

Free*

Health Promotion Courses in Brighton & Hove

An introduction to 'Making every contact count' (MECC) Workshop (0.5 days)

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

Very Brief Interventions are pro-actively introducing the idea of change and motivating individuals to start making changes to their health behaviour. They are usually given

opportunistically and are a short intervention (usually from 30 seconds to 3 minutes).

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

Health Awareness Royal Society for Public Health (RSPH) Award (1 day)

An introductory-level health awareness course, suitable for practitioners with a role in promoting health and wellbeing. The course provides learners with a basic awareness of the

principles of health and the impact of health behaviour on health and well-being. Participants will be provided with a range of resources on promoting health.

Understanding Health Improvement RSPH Accredited Course (1.5 days)

This Level 2 course is specifically designed for practitioners with an interest in developing public health knowledge and skills and who wish to build on their role in promoting health and wellbeing.

The course provides learners with understanding of the benefits of positive health and well-being and how to support and guide individuals towards further practical support in adopting and maintaining a healthier life.

Supporting Behaviour Change RSPH Accredited Course (2 days)

This Level 2 course is designed for practitioners currently working face to face with individuals to change health related behaviours.

The course provides learners with knowledge, skills and understanding of effectively supporting health behaviour change with individuals. It enables participants to develop

skills and confidence to work with individuals whatever their readiness to change, drawing on the theoretical and evidence base of behaviour change. Participants will develop skills in reflective listening and be introduced to the principles which underpin motivational interviewing, while also considering what helps and hinders the change process.

Further details, including learning outcomes can be found at <https://learning.brighton-hove.gov.uk> - scroll down to the Health Promotion section.

Please turn over for details of 2016/17 course dates and times.

*Courses are free, however there is a small charge for the accreditation / award - £10 for Health Awareness and £20 for Health Improvement and Behaviour Change courses. These fees are payable by cash or cheque on the day; receipts provided.

RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE


Brighton & Hove
City Council

Health Promotion Courses 2016/2017

Dates	Times	Course Name
Tues 3 May 2016	9.30am – 4.30pm	Health Awareness (1 day)
Thur 16 & Fri 17 June 2016	9.30am – 4.30pm & 9.30am – 12.30pm	Understanding Health Improvement (1.5 days)
Thur 23 & Fri 24 June 2016	9.30am – 4.30pm	Supporting Behaviour Change (2 days)
Wed 6 July 2016	9.30am – 12:30pm	NEW ! An introduction to Making every contact count (MECC) Workshop
Wed 20 & Thur 21 July 2016	9.30am – 4.30pm & 9.30am – 12.30pm	Understanding Health Improvement (1.5 days)
Mon 5 & Tues 6 Sept 2016	9.30am – 4.30pm	Supporting Behaviour Change (2 days)
Mon 12 & Tues 13 Sept 2016	9.30am – 4.30pm & 9.30am – 12.30pm	Understanding Health Improvement (1.5 days)
Tues 1 & Wed 2 Nov 2016	9.30am – 4.30pm & 9.30am – 12.30pm	Understanding Health Improvement (1.5 days)
Thur 1 & Fri 2 Dec 2016	9.30am – 4.30pm	Supporting Behaviour Change (2 days)
Fri 9 Dec 2016	1.30pm – 4.30pm	NEW ! An introduction to Making every contact count (MECC) Workshop
Mon 9 & Tues 10 Jan 2017	9.30am – 4.30pm & 9.30am – 12.30pm	Understanding Health Improvement (1.5 days)
Tues 17 & Wed 18 Jan 2017	9.30am – 4.30pm	Supporting Behaviour Change (2 days)
Weds 1 February 2017	9.30am – 4.30pm	Health Awareness (1 day)
Wed 15 & Thur 16 Feb 2017	9.30am – 4.30pm & 9.30am – 12.30pm	Understanding Health Improvement (1.5 days)

To apply for these courses please visit:

<https://learning.brighton-hove.gov.uk> - scroll down to the Health Promotion section for the course details.

For any administrative enquiries please email learning@brighton-hove.gov.uk or call 01273 295282.

There is a range of other topic based Health Promotion courses provided in Brighton & Hove, including substance misuse, sexual health, mental health and physical activity, visit www.brighton-hove.gov.uk/health-training