

Health Promotion Service

Virtual Training Programme

Summer 2021



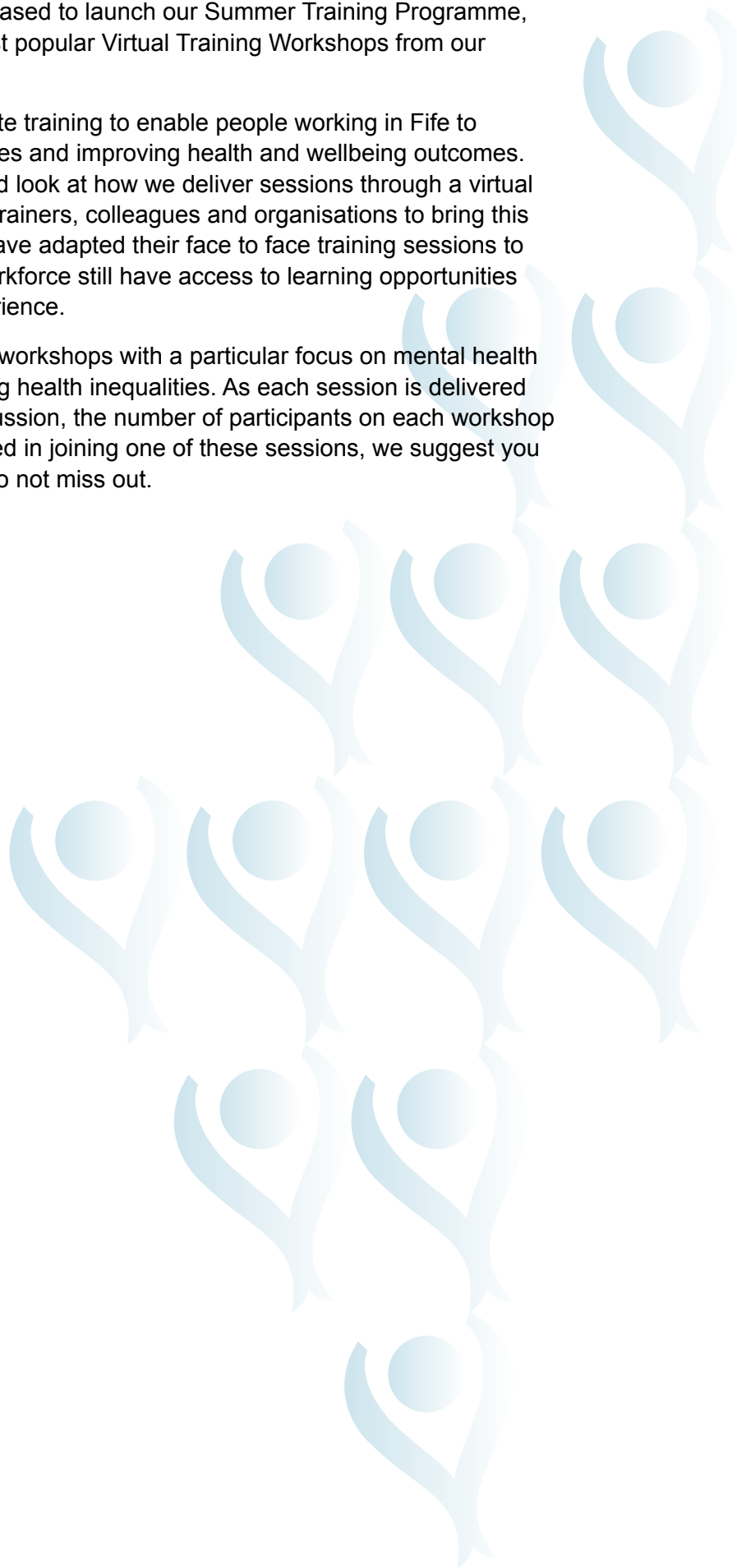
Introduction

The Health Promotion Training Team are pleased to launch our Summer Training Programme, which includes a handful of some of the most popular Virtual Training Workshops from our 2020-2021 Programme.

As a training team, we provide and coordinate training to enable people working in Fife to contribute towards reducing health inequalities and improving health and wellbeing outcomes. Over the past year we have had to adapt and look at how we deliver sessions through a virtual platform, working collaboratively with many trainers, colleagues and organisations to bring this to fruition. As a result many of our trainers have adapted their face to face training sessions to be delivered digitally, ensuring that Fife's workforce still have access to learning opportunities to enhance their knowledge, skills and experience.

This Programme offers a selection of virtual workshops with a particular focus on mental health and wellbeing, digital facilitation and reducing health inequalities. As each session is delivered online and requires active learning and discussion, the number of participants on each workshop may be limited, therefore, if you are interested in joining one of these sessions, we suggest you sign up as soon as possible to ensure you do not miss out.

Thank you for your continued support,
The Health Promotion Training Team



An Introduction to 'Good Conversations'

Aim:

To provide an overview of key aspects of taking a personal outcomes approach to conversations.

Learning Outcomes:

By the end of this 2 part course participants will have:

- Explored the values and beliefs which supports an outcomes, assets based approach
- Reflected on their understanding of facilitative and enabling approaches
- Been introduced to an overview of outcomes focussed conversations and a range of flexible and person centred conversational strategies and techniques
- Become aware of a shift from listening to problems in order to fix to, listening to problems in order to acknowledge, discover signs of resilience, identify coping behaviour and possible evidence of already existing solutions
- Been introduced to a set of 'micro skills' to enable people to think about what they want.

Who should attend?

This course will benefit those who have supportive conversations. In particular those who are having conversations with people living with long term conditions or dealing with challenges either at work or home. It will be applicable for all NHS staff, those in the voluntary sector or health and social care partnership.

Course Length:

2.5 hours (afternoon) - 2 sessions
(participants are expected to attend both sessions)

Dates:

Part 1:
Wednesday 16th June 2021
13:30-16:00 (This will include a break half way)

Part 2:
Wednesday 23rd June 2021
13:30-16:00 (This will include a break half way)

Platform:

Microsoft Teams

Facilitators:

Alison Linyard, Personal Outcomes Programme Manager, NHS Fife
Jill Sunter, Health Promotion Officer, Fife Health & Social Care Partnership

Cost: Free

An Introduction to 'Good Conversations'

To provide an overview of key aspects of taking a personal outcomes approach to conversations.

Creating a Fairer Healthier Fife

Aim:

The aim of this session is to define what we mean by health, explore the dimensions of health and increase knowledge on health inequalities and the impact of COVID-19.

Learning Outcomes:

By the end of this course participants will:

- Have explored definitions of health
- Know how to take a holistic approach to the dimensions of health
- Have been introduced to the determinants of health
- Have been introduced to health inequalities
- Have explored how their role can influence the impacts of COVID-19.

Who should attend?

This course is intended to be of benefit to all occupational groups in health and social care, social work, housing, third sector and independent care providers with a role, or interest in improving health and tackling health inequalities.

Course Length:

1.5 hours

Date:

Tuesday 6 July 2021
14:00-15:30

Platform:

Microsoft Teams

Facilitators:

Laura Petrie, Senior Health Promotion Officer - Training, Fife Health & Social Care Partnership
Katie Provan, Senior Health Promotion Officer - Localities, Fife Health & Social Care Partnership

Cost: Free



Introduction to Digital Creative Facilitation

Aim:

To increase participants' creativity and confidence when preparing and delivering virtual training sessions using an online platform as well as their skills and confidence to deliver innovative activities through participative group work.

Learning Outcomes:

By the end of this course participants will have:

- Increased understanding of the variety of tools to create a rich learning environment
- Identified ways of incorporating digital resources to stimulate creativity and enhance different learning styles/techniques
- A better understanding of digital creative facilitation.

Who should attend?

This session is for anyone who uses an online platform to deliver training and would like to increase their creativity and skills to enhance their session.

An Introduction to Digital Creative Facilitation

To increase participants' creativity and confidence when preparing and delivering virtual training sessions.

Course Length:

1.5 hours (morning)

Dates:

Tuesday 22 June 2021

10:00-11:30

Tuesday 27 July 2021

10:00-11:30

Platform:

Microsoft Teams

Facilitators:

Laura Petrie, Senior Health Promotion Officer - Training, Fife Health & Social Care Partnership

Annemarie Smith, Senior Health Promotion Officer - Localities, Fife Health & Social Care Partnership

Pippa Couzens, Assistant Health Promotion Officer, Fife Health & Social Care Partnership

Cost: Free

Mental Health Improvement and Prevention of Self Harm and Suicide Prevention Ask, Tell...Awareness Animations

Aim:

To raise awareness and have facilitated discussions around the 3 Ask, Tell... educational animations which highlight areas such as mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal.

Learning Outcomes:

By the end of this course participants will:

- Be able to identify ways to support people to have good mental health
- Be familiar with ways you can look after your own mental health
- Be able to explain what mental health is
- Have an awareness of situations that can negatively affect our mental health
- Be able to demonstrate an awareness of the prevalence of mental health problems
- Have an understanding of the wider issues that can affect people accessing support for their mental health
- Be able to demonstrate an awareness of the prevalence of suicide
- Be aware of the risk of re attempt associated with previous suicide attempt
- Be able to identify what to do when you are worried about someone's mental health.

Who should attend?

This session is for anyone who has a remit and/or interest in Mental Health Improvement and Suicide Prevention.

Course Length:

1.5 hours (morning)

Dates:

Tuesday 8 June 2021
09:30-11:00

Tuesday 6 July 2021
09:30-11:00

Platform:

Microsoft Teams

Facilitators:

Eddie Martin, Health Promotion Officer - Mental Health Training, Fife Health & Social Care Partnership
Helen Hutton, Outreach Counselling Coordinator, Fife Alcohol Support Service
Sarah White, Alcohol Counsellor, Fife Alcohol Support Service

Cost: Free

Positive Steps to Increase Mental Wellbeing

Aim:

This session aims to increase understanding of mental wellbeing and awareness of the positive steps to increase wellbeing.

Learning Outcomes:

By the end of this course participants will have:

- An understanding of definitions of mental health and wellbeing
- An understanding of positive steps everyone can take to increase wellbeing.

Who should attend?

This session is for everyone who would like to take steps to support mental wellbeing in Fife.

Course Length:

1 hour (morning)

Dates:

Wednesday 9 June 2021

10:30-11:30

Tuesday 27 July 2021

10:30-11:30

Platform:

Microsoft Teams

Facilitators:

Annemarie Smith, Senior Health Promotion Officer - Localities, Fife Health & Social Care Partnership

Jill Sunter, Health Promotion Officer, Fife Health & Social Care Partnership

Natalie Bate, Assistant Health Promotion Officer, Fife Health & Social Care Partnership

Eddie Martin, Health Promotion Officer - Mental Health Training, Fife Health & Social Care Partnership

Cost: Free

Positive Steps to Increase Mental Wellbeing

*To increase
understanding of mental
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increase wellbeing.*

How to Apply

Please read the workshop aims and learning outcomes carefully in order to ensure that your chosen workshop is right for you.

To register your interest, please email the Training Team. Your email must contain the following information:

- Workshop Title
- Workshop Date
- Job Title and Organisation
- Full Contact Details
- Microsoft Teams email if you have one

An acknowledgement email will be sent to confirm your interest. Places are not offered on a first come first served basis. You will be notified via email approximately 1-2 weeks prior to the workshop if your application has been successful.

If the workshop is oversubscribed and you do not receive a place, you may be contacted at short notice should there be a cancellation.

If you are successful in getting a place on any of the workshops, you will receive joining instructions along with your confirmation email. Note: you do not have to have an account and/or app for the virtual courses. Access can be made through your browser.

If you need to cancel your place on the workshop, you must notify us by email ASAP, that way we may be able to offer your place to someone else.

We appreciate not everyone will be confident when it comes to accessing online virtual workshops. Please email the Training Team for support or guidance.

Fife Health Promotion Team email: fife.hittraining@nhs.scot

