

Helping People Change for Health  
Level 1- introductory course



Dates & Times 2019	Location	Who is it for?	Cost
<p><b>All sessions must be completed</b></p> <p><b>Day 1:</b> 8<sup>th</sup> March 2019 : 9:15-16.30</p> <p><b>&amp;</b></p> <p><b>Day 2:</b> 21<sup>st</sup> March 2019: 09:15 – 16:00</p> <p><b>&amp;</b></p> <p><b>Follow-up session:</b> 2<sup>nd</sup> May 2019: 09:30 – 11:30am</p>	<p>The Community Hub @ AGB Moray UHI/College</p> <p>Moray St, Elgin, IV30 1JJ</p>	<p>For people with a role in improving health who wish to gain skills and confidence to support and facilitate health behaviour change.</p> <ul style="list-style-type: none"> <li>• NHS Staff</li> <li>• Local Authority</li> <li>• Third/Voluntary sector workers</li> </ul> <p>This is a practical introductory course led by experienced NHS Grampian Health Improvement Practitioners.</p>	<p>The course is free</p> <p>Tea &amp; coffee provided</p> <p>Please bring your own lunch or use the UHI canteen facilities</p>

**What is the aim of this course?**

The overall aim is to provide an introductory understanding to health behaviour change approaches and the skills needed to have an effective change conversation.

More specifically, by the end of the two day course we hope you will:

- 1) Understand the influences on health at various levels
- 2) Be comfortable with your role in supporting health behaviour change
- 3) Feel more skilled and confident to use a health behaviour change approach

**What is health behaviour change?**

The term health behaviour change describes a collection of evidence-informed approaches for helping and supporting people to change behaviours such as smoking, alcohol consumption, diet, and physical activity.

The course is grounded in the latest evidence on health behaviour change as well as what is known about how people can best learn skills in training courses. For instance, opportunities to **practice** and time for **reflection** and **receive feedback** are important –these are included in the course and in the follow-up ‘classroom to clinic’ sessions.

## Who is this course for?

This course is for all health and social care practitioners within the NHS Grampian, Health and Social care Moray and Third/voluntary Sector workers who have **a role in improving health** and **are interested and able to learn more about health behaviour change**. It's for you if you have a **face-to-face role** with patients, customers or clients where you may have an opportunity to talk with them about making changes to their lifestyle behaviours in order to improve health.

## What are the requirements?

You need to attend **both days of the course and the 'classroom to clinic' session**.

If you cannot attend these learning activities, you might wish to sign up for the course another time.

Before the course	Between course days	6 weeks after the course
Speak with your line manager about the support they can offer to enable you to use the skills in your practice  Completing the NHS Health Scotland e-learning module 'Health Behaviour Change – level 1'. This provides essential knowledge (full details for accessing this will be provided)	Practicing of techniques and completing a diary	Attend a short follow up session. This will involve discussing real life cases and receiving feedback and offering feedback on the course completed.

## What will I gain?

You will gain skills which will help you have effective change conversations with your patients, clients and customers, and perhaps even family, friends or colleagues. This may help improve your job satisfaction and even your personal wellbeing!

This course is funded by NHS Grampian Public Health and is **completely free**. However, last minute cancellations may incur a charge.

## How can I register?

To register for the course or if you have any further questions, please email Sheila Robertson, Administrator in Public Health at [sheila.robertson@nhs.net](mailto:sheila.robertson@nhs.net), or call her on 01224 558466.