

Training Programme

April 2011 - March 2012

Together we are better

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Manchester Public Health Development Service

Training Programme

2011/12

Welcome to the MPHDS Training Programme for 2011/12. Please note that this programme comes in 5 different colour coded sections detailing the various courses offered under the following topic areas:

- **Mental Health and Well Being**
- **Physical Activity, Health Eating, Cancer Prevention and Oral Health**
- **Sexual Health and Harm Reduction**
- **Stop Smoking**
- **Public Health Skills**

If you require any additional brochures, please contact the appropriate administrator listed at the back of this publication.

To apply for a course, please photocopy and use the **application form** at the back of the brochure. This must be fully completed and posted, faxed or emailed to the appropriate administrator as detailed. You will then receive a confirmation either by post or email.

Please do read our **terms and conditions** at the back of this brochure prior to filling out your application. This will let you know what we expect from you as an attendee and what you can expect from us.

We are delighted to offer such a wide variety of courses, covering a multitude of public health topics and skills. Our courses are delivered by experienced trainers who are passionate about the subjects they deliver.

We hope you find a course or a variety of courses that are appropriate to you or your organisations' needs, but please do let us know of any suggestions you may have for additional courses.

For more information on Manchester Public Health Development Service or to view this programme on-line, please visit our website:

<http://www.mphds.org>

Mental Health

Manchester's public mental health team aim to support all organisations in the city to improve their service by promoting better mental health for the people with whom they work and by responding helpfully to people with mental health problems.

As part of this work, several training courses are available.

Understanding Mental Health (UMH)

Duration: Half day course

Course Aims:

Introduction to mental health and the Manchester context and also an optional basis for further training.

Target Audience:

Staff working with people who are vulnerable to poor mental health (for example, because of poverty, unemployment, poor physical health, insecure housing, discrimination)

Dates: 18th October 2011 - AM 16th November 2011 - PM
8th December 2011 - AM 12th January 2011 - PM
8th February 2012 - AM

Interventions for Mental Health in Everyday Practice (IMHEP)

Duration: 2 Day Course

Course Aims:

- Learn how best to help their clients manage their mental health
- Develop practical skills in identifying and responding to distress effectively, using a structured model of support.

Target Audience:

Frontline staff working with people who are vulnerable to poor mental health (for example, because of poverty, unemployment, poor physical health, insecure housing, discrimination).

Trainers: Douglas Inchbold, Nicola Wood, Caroline Bedale, Shamin Malik & Alpa Raja

Date: 2nd & 3rd November 2011 17th & 18th January 2012
22nd & 23rd February 2012 6th & 7th March 2012

Emotional Aspects of Your Consultations

Duration: 2 hours x 2 days

Course Aims:

These brief workshops will provide simple tools to help move patients forward who have been experiencing difficulty in coming to terms with and managing their condition. This will not add to your current workload, but will provide you with some simple skills that you can use everyday.

Target Audience:

For clinical staff working in Primary Care (GP practices) and Community Health Services (in the Acute Hospital Trusts) in Manchester who work with patients and suspect that their emotional health is a barrier to managing their physical health conditions and achieving better health.

Trainers: Teresa Czajka & Michelle Ashworth, Nicola Wood

Date: 6th & 13th December 2011 2th & 9th February 2012
14th & 21st March 2012

Tackling Stress at Work

Duration: 1 Day Course

Course Aims:

- To identify the signs of being under stress
- To use a risk assessment model based on the HSE Management Standards to causes of stress for themselves and others at work to identify the
- To consider legal responsibilities and how managers can prevent / reduce stress for their staff, and achieve recommended competences
- To discuss strategies and good practice for tackling the causes of stress, in conjunction with trade union representatives and with staff.

The course is not about helping individuals to ‘cope’ with stress that they may feel – but by providing skills, knowledge, tools and strategies, it should help prevent stress.

Target Audience:

Line managers / Team leaders, Trade union representatives

Trainer: Caroline Bedale

Dates: 9th November 2011 24th January 2012

If you are interested in this course for a group of managers in a workplace, contact Caroline Bedale, Tel: 0161 861 2540, email: caroline.bedale@mhsc.nhs.uk

Perinatal Mental Health

Duration: 1 Day course

Course Aims:

- To provide an overview of pre- and post- natal depression, identification and assessment.
- To examine referral pathways, treatment and community resources.

Target Audience:

Anyone interested in gaining an awareness of maternal mental health, eg, multidisciplinary teams, primary and secondary care mental health workers, voluntary organisations, health visitors, midwives and Sure Start staff.

Trainers: Mary Burke (Perinatal Nurse) & Gillian Haworth
(Primary Care Mental Health Team)

Date: 26th January 2012

Specialised mental health topics and/or specific training for your organisation

From time to time we organise courses on specialised mental health topics. These are normally advertised through our website.

We are happy to discuss the provision of our training courses adapted for your organisation's needs, if you have a group of staff you want to train together.

If you have specialised topics on which you would like us to consider offering training or would like us to run a course specifically for your organisation please contact Caroline Bedale.

caroline.bedale@mhsc.nhs.uk

For more information about all Mental Health courses, contact:
Caroline Bedale, Tel: 0161 861 2540, caroline.bedale@mhsc.nhs.uk

For further information, dates of open courses, and evaluations of previous courses, see the MPHDS website:

www.mphds.org/mphds/mental-health/mental-health-training.html

For applications for Mental Health courses:
Madge Strong, Tel. 0161 861 2547. madge.strong@mhsc.nhs.uk

See also courses 'Being Active for Better Mental Health' and 'Food and Mood' which appear in the Physical Activity, Health Eating & Cancer Prevention, Oral Health section of this brochure and 'Building Self Esteem and Assertiveness in Others' which appears in the Public Health Skills section of this brochure.

Physical Activity, Healthy Eating, Cancer Prevention and Oral Health

Cancer and coronary heart disease are some of the biggest killers of people in Manchester today. The impact of these 'major killers' can often be reduced, or even halted, through timely interventions that educate, inform and also aim to prevent the onset of these diseases and conditions. The following courses are provided by staff from MPHDS and designed to give locally based staff from a variety of statutory and voluntary organisations the skills, knowledge and confidence to work with their own client groups and to stop these preventable diseases from affecting those who live and work in Manchester.

Healthy Weight Manchester

Duration: 1 Day course

Course Aims:

- To raise awareness of the health implications of unhealthy weight
- To explore the causes of the high levels of unhealthy weight, particularly in certain groups in Manchester
- To look at some examples of healthy weight projects – on increasing physical activity, healthy eating and reducing alcohol consumption
- To examine practical ways we can address the issue

Applicants are strongly advised to have completed the course Motivating Behaviour Change before starting this course

Target Audience:

Operational managers, frontline workers and volunteers in health and social care and leisure services, working with individuals or groups.

Trainers: Pia Feig

Date: 5th May 2011 13th July 2011
5th October 2011 9th March 2012

Active Travel – Walk, Cycle or Take the Bus!

Duration: 1 Day Course

Course Aims:

- To raise awareness of the benefits of active travel for personal and environmental health
- To explore practical ways of helping clients adopt more active forms of transport.
- To practise brief motivational interviewing
- To identify safe, useful and attractive walking and cycling (and bus) routes in Manchester

Target Audience:

Frontline workers and volunteers, working with clients and community-based groups

Trainer: Pia Feig

Date: 14th September 2011 27th February 2012

Get Manchester Moving – Helping People Become More Active

Duration: 2 Day Course

Course Aims:

- To show how beneficial physical activity can be in preventing mental and physical illness
- To explore how the participants could encourage young people and adults to be more active
- To be aware of the opportunities for physical activity in Manchester
- To meet the providers of active leisure services and the physical activity referral services in Manchester
- To explore more sources of information on active leisure and active travel, in Greater Manchester

Applicants are strongly advised to have completed the course Motivating Behaviour Change before starting this course

Target Audience:

Frontline workers and volunteers working with clients and community – based groups or families, in any setting

Trainers: Pia Feig

Date: 19th & 26th May 2011 5th & 12th December 2011

Being Active for Better Mental Health

Duration: 1 Day Course

Course Aims:

- To raise awareness of the benefits of physical activity for mental health and general well being
- To show what opportunities for physical activity are available in Manchester
- To explore ways to help motivate your clients into being more physically active

Applicants are strongly advised to have completed the course Motivating Behaviour Change before starting this course

Target Audience:

Frontline workers and volunteers in health, social care or community settings, working with individuals or groups

Trainers: Pia Feig & Shamin Malik

Date: 6th July 2011 16th January 2012

Exercise in Later Life

Duration: Half Day

Course Aims:

- To identify the symptoms, concerns, management and relevance for exercise of the most common ailments and prescribed medication for the over-65s.
- To develop skills in carrying out pre-exercise assessments to measure upper and lower body flexibility
- To develop skills in building progression into seated exercise programmes

Target Audience:

This half day course will be appropriate for those who deliver exercise to the older population

Trainers: Maureen Brimley

Date: 12th October 2011 – AM 15th February 2012 - AM

Healthy Eating for All Level 1

Duration: 2 Day Course

Course Aims:

- To offer an introductory and practical course on Food and Health
- To enable participants to explore the basic principles of healthy eating, nutrients, eating well at different age and special diets
- To offer participants information about resources and support agencies

This course is accredited by the Royal Society for Public Health. Participants will take the Level 1 Award in Healthier Food & Special Diets exam at the end of the course

Target Audience:

Frontline workers in a health or social care setting e.g. health workers, support staff, community workers

Trainers: Steffie ElHassan

Date: 13th & 20th May 2011 22nd & 29th September 2011

Healthy Eating for All Level 2

Duration: 6 x Half day Course

Course Aims:

- To provide participants with knowledge and understanding of food and health and nutrition. This includes key messages for those of different ages, wanting to lose weight and on special diets
- To give participants the confidence to discuss food and health issues with others

This course is accredited by the Royal Society for Public Health. Participants will take the Level 2 Award in Healthier Food & Special Diets exam at the end of the course

Target Audience:

Frontline workers in a health or social care setting e.g. fitness trainers, nursery nurses, community workers

Participants should have attended the Level 1 introductory course or have a basic knowledge of food and health

Trainers: Steffie ElHassan

Date: **Course 1:** 10th, 17th, 24th June, 1st, 8th, 15th July 2011
Course 2: 2nd, 8th, 16th, 23rd, 30th Nov, 7th December 2011

Healthy Eating for All Level 3

Duration: 7 Day Course

Course Aims:

- To provide participants with in-depth knowledge and understanding of food and nutrition, and a wide range of topical food and health issues
- To give participants the necessary qualification to enable them to run level 1 Healthy Eating for All courses (with further training/support as appropriate)

This course is accredited by the Royal Society for Public Health. Participants will take the Certificate in Nutrition exam at the end of the course, for which there will be a charge (£45 in 2011)

Target Audience:

Frontline workers in a health or social care setting, particularly those who want to share their knowledge with the community

Participants must have attended the Level 2 course or an equivalent

Trainers: Steffie ElHassan & Hazel Andrews

Date: Thursdays from 2nd Feb–22nd March 2012
(no course 16th Feb)

Food and Mood Workshop

Duration: 1 Day Course

Course Aims:

- To provide participants with up to date information about the link between food and mood
- To enable participants to explore how food affects how we feel and how we feel affects how we eat
- To provide participants with a practical food and mood cook and taste session
- To improve the confidence of participants to explore practical ideas around food and mood with their client group and/or work setting

Target Audience:

Frontline workers in a health or social care setting i.e. clinical staff, social workers and third sector workers

Trainers: Hazel Andrews & Michelle Ashworth

Date: 21st June 2011 14th November 2011
14th March 2012

Food Safety RSPH Level 2

Duration: 1 ½ day Course

Course Aims:

-The need for food safety legislation and the legal responsibilities of food handlers and for food premises

Target Audience:

Frontline workers in a health or social care setting and third sector who have an interest in improving health and well being

Trainers: MPHDS Staff & RSPH Trainers

<u>Date:</u>	Course Date	Exam Date
	25 th May 2011	26 th May 2011
	13 th July 2011	14 th July 2011
	22 nd September 2011	23 rd September 2011
	17 th November 2011	18 th November 2011
	22 nd February 2012	23 rd February 2012

**In brochure section entitled Public Health Skills, see also courses entitled Supporting Healthy Weight – a practical approach
Cook and Taste Groups – a practical approach**

Tailor-made courses on Food and Health

If your organisation or group is interested in any training on food and health issues we are happy to discuss delivering tailor made courses. Please contact the Community Dietetic Service on 0161 861 2333

Negotiating the Health Advice Maze

Duration: Half day course

Course Content:

This course is intended to help participants untangle the facts from the myths and the maybes, regarding healthy eating, physical activity and other possible positive health behaviours so they can provide the best advice for their clients/patients

- How many portions of fruit and veg should we consume a day and what are the real benefits?
- Carbs – good or bad?
- What's the best way to achieve a healthy weight?
- Will exercise assist weight loss?
- How much sun is too much?

Target Audience:

Front line workers who have a role in providing lifestyle advice to others

Trainers: Paul Nethercott & Chris Love

Date: 6th July 2011 - AM 6th October 2011 - PM
7th Dec 2011 - PM 9th February 2012 - AM

What you need to know about Cancer Screening

Duration: Half day course

Course Aims:

This course is about Bowel, Breast & Cervical cancer screening programmes provided across the city and exploring reasons for the low uptake in Manchester

The course looks at rates of cancers in Manchester, signs and symptoms, the importance of early detection, various treatment options, how the screening programmes operate and how participants can raise awareness and signpost into these services

Target Audience:

Health professionals, those working in health & social care through the Local Authority or third sector, as well as community groups

Trainers Paul Nethercott

Date: 4th May 2011– AM 27th June 2011 – PM
23rd September 2011 – PM 9th November 2011 – PM
27th January 2012 – AM 29th February 2012 – PM

Valuing People's Oral Health

Duration: Half day course

Course Content:

Valuing People's Oral Health builds on the principles within Choosing Better Oral Health and uses the evidence-based approach within Delivering Better Oral Health as a guide to assist all who provide a service for those with additional needs.

- Factors affecting oral health
- Diet and nutrition – high calorie intakes
- Oral hygiene - poor compliance, improving confidence and competence in providing daily mouth care and practical tips to encourage independent mouth care
- Exposure to fluorides – minimising the damage and maximising the benefits
- Tobacco and Alcohol – periodontal disease and oral cancer
- Medical conditions and medications – non oral feeders and the risk of aspiration pneumonia
- Barriers to accessing dental care

Target Audience:

All who provide a service for those with additional needs

Trainers: Vicky Brand, Kathryn Fleming & Caroline Hardman

Dates: Thursday 17th Nov 2011- AM Monday 5th March 2012 – PM

Delivering Better Oral Health for the Population of Manchester

Duration: Half day course

Course Aims:

The course provides a general update in oral health to inform the target audience of the latest evidence based key messages so they can be incorporated in to their roles and influence the oral health of the people they work with.

- Introduce and discuss the role of the evidence based documentation including:
 - Delivering Better Oral Health 2nd Edition (DOH 2009)
 - Scientific Basis of Oral Health Education 6th Edition (2009)
- Introduce and discuss the evidence base prevention for children 0-3 yrs old, children 3-7 yrs of age, children with extra needs, older children, adolescents and adults, oral cancer, denture wearers, older people, dry mouth and erosion.

Target Audience:

All frontline staff in health, education and social care

Trainers: Caroline Hardman, Kathryn Fleming, Chris Topping & Karen Cashin

Date: 8th November 2011- AM 3rd February 2012 - AM

Sexual Health and Harm Reduction

Due to the significant correlation between inequalities, deprivation, poor sexual health (including teenage pregnancy) and substance misuse, the Sexual Health and Harm Reduction Team within Public Health Development Service strive to continue to find innovative ways to address inequalities and seek to provide both a rapid response to issues as they arise as well as a preventative stance in all the work undertaken.

The North West has the highest incidences of HIV and HIV related illness and STIs outside of London and the South East with the majority of these occurring in Manchester. There are 7,500 problem drug users in Manchester and approximately 3,000 in contact with treatment services at any time. The North West also has a higher than national average number of men and women who drink over the recommended level, with young people drinking twice as much as they were ten years ago. Therefore, sexual health, drugs and alcohol are a major health, educational and social concern for the people of Manchester.

The Sexual Health and Harm Reduction team has established a regional reputation for its pioneering training programme that ensures that people in Manchester receive consistent, clear and accurate information about sexual health, drug and alcohol use.

Positive Interventions HIV & Sexual Health Awareness

Duration: 2 Day Course

Course Aims:

- To provide participants with an up to date understanding of the medical and social facts of HIV, transmission and effects
- To enable participants to explore issues around sexuality, safer sex and the experiences of people living with HIV
- To update participants with information about local HIV support agencies

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers.

Trainers: Pete Smith & Bridget Hughes

Date:

14 th & 15 th April 2011	14 th & 15 th July 2011
17 th & 18 th November 2011	12 th & 13 th January 2012
13 th & 14 th February 2012	6 th & 7 th March 2012

Positive Plus Advanced HIV Awareness

Duration: 1 Day Course

Course Aims:

- To provide participants with in-depth scientific and medical information on HIV
- To examine the structure and composition of the virus, the effect on the body, the immune system and anti retro-viral drugs
- To explore the current social, political and ethical debates around HIV, criminalisation, racism and homophobia

Target Audience:

Frontline workers in a Health or Social Care setting, i.e. clinical staff, social workers and third sector workers

Participants should have attended the introductory course or have a good knowledge on the subject of HIV

Trainers: Pete Smith & External speaker

Date: 24th February 2012

Back to Basics An Introduction to Sexual Health and STIs

Duration: 1 Day Course

Course Aims:

- To provide participants with a broader understanding of sexual health, including STIs, sexuality, contraception and risk
- To inform participants of suitable resources and relevant local agencies

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Pete Smith

Date: 8th June 2011 14th October 2011
25th November 2011 30th March 2012

Crushes to Hot Flushes Women and Sexual Health (Women only course)

Duration: 2 Day Course

Course Aims:

- To examine the sexual health needs of women from the teenage years to the menopause
- To explore issues around contraception, pregnancy, STIs and the menopause with emphasis on the social and emotional aspects of women and sexual health

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Josanne Cowell & Bridget Hughes

Date: 12th & 13th May 2011 20th & 21st October 2011

Getting the Measure of it - Encouraging People to Drink Less Basic Alcohol Identification and Brief Advice

Duration: Half Day Course

Course Aims:

- To explain what a unit of alcohol is and the unit and calorie content of popular alcoholic drinks
- To describe and be able to identify risk levels of drinking and provide feedback to clients
- To offer brief advice on the short-term and long-term risks
- To explore the benefits of change and possible goals
- Where appropriate, be able to signpost to specialist alcohol services

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Liz Burns & Kate Johnson

Date: 25th May 2011 7th July 2011
16th September 2011 9th November 2011
22nd February 2012

Higher Risk Drinking and Alcohol Dependency

Duration: Half Day Course

Course Aims:

- To define higher risk drinking and its associated risks
- To describe alcohol dependence and some of the complex pressures people experience
- To explain what you can do to recognise dangers and complications so as to support access to timely help
- To explain your role in providing harm reduction interventions and support to specialist services

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers. Please note that attendance at the basic alcohol awareness course is recommended before this session

Trainers: Liz Burns & Kate Johnson

Date: 5th October 2011 31st January 2012

It's a Man's World Working with Boys and Young Men

Duration: 2 Day Course

Course Aims:

- To explore the specific sexual, emotional and mental health needs of boys and young men
- To highlight models of good practice being undertaken citywide
- To provide participants with an opportunity to develop strategies to enhance good work practice

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Pete Smith & Tony Sheppard - Wyseguys

Date: 20th & 27th May 2011 2nd & 9th December 2011

It's not an issue Sexual Health, Sex and Relationships for People with Learning Difficulties

Duration: 1 Day Course

Course Aims:

- To enable participants to have an understanding of sexual health and relationship education with people with learning difficulties
- To explore the issues facing people with learning difficulties; their partners, carers and workers, identifying suitable strategies and resources

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Pete Smith & Kate Johnson

Date: 14th December 2011

Reducing Drug Related Deaths Overdose Management

Duration: 1 Day Course

Course Aims:

- To provide participants with an awareness of the factors that can increase the risk of overdose in people using drugs and alcohol
- To explore ways in which the risks of overdose can be reduced
- To gain basic life support skills, management of seizures and an understanding of the procedures followed when alerting emergency services
- To provide an understanding of the policy around the opioid 'blocker' Naltrexone

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers. Please note that attendance at the basic alcohol awareness course is recommended before this session

Trainers: Colin Tyrie & Gary Beeny

Date: 3rd October 2011 8th December 2011

Living the High Life (Part 1) Drug Awareness

Duration: 1 Day Course

Course Aims:

- To provide a basic awareness of the common street drugs used today
- To look at the history of UK drug use, examining drug scenes, changes in policy and practice, and future trends

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

PLEASE NOTE:

We would encourage all attendees to enrol on Living the High Life Part 2 on completion of this course

Trainers: Colin Tyrie & Gary Beeny

Date: 15th July 2011 20th January 2012

Living the High Life (Part 2) Advanced Drug Awareness

Duration: 1 Day Course

Course Aims:

- To examine the effects of poly drug use
- To examine various theories of dependence
- To gain a greater understanding of drug services in Manchester

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

PLEASE NOTE:

It is recommended that attendees will have either taken part in 'part 1' of this course or have a good knowledge of current street drugs

Trainers: Colin Tyrrie & Gary Beeny

Date: 22nd July 2011 27th January 2012

No Girls Allowed Men and Sexual Health (Men only course)

Duration: 2 Day Course

Course Aims:

- To explore the range of issues around men's sexual health including puberty, sexuality, STIs/HIV, erectile dysfunction, testicular and prostate cancer
- To explore ways to engage with men on sexual health and health promotion issues

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers. Please note that this course is designed solely for men

Trainers: Pete Smith, Tony Sheppard & (TBC)

Date: 2nd & 3rd June 2011 27th & 28th March 2012

People, Pins and Prevention Safer Injection Training

Duration: 2 Day Course

Course Aims:

- To examine safer injecting techniques and appropriate harm reduction advice
- To provide information on STIs, injection related infections, principles of harm reduction and specific issues for performance and image enhancing drugs

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

PLEASE NOTE:

This course is mandatory for anyone that wishes to work in a Manchester Needle Syringe Programme

Trainers: Colin Tyrrie & Gary Beeny

Date: 26th & 27th April 2011 27th & 28th June 2011
25th & 26th August 2011 6th & 7th February 2012

The Jury's Out Harm Reduction

Duration: 2 Day Course

Course Aims:

- To explore the nature of harm reduction and to be able to present a case for and against harm reduction as an intervention
- To enable participants to explore the complexities of harm reduction theories and practice, be confident in their interventions with service users and able to support their interventions with evidence

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers Pete Smith & Colin Tyrrie

Date 9th & 16th May 2011
28th & October (part 1) 4th November (part 2) 2011
16th & 23rd March 2012

The Sleeping Giant Awakes! Hepatitis C

Duration: 1 Day Course

Course Aims:

- To provide a basic but comprehensive awareness of Hepatitis C, including epidemiology, prevention, treatment and best practice guidance

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Colin Tyrie & Gary Beeny

Date: 17th June 2011

Who Ate All the P.I.E.D.S. 'An Introduction to Performance and Image Enhancing Drugs'

Duration: 1 Day Course

Course Aims:

- To gain a greater understanding of the types of drugs used and their side effects
- To gain a greater understanding of intramuscular and subcutaneous injecting and associated risks
- To be given appropriate Harm Reduction advice to service users
- To examine the pressures of body image in modern culture

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Gary Beeny

Date: 16th January 2012

Rather Have a Cup of Tea 'Over 50's'

Duration: 1 Day Course

Course Aims:

- To enable participants to explore issues around sexuality, safer sex and people over 50
- To explore the current data around HIV, STIs and people over 50
- To inform participants of suitable resources and relevant agencies
- To increase workers' awareness around the sexual health needs of the over 50s

Target Audience:

Frontline staff in a health or social care setting working with the over 50s

Trainers: Pete Smith & Josanne Cowell

Date: 4th & 5th August 2011

Call the Cops The Essential Guide to Legal and Illegal Highs

Duration: Half Day Course

Course Aims:

- To explore the expanding internet drug market
- To explore the knowledge base around legal highs
- To consider the relationship between legal highs and 'Big' society

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Gary Beeny

Date: 23rd January 2012

Curry & Rice The Ultimate Take Away

'Speedballing' or using Heroin and Crack together is one of the most dangerous forms of poly drug use

Duration: 1 Day Course

Course Aims:

- Provide an in-depth exploration of covering history, effects and physical harms
- The course will cover harm reduction advice /strategies and investigate various treatment options

Target Audience:

Needle syringe workers and volunteers, drug workers and anyone wanting to increase their knowledge of these drugs

Trainers: Gary Beeny

Date: 1st February 2012

Pass It On

Duration: 2 Day Course

Course Aims:

- 'Pass it on' is a two day training on blood-borne virus (BBV) prevention for workers/volunteers in drug services or any service that works with drug users. The course is aimed at providing participants with the knowledge and skills to be a 'champion' within their own service area on BBV prevention and promote good practice in the day to day running of their service. All participants will be provided with a training pack, including a PDF of activities and PowerPoint slides, and a DVD with three training films included.

Target Audience:

Frontline workers in a health or social care setting, i.e. clinical staff, social workers, third sector workers and any one who works with drug users

Trainers: Colin Tyrie, Mark Holder, Stewart Moores & Sue Gwynn

Date: 12th & 13th December 2011

Stopping Smoking

Parts of Manchester have some of the highest rates of smoking and consequent ill-health in the country. We also see, however, a great deal of success with quitting smoking in the city with close to 5,000 people successfully quit at four weeks with the help of Manchester Stop Smoking Service in 2009/2010.

Much of the support for quitting smoking within Manchester is provided by 'stop smoking intermediates' i.e. people for whom helping others stop smoking is part of a larger role (e.g. pharmacy staff, midwives, GP practices staff).

Manchester Stop Smoking Service runs regular training for new 'stop smoking intermediates' covering areas such as building motivation, products available for supporting stopping smoking and the benefits of becoming smokefree.

The training delivered by Manchester Stop Smoking Service is designed to support front line health and other staff to promote a smokefree future for the City. It consists of a mixture of information and skills-based courses with solution-focussed approaches to supporting behaviour change at the heart of the approaches taken. There are also particular courses tailored for those working with pregnant women.

Stop Smoking Intermediate Training

Duration: 1 Day Course

Course Aims:

- To equip staff to support a quit attempt
- To increase the number of people quitting smoking in Manchester
- To reduce health inequality
- To contribute to the achievement of the Department of Health stop smoking & infant mortality targets
- Enable staff to comply with NICE guidelines
- To standardise and update knowledge and information on stop smoking interventions for health and other professionals
- To raise confidence levels of health and other professionals in engaging smokers on a more regular basis through the understanding and application of behaviour change models
- To increase the network of intermediate support service professionals

Target Audience:

Frontline workers in a health or social care setting

Trainers:

Abbie Paton, Ali Reid, Anne-Marie Riley, Chris Green, Jason Kennedy, Kate Griffiths, Kim Skinner, Lana Burrows, Mark Brown and Rebecca Coyle

Date:

11th April 2011 – Thompson St Fire Station
16th May 2011 – Moss Side Fire Station
20th June 2011 – Wythenshawe Forum
13th July 2011 – Thompson St Fire Station
19th August 2011 – Moss Side Fire Station
19th September 2011 – Wythenshawe Forum
5th October 2011 – Thompson St Fire Station
8th November 2011 – Moss Side Fire Station
9th December 2011 – Wythenshawe Forum
TBC January 2012 – Thompson St Fire Station
10th February 2012 – Moss Side Fire Station
TBC March 2012 – Wythenshawe Forum

Public Health Skills

Delivery of health promotion interventions requires certain skills, many of which can be used in a range of different contexts. Whether we are running a group; demonstrating how to choose and cook healthy foods or supporting people in personal lifestyle behaviour changes, there are some basic principles and techniques that can be applied and which will enhance the chances of achieving success. The courses in this section address the need to deliver interventions in as effective way as possible, sometimes in a limited amount of time.

Motivating Behaviour Change – Supporting Healthier Lifestyle Choices

Duration: 1 Day Course

This course is a simple introduction to brief interventions, brief motivational interviewing and brief solution focus therapy for those new to the task of supporting behaviour change

Course Aims:

- To provide participants with a range of simple models and tools for understanding and supporting lifestyle behaviour change in their clients
- To provide participants with the opportunity to observe and practise helping strategies that can be employed when time is limited
- To enhance confidence in the use of simple behaviour change strategies

Target Audience:

Frontline workers in a health or social care setting who are in a position to support lifestyle behaviour change in others

Trainers: MPHDS Staff

Date: 17th May 2011 8th June 2011
16th September 2011 10th November 2011
6th December 2011 27th January 2012

Building Self Esteem and Assertiveness in Others

Duration: 1 Day Course

Course Aims:

- To gain an understanding of self esteem and assertiveness and how much it impact on clients behaviours
- To develop a greater understanding of and strategies for improving self-esteem and assertiveness
- To support participants in exploring ways to help the people they work with to make personal choices

Target Audience:

Frontline workers in health or social care setting, i.e. clinical staff, social workers and third sector workers

Trainers: Michelle Ashworth

Date: 6th September 2011 8th December 2011
8th February 2012

Group Work Skills

Duration: 1 Day Course

Course Aims:

- To enable participants to set up and run groups, for information sessions, self help and support, or for health activities
- To increase participants' understanding of how groups function
- To provide participants with knowledge of a range of activities and methods to use with groups

Target Audience:

Frontline workers in health or social care setting

Trainers: Caroline Bedale, Shamin Malik & Pia Feig

Date: 15th June 2011 11th October 2011
2nd February 2012

Supporting Healthy Weight – a practical approach

Duration: 1 Day Course

Course Aims:

- To explore practical and realistic approaches to supporting weight loss

Target Audience:

Frontline workers in a health or social care setting who support people to lose weight and maintain health

Trainers: Hazel Andrews & Steffie ElHassan

Date: 19th October 2011 19th January 2012

Cook and Taste Groups: A practical guide

Duration: 1 Day Course

Course Aims:

- To enable participants to experience a well-run Cook and Taste group and make budget snacks.
- To enable participants to plan their own Cook and Taste group.
- To explore some of the different ways Cook and Taste groups can be used, for weight management, skills and support etc.

Target Audience:

Frontline workers and volunteers who are in a position to run Cook and Taste groups.

Applicants will need to have completed the Food Safety RSPH Level 2 Award or be booked on to the course before coming on the training

Trainers: Eleanor Murphy, Pia Feig & Bernie Murphy

Date: 20th July 2011 29th November 2011
1st March 2012

Terms and Conditions

1. Participants will ensure they have agreement from their managers/ supervisors to attend any course.
2. Participants must complete an application form (which is available in this brochure.) Participants must complete a **separate application form for each course** they wish to apply for. The application form should be printed or photocopied as appropriate.
3. Once an application has been processed, participants will receive a confirmation via email/ post detailing course title, date, time and venue. Once the participant has received this written confirmation it is expected that they will attend.

If for whatever reason a participant has not received communication regarding a course they have applied for, they should not presume that they have not been booked on. If in doubt, participants should contact the appropriate administrator.

4. Failure of notification of cancellation or non attendance on the day will result in a **£75 charge**. **Late arrivals** may not be admitted and may result in a **£75 charge**. Any charges will be made to the organisation.

If for any reason a participant is unable to attend, a **cancellation form** (contained within this brochure) should be sent by email/post/fax, and should be received no later than **a week** before the course commences. A phone call is not accepted as notification of a cancellation.

5. If a participant is unable to attend it is acceptable with enough notice for another member of staff within their organisation to attend in their place. However, notification of the change must be given within one week; an application form for the new applicant and a notification of cancellation must be received.

6. Courses will begin promptly as detailed on the confirmation letter.

Participants must ensure that they are ready to start at designated time. If for whatever reason participants are unsure what time the course they are attending is scheduled to commence, they should contact the appropriate administrator, in advance of the day of the course, for clarity.

7. Please ensure that you read the confirmation letter carefully for details of time and venue.

8. Participants must complete the whole course in order to obtain their certificate.

9. In order to allow a cross section of participants from different agencies and to ensure fairness, please note that only two applicants will be permitted per course. If you have a large number of staff who wish to attend a particular course then please phone to discuss.

10. Manchester Public Health Development Service strives to make training a safe, pleasant and practical learning experience.

Evaluation is an integral part of every training course delivered and participants are advised to engage with the evaluation methods employed. This will allow MPHDS to gauge participant satisfaction, identify improvements that can be made and allow MPHDS to continue to meet the needs of organisations and individuals that attend training.

Our **Health and Information and Resources Library** provides high quality, evidence based information and resources to support Public Health in Manchester. This includes training on searching for information. Please email HIRL@mhsc.nhs.uk for more information.

If you require more information about the MPHDS training programme, please contact the appropriate administrators.

- **Mental Health**
Administrator: Madge Strong
MPHDS
Victoria Mill
Lower Vickers Street
Miles Platting
Manchester
M40 7JL
Tel: 0161 861 2547
Email: madge.strong@mhsc.nhs.uk
- **Physical Activity/Healthy Eating/Cancer Prevention/Oral Health/Public Health Skills**
Administrator: Ruhana Miah
MPHDS
1st Floor Fallowfield Library
Platt Lane
Fallowfield
M14 7FB
Tel: 0161 248 1766
Email: ruhana.miah@mhsc.nhs.uk
- **Sexual Health and Harm Reduction**
Administrator: Kellie McGuire
MPHDS
1st Floor Fallowfield Library
Platt Lane
Fallowfield
M14 7FB
Tel: 0161 248 1750
Email: kellie.mcguire@mhsc.nhs.uk
- **Stop Smoking**
Administrator: Michelle Dooley
MPHDS
Victoria Mill
Lower Vickers Street
Miles Platting
Manchester
M40 7LJ
Tel: 0161 861 2587
Email: michelle.dooley@mhsc.nhs.uk

Training Programme

Application Form

Fill in black ink using block capitals - Please read the terms and conditions before applying
A separate form is required for each training course

Course Title:.....		Course Date:.....	
Name: <input type="text"/> <input type="text"/>		Occupation/Job Title:.....	
Please print your name clearly as the name that appears above will be the one used on your certificate			
Group/Organisation:		Tel No.: <input type="text"/>	
Address:.....		Fax No.: <input type="text"/>	
Post Code:.....		Mobile: <input type="text"/>	
		Email: <input type="text"/> <input type="text"/>	
Management Approval:		Print Name	Signature
I confirm that I support this application. I will ensure the applicant is freed from his/her normal duties in order to attend.			
NB: If you require more than 2 individuals from your organisation to attend a particular training, please contact us.			
Manager's Email		<input type="text"/> <input type="text"/>	
Candidate Agreement:		Print Name	Signature
I confirm that I have read, agree with and understand the MPHDS Training Programme Terms and Conditions			
How did you find out about this course?		Via Email Marketing Self Inquiry MPHDS Website Other Please state.....	Via colleague/Line Manager Contacted by Course Trainer Poster/Flyer
Special Needs Requirements In order to help us to plan appropriate aids and adaptations to enable staff with a disability to attend training courses, please state in the box below any equipment or help you may require. e.g. mobility requirements, portable loop system; electronic handouts; handouts printed on coloured paper; Braille etc			
Reason for Applying (provided to trainers prior to the course to allow them to gain an understanding of your need and where possible to best tailor the course to your requirements)			
Why have you applied for this course?			
Please list 3 objectives you wish to achieve from attending this course		1. 2. 3.	
There are different administrators for different courses, please send your application form to the appropriate administrator			
Section	Administrator	Base	
Mental Health	Madge Strong	Victoria Mill 0161 861 2547	
Physical Activity, Healthy Eating, Cancer Prevention, Oral Health and Public Health Skills	Ruhana Miah	Fallowfield Library 0161 248 1766	
Sexual Health & Harm Reduction	Kellie McGuire	Fallowfield Library 0161 248 1750	
Stop Smoking	Michelle Dooley	Victoria Mill 0161 861 2587	
Victoria Mill Lower Vickers Street, Miles Platting, Manchester, M40 7LJ Tel: 0161 861 2546 (Switchboard) Fax: 0161 203 5817		Fallowfield Library 1st Floor Fallowfield Library, Platt Lane, Fallowfield, Manchester, M14 7FB Tel: 0161 248 1767 (Switchboard) Fax: 0161 248 1751	

Training Programme

Participant Place Cancellation Form

Fill in black ink using block capitals - Please read the terms and conditions for more information
A separate form is required for each training course

Course Title:.....	Course Date:.....
Name: <input type="text"/> <input type="text"/>	Occupation/Job Title:.....
Group/Organisation:	Tel No.: <input type="text"/>
Address:.....	Fax No.: <input type="text"/>
Post Code:.....	Mobile: <input type="text"/>
	Email: <input type="text"/> <input type="text"/>

Reason for Cancellation:

.....

Points to remember:-

If a candidate cannot attend their chosen course, they must notify the department one week before the course date. If the candidate is not able to notify of non-attendance, e.g. maternity leave, sickness leave, compassionate leave, this then becomes the responsibility of the line manager to inform the department. This will enable us to re-allocate the place.

If the applicant or their manager fails to inform us of their inability to attend for any reason, the unsubsidised course fee rate of **£75** will be charged.

Applicants will ensure that they inform us of any change of address or other contact details.

Courses will begin promptly, generally at 9.30 am unless otherwise stated.

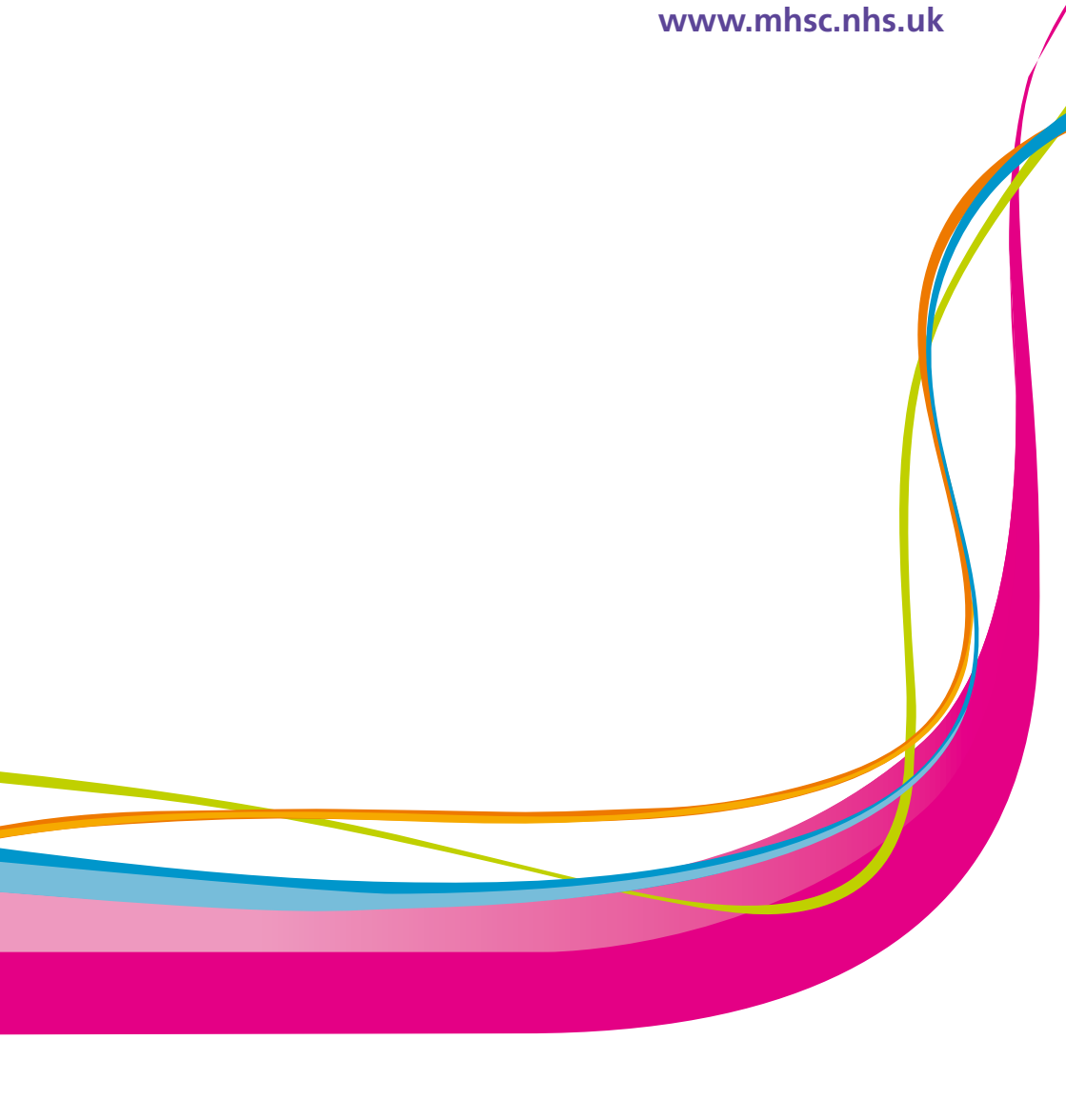
Management Approval:	<i>Print Name</i>	<i>Signature</i>	<i>Date</i>
I confirm that I support this cancellation			

****There are different administrators for different courses, please send your cancellation form to the appropriate administrator****

<u>Section</u>	<u>Administrator</u>	<u>Base</u>
Mental Health	Madge Strong	Victoria Mill 0161 861 2547
Physical Activity, Healthy Eating, Cancer Prevention	Ruhana Miah	Fallowfield Library 0161 248 1766
Sexual Health & Harm Reduction	Kellie McGuire	Fallowfield Library 0161 248 1750
Stop Smoking	Michelle Dooley	Victoria Mill 0161 861 2587

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