

# Training for Professionals

## Royal Society of Public Health Level 2 - Understanding Health Improvement Award

Halton Health Improvement Team is a certified RSPH (Royal Society of Public Health) Training Centre and provides RSPH training to statutory and voluntary organisations across Halton.

We offer training in areas including:

- Alcohol - IBA (Intermediate Brief Advice) and alcohol awareness
- Mental health
- Smoking Cessation
- Weight Management
- Children & Young People

## City and Guilds Qualifications

Level 3 Certificate for Health Trainers and Understanding Physiological Measurements.

## Who do we deliver training to?

Health Visitors, Children's Centre staff, volunteers, schools, council staff, voluntary organisations, NHS. We can also offer training in areas including youth health champions, infant feeding, retirement, health and social care, and mental health.

For more information or a copy of our training prospectus, please contact us on 0300 029 0029.

### START WELL

Giving children the best start in life

Start Well

### LIVE WELL

Helping adults lead healthier lifestyles

Live Well

### AGE WELL

Supporting healthy and active ageing

Age Well

## Contact us for more information:

Tel: 0300 029 0029  
Email: HIT@halton.gov.uk  
Twitter: @HaltonBC  
Facebook: /HaltonBC

[www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)

## Halton Health Improvement Team What can we offer your clients?



**Start Well**

## START WELL

Giving children the best start in life

### Infant Feeding Support

Support for breastfeeding mums both antenatally and postnatally via one to one home visits, telephone support, support groups and workshops.

### Introducing Solid Foods

Informal sessions for parents who want to start introducing solid foods to their babies.

### Healthy eating and physical activities

Programmes for children & families including the popular Fit 4 Life healthy weight programme.

### Healthy Schools and Early Years

Work with early years settings and local schools on subjects such as mental health, bullying, smoking, healthy lifestyles and alcohol.

### Positive Parenting Programme (Triple P)

Gives parents/carers simple tips to help manage the problems of family life, such as toddler tantrums, teenage rebellion & self esteem issues.

### Health Engagement Officers

Working one to one with families to bridge the gap between health services and the community.



**Live Well**

## LIVE WELL

Helping adults lead healthier lifestyles

### Halton Smokefree Service

Working to reduce tobacco harm across Halton and support smokers who want to quit.

### Alcohol awareness & harm reduction

Raising awareness locally about safe amounts of alcohol and how to get help with alcohol addiction.

### Weight management

Help and advice for adults to lose weight, lead healthier lifestyles and get active.

### Mental health and suicide awareness

Specialist training for front line staff - mental health awareness & signposting, ASK suicide training, self harm & stigma reduction.

### NHS Health Checks

Residents aged 40 - 74 may be eligible for a FREE NHS Health Check, which tests for diabetes, kidney & heart disease and risk of stroke & dementia.



**Age Well**

## AGE WELL

Supporting healthy and active ageing

### Age Well exercise sessions for the over 50s

Exercise and home safety advice for people who have fallen or are at risk of falling. Helps avoid hospital admissions and maintain independence.

### Exercise and support for people with chronic conditions

Tailored classes for people with pulmonary or cardiovascular disease & those recovering from cancer.

### Activities and support for older people in the community in conjunction with Sure Start to Later Life

Provision and signposting - services and classes that help the over 55s, feel less isolated, learn new skills, feel better & get active. Contact Sure Start to Later Life direct on 01928 569477 or 01928 569498.

### Early detection of cancer & promotion of screening.

Community awareness campaigns & training for front-line staff & community groups on the signs & symptoms of cancer & screening.



0300 029 0029

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