it is required and how the data will be used
- Understand the insurance cover provided by Walking for Health through the Ramblers
- Learn how to create a safe effective route and carry out a risk assessment
- Explore difficult scenarios such as dogs on walks and how to deal with them
- Understand about inclusivity and what this means

Course Duration	Course Fee	Contact Details
1 day plus post course first aid training	FREE	David Palmer <a href="mailto:walking@medway.gov.uk">walking@medway.gov.uk</a>





## Nordic Walking

### Brief description of course

Nordic Walking uses specially designed poles to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross country skiing, Nordic Walking becomes a genuinely whole body exercise that can be enjoyed at many levels of fitness.



### Target Audience

Nordic Walking is a very accessible activity and something that can be shared by people of different fitness levels. It's an ideal activity for people who haven't exercised for a while or who dislike traditional sports or gym activities. An injured person can use the poles to support and guide, working to improve fitness as part of their rehabilitation.

### What is covered?

- The Nordic Walk course is a 6 week structured course suitable for all levels of fitness.
- You will learn the techniques of using the poles to get more power out of walking with poles.
- You will engage 90% of your bodies muscles groups including your upper body.
- You will be able to socialize in the great outdoors.
- Each session adds more understanding how to improve your technique.

Course Duration	Course Fee	Contact Details
3 x 1 hour weekly lesson and 3 x 1 weekly walk & lesson	FREE	David Palmer <a href="mailto:walking@medway.gov.uk">walking@medway.gov.uk</a>



## Volunteer Cycle Leader

### Brief description of course

The training for volunteer cycle leaders is an affiliated course designed to give you the confidence and knowledge to lead a guided bike ride on behalf of British Cycling and A Better Medway. British cycling also offers a ride social scheme where you do not need to be a qualified ride leader, you just need a passion for cycling.



### Target Audience

Applicants need to be able to ride confidently to their own ability and have a local knowledge of Medway's cycling infrastructure. The main audience we deliver the scheme to are new cyclist, or returning to cycling at an entry level position.

### What is covered?

- How to encourage and support riders to keep them motivated/engaged in physical activity
- How to complete health questionnaires, risk assessments, route plans and other paperwork
- How to lead / assist the Active Medway Cycle ride Program in Medway

Course Duration	Course Fee	Contact Details
½ day (Ride Social) or 2 days (Guided Rides)	FREE	David Palmer <a href="mailto:walking@medway.gov.uk">walking@medway.gov.uk</a>



## Sexual Health

### Brief description of course

This session aims to provide you with an understanding of the key sexual health issues in Medway and services available for residents.

### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards improving health and wellbeing in Medway.

### What is covered?

- Understand the key sexual health factors in Medway
- Signpost services available for residents

Course Duration	Course Fee	Contact Details
3 hour	FREE	Julie Daniels <a href="mailto:abmchampions@medway.gov.uk">abmchampions@medway.gov.uk</a>



## Oral Health Awareness and Improvement

### Brief description of course

The session provides guidance on keeping the mouth healthy with explanations of why oral problems can occur and providing oral health knowledge relevant to personal care. The session supports reducing the number of people living with preventable ill health and deaths from cancers (risk factors for oral cancer and advice for self awareness of the early warning signs)



### Target Audience

A Better Medway Champions, Adult Social Care, Mental Health Partners caring for teenagers and young adults and Medway Council Staff.

### What is covered?

- Understand why oral diseases occur and how to maximise prevention
- Gain an awareness of the links with oral health or ill health and common systemic diseases affecting whole body health
- Understand the affects of behavioural habits and personal choices on oral health and ill health
- Be aware of the risk factors associated with mouth cancer and awareness of the early warning signs including how to self check the mouth
- Influence the health choices made by individuals, families groups and communities for behavioural change and improved oral health outcomes

Course Duration	Course Fee	Contact Details
2.5 hour	FREE	Sarah Haydon <a href="mailto:sarah.haydon@medway.gov.uk">sarah.haydon@medway.gov.uk</a>

## Oral Health Awareness: Early Years children aged 0-5 years

### Brief description of course

The session provides knowledge and understanding of the oral health guidance for babies and young children (birth to five years). Oral Health awareness supports the best start in life for children.



### Target Audience

Those working in the 0 – 19 framework with families, parents, carers and children from birth to 19 years including: the Early Help Team, 0 – 19 Children and Families Hub staff, Health Visiting Teams, Community Nursing Teams, Nursery staff, LAC Team, Childminders, HSSWs, FLOs, Homestart

### What is covered?

- Incidence of dental decay in children age 5 and under – Public Health England PHE and Health and Social Care Information Centre HSCIC data
- Cause of and risk factors associated with early years dental decay
- Actions to improve and maintain oral care for young children including basic oral health messages
- Association of sugars and unsuitable eating and drinking habits and tooth decay
- Support for families and individuals to make positive lifestyle change through example and shared knowledge

Course Duration	Course Fee	Contact Details
3 hour	FREE	Sarah Haydon <a href="mailto:sarah.haydon@medway.gov.uk">sarah.haydon@medway.gov.uk</a>

## Oral Health Awareness: Older Children and Young Adults

### Brief description of course

The session provides knowledge and understanding of the oral health guidance for school age children and young adults 5 – 19 years. Supporting families and children as they grow into adulthood with good oral hygiene routines whilst understanding how lifestyle choices and behaviours that add risk to maintaining oral health.



### Target Audience

Those working in the 0 – 19 framework with families, parents, carers and children from birth to 19 years including: Early Help Team, 0 – 19 Children and Families Hub staff, Health Visiting Teams, Community and School Nursing Teams, LAC Team, Childminders, Teachers, HSSWs, FLOs.

### What is covered?

- Current data and information from Public Health England PHE and the Health and Social Care Information Centre HSCIC
- The prevalence and impact of dental decay and association with sugar consumption
- The causes of periodontal (gum) disease
- Risk factors and lifestyle choice associated with poor oral health and dental diseases for children and young adults including smoking, alcohol and substance misuse
- Basic oral health messages and actions to improve & maintain oral care for these age group

Oral health is influenced by the behavioural habits and lifestyle choices that are made by families and individuals. Professionals can offer support and guidance influencing the health choices made which will help to bring about behavioural change and improved oral health outcomes.

Course Duration	Course Fee	Contact Details
3 hour	FREE	Sarah Haydon <a href="mailto:sarah.haydon@medway.gov.uk">sarah.haydon@medway.gov.uk</a>



# Improving the Oral Health of Older People: Oral Health and Hydration with Dementia Guidance

## Brief description of course

This session provides knowledge and understanding of oral health guidance for older people and how oral care impacts on the health and wellbeing of people reliant on care, including the challenges for those living with Dementia. Basic hydration guidance and challenges.



## Target Audience

Care Providers, Managers, Nursing and Care staff and Domiciliary Care Teams and those who have a responsibility for the care of older people living in the Medway communities.

## What is covered?

- Understanding of the enhanced need for oral care in the older person
- Knowledge of NICE guidance and CQC Regulations for mouth care
- Whole body approach to oral care – oral health links to systemic disease
- Understanding of the need for oral health assessments and daily mouth care plans
- Provision of mouth care when cooperation is limited e.g. Dementia patients
- Importance of the team approach to improving the oral health of adults reliant on the care of others
- Hydration basics in older people
- Impact of inadequate hydration in the elderly and challenges of improving hydration

Course Duration	Course Fee	Contact Details
3 hour	FREE	Sarah Haydon <a href="mailto:sarah.haydon@medway.gov.uk">sarah.haydon@medway.gov.uk</a>



## Dementia Friends



People with dementia don't just lose their memories; they can also lose their friends.

This is because people with the condition can start to behave differently and sometimes those friends might not understand or know how to react.

By becoming a Dementia Friend, you'll understand a bit more about dementia and the little ways you can help.

**Anybody can become a friend. Just visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk) and watch a five-minute video, then input your name and email details. It's that simple.**

For those who would like to be more involved, there are Dementia Friends sessions being planned, which will be run by Dementia Friends Champions.

**To find out about local sessions in Medway and book onto one, visit the dementia friend's website above.**



## Social Isolation

### Brief description of course

Most people will feel lonely or socially isolate at some point in their lives. It's a deeply personal experience that – in most cases will thankfully pass. But for a growing number of people, loneliness and isolation can define their lives and have a significant health and wellbeing impact.



Anyone can experience social isolation and loneliness. While social isolation is more commonly considered in later life, it can occur at all stages of the life course. Particular individuals or groups may be more vulnerable than others, depending on factors like physical and mental health, level of education, employment status, wealth, income, ethnicity, gender and age or life-stage.

### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards reducing loneliness and social isolation in Medway.

### What is covered?

- Better understand what defines loneliness and social isolation and who is at risk
- Look at the health and wellbeing impact, and economic costs of loneliness and social isolation
- Confidently be able to apply the learning, knowledge and skills in family, community and working roles

Course Duration	Course Fee	Contact Details
3 hour	FREE	Julie Daniels <a href="mailto:abmchampions@medway.gov.uk">abmchampions@medway.gov.uk</a>

## Brief Mental Wellbeing Advice

### Brief description of course



Connect 5 is composed of three sessions with each one building on the previous skills and knowledge around mental wellbeing, signposting to local services and providing brief interventions. Participants attend the sessions in sequential order but may not necessarily wish to complete all three as they are tailored to the type of role and level of client intervention required.

**Session 1** – half day designed as a universal offer for anyone who would like to learn about mental wellbeing and providing brief mental wellbeing advice.

**Session 2** – full day designed for frontline staff who have the opportunity within their role to offer one off brief wellbeing interventions as part of their everyday practice, based on the '5 Areas model' and cognitive behavior therapy principles

**Session 3** – full day designed for frontline staff who have the opportunity to work regularly with the same clients over time to motivate and support people to make changes to improve mental health and wellbeing

**time to change**

let's end mental health discrimination

Course Duration	Course Fee	Contact Details
As above per session	FREE	Sara Moreland <a href="mailto:sara.moreland@medway.gov.uk">sara.moreland@medway.gov.uk</a>

## Mental Health First Aid (MHFA)

### Brief description of course

Mental Health First Aid (MHFA) is a 2 day course, subsidized by Medway Council Public Health for anyone working, in an organization signed up to the Medway Healthy Workplaces Scheme.

Delegates must be able to attend the full 2 days to be able to gain the certification.

### Target Audience

Anyone working or living in Medway who has a role/interest in promoting good mental health in the community. Aimed at those working with individuals 18+.

### What is covered?

- Know 'what mental health is' and understanding the impact of stigma
- Spot the early signs of a mental health problem and feel confident helping someone experiencing a problem
- Be able to provide help on a first aid basis while helping to prevent someone hurting themselves or others
- Help stop a mental illness getting worse
- Help someone recover faster and guide someone towards the right support

Course Duration	Course Fee	Contact Details
2 days	Usually free for Medway Healthy Workplace employees or <u>otherwise from £30 per person</u>	Sara Moreland <a href="mailto:sara.moreland@medway.gov.uk">sara.moreland@medway.gov.uk</a>

## Youth Mental Health First Aid



### Brief description of course

The Youth Mental Health First Aid course is an internationally recognized course designed for those people that teach, work, live with or care for young people aged 8 to 18 years.

You will learn how to:

- Provide information, tools and techniques to promote a young person's mental and emotional wellbeing
- Support a young person who might be experiencing mental and emotional distress
- You won't become a therapist, but you will be able to say you're a Youth Mental Health First Aider

### Target Audience

For everyone and is relevant for people who teach, work, live with and care for 8 to 18 year olds, including young people themselves, although parental consent is required below the age of 16.

### What is covered?

The course is split into four manageable chunks. These are:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

Within each section, there is clear focus on the issues faced by young people, including bullying/cyber bullying and substance misuse. The course also teaches the importance of promoting wellbeing and protective factors.

Course Duration	Course Fee	Contact Details
2 days	FREE for those working directly with children and young people in Medway, <u>otherwise from £100 per person</u>	Jodie Miller <a href="mailto:jodie.miller@medway.gov.uk">jodie.miller@medway.gov.uk</a>

## Recognising and Responding to Self-Harm

### Brief description of course

This course will help you to identify a child or young person (CYP) that may be at risk of self-harm and improve confidence in discussing these concerns with the CYP and their family. This course is offered as part of Medway's prevention and early identification strategy for self-harm.

### Target Audience

This is a basic awareness session for parents, carers, and/or professionals who work with children, young people and/or their families in Medway. Training is tailored to the target audience and delivered in the venue of your choice

### What is covered?

- The scale of the problem in Medway
- The risk factors and circumstances that increase the likelihood of self-harm
- Things to consider when discussing self-harm with young people
- Guidance on the ways in which you can help and a summary of the support that is available
- How this training can be applied in professional settings

Course Duration	Course Fee	Contact Details
1.5 hours	FREE	Sarah Richards <a href="mailto:Sarah.richards@medway.gov.uk">Sarah.richards@medway.gov.uk</a> 01634 331182

## Debt Awareness

### Brief description of course

This session aims to provide you with an understanding of the key debt factors in Medway and what services are available for residents.



### Target Audience

Anyone who has a wide range of contacts within the community; enabling them to contribute towards improving health and wellbeing in Medway.

### What is covered?

- Understand the key debt advice factors in Medway
- Signpost services available for residents

Course Duration	Course Fee	Contact Details
3 hours	FREE	Julie Daniels <a href="mailto:abmchampion@medway.gov.uk">abmchampion@medway.gov.uk</a>





# An Introduction to Public Health in Kent and Medway



## Brief description of course

The day provides an insight into the various domains of public health practice, our public health challenges and achievements plus the opportunity to really think about how we can contribute to improving the health and wellbeing of people living in Kent and Medway.

## Target Audience

This training course is appropriate for all who want to answer 'What is public health?' and wish to understand how to work together to improve the health of the local population.

## What is covered?

- An understanding of what public health is
- An outline of the national and local structure of public health
- How roles fit into the bigger picture of public health
- Opportunities to network, develop contacts and encourage partnership working

Course Duration	Course Fee	Contact Details
1 day	FREE	Julie Daniels <a href="mailto:julie.daniels@medway.gov.uk">julie.daniels@medway.gov.uk</a>

## Domestic Abuse Champions Training

### Brief description of course

The Domestic Abuse (DA) Champions course is a Train the Trainer programme that provides delegates with an awareness of DA and knowledge of Medway's DA support services, which can then be taken into their place or work or local community. Delegates will be empowered with new skills to share with their colleagues, friends or family members and raise their awareness of DA, to enable them to signpost to relevant specialist DA support services or even self-refer.

### Target Audience

Anyone who wants to increase their knowledge of DA and become a point of contact for DA concerns in their agency/place of work.

### What is covered?

- The role of a DA Champion (opportunities to deliver training and be a point of contact)
- Definition of DA
- Categories of DA
- Recognising signs and symptoms of DA
- Gender, cultural, mental health, disabilities and substance misuse considerations and trends
- Signposting and Supporting Services
- One Stop Shop (OSS)
- Multi Agency Risk Assessment Conference (MARAC)
- Domestic Homicide Reviews (DHRs)
- Further training opportunities
- Guidance and awareness on DA procedures and signposting opportunities
- Coercive and controlling behavior
- Stalking and harassment
- Barriers to leaving an abusive relationship
- Barriers to disclosing
- Safe enquiry and safety planning
- The voice of the child
- Domestic Violence Disclosure Scheme
- Kent and Medway Domestic Abuse Website

Course Duration	Course Fee	Contact Details
3 hours	FREE	Anthony Sands <a href="mailto:anthony.sands@medway.gov.uk">anthony.sands@medway.gov.uk</a>

## Domestic Abuse Awareness Session

### Brief description of course

The session aims to raise awareness and give an overview of Domestic Abuse (DA) and Medway's DA support services, including information on local provision.

### Target Audience

Anyone who would like to have a better understanding of domestic abuse and find out what services and resources are available for domestic abuse in Medway.

### What is covered?

- Definition of Domestic Abuse
- Categories of Domestic Abuse
- Recognising signs and symptoms of Domestic Abuse
- Gender, cultural, mental health, disabilities and substance misuse considerations and trends
- Signposting and Supporting Services
- One Stop Shop (OSS)
- Multi Agency Risk Assessment Conference (MARAC)
- Kent and Medway Domestic Abuse Website
- Further training opportunities

Course Duration	Course Fee	Contact Details
3 hours	FREE	Anthony Sands <a href="mailto:anthony.sands@medway.gov.uk">anthony.sands@medway.gov.uk</a>

## Medway Healthy Workplaces Programme

Do you work in Medway, or run a business in Medway?

Workplace Health supports businesses to help their staff find ways to be healthy at work. Our workforce is our greatest asset, and as employers we have a duty of care towards all of our staff.



### Being a healthy workplace can:

- Improve the health of your staff
- Increase the health of your staff
- Boost staff morale and engagement levels
- Reduce sickness absence
- Reduce staff turnover
- Promote your business as an employer of choice

The Medway Healthy Workplace programme delivers the support through the Medway Workplace Wellbeing Award which offers support right for your business and staff in the several areas including

- Managing Absence and Staff Turnover
- Mental Wellbeing and Stress
- Musculoskeletal conditions
- Stop Smoking
- Physical Activity and Active Travel
- Alcohol and Substance Misuse

**Call 01634 334307 for more details or email [workplacehealth@medway.gov.uk](mailto:workplacehealth@medway.gov.uk)**



# Notes

# Easier ways to be healthy

## Contact numbers

Healthy eating	01634 333741
Health at work	01634 334307
Healthy mind	01634 334800
Breastfeeding	0300 123 3444
Child measurement	0300 123 3444
Tri For You	01634 333741
Tipping the Balance	01634 333741
Health walks	01634 333741
Cycling groups	01634 333741
Exercise referral	01634 333741
Sexual health	0300 123 1883
Stop smoking support	01634 334800 / 0800 2346805
Smoking in pregnancy	01634 334800 / 0800 2346805
Substance misuse	0300 123 1560
Tobacco control	01634 334800



A Better Medway



@abettermedway

This information can be made available in other formats  
from **01634 333333**

If you have any questions about this leaflet and you want to speak to someone in your own language please phone 01634 335577

বাংলা 331780  
中文 331781  
ગુજરાતી 331782

हिंदी 331783  
ਪੰਜਾਬੀ 331784  
Polski 332373

کوردی 331841  
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أروو 331785

فارسی 331840  
Pryuckaa 332374  
Lietuviškai 332372