



@LeicesterHS



RSPH LEVEL 2 AWARD IN UNDERSTANDING HEALTH IMPROVEMENT

Available to Healthy Schools Network
Members ONLY

DATE TBC 2020

9.00AM - 4.15PM

SCHOOL DEVELOPMENT SUPPORT AGENCY
TRAINING ROOM, BISHOP STREET, LEICESTER

The aim of this one-day training event is to train people to become Health & Wellbeing Champions within their school. The role of the Health & Wellbeing Champion involves:

- identifying health improvement needs within the local area
- raising awareness of health and wellbeing
- providing children and young people, parents and colleagues with simple health advice
- signposting people to where they can obtain further health improvement advice and support.

This training event will demystify the role of the Health & Wellbeing Champion, provide practical advice and suggestions for activities Champions can get involved with and cover the knowledge required to achieve the *Royal Society for Public Health's Award in Understanding Health Improvement*. There will be a short multiple choice test on the day to enable people to achieve this qualification ... this is not scary and nothing to be anxious about!

Delegates will receive a workbook on the day for them to use to make notes as well as handouts and links to useful resources to support them in their role as a Health & Wellbeing Champion.

The following will be covered on the day:

1. **HEALTH INEQUALITIES** – what these are, factors that lead to these and strategies to overcome health inequalities
2. **EFFECTIVE COMMUNICATION** – how communication can be used effectively when discussing sensitive health and wellbeing issues
3. **PROMOTING HEALTH IMPROVEMENT** – key messages and benefits of changing a health behaviour such as stopping smoking, reducing alcohol intake, increasing physical activity, eating a healthier diet and being a healthy weight
4. **SUPPORTING PEOPLE IF THEY WISH TO CHANGE A LIFESTYLE BEHAVIOUR** – including providing brief advice and signposting to where they can find further advice, information and/or support
5. **PUTTING YOUR KNOWLEDGE INTO PRACTICE** – action planning for health promotion initiatives within schools.

**£75 +VAT
PER
DELEGATE**

(includes workbook, test and lunch)

To register your interest please email Rebecca Partington

rebecca.partington@sdsa.net

(please note that spaces will be limited but a waitlist will be available, non-attendance will still be charged)

