

Education and Skills for Promoting Health

Short Course and
Seminar Programme
January-June 2001

Introduction

The Health Promotion Agency for Northern Ireland (HPA) is pleased to present its programme of short courses and seminars for the period January-June 2001.

The aim of the short courses and seminars is to strengthen health promotion practice by focusing on current issues and by drawing on wide expertise to address these issues. The courses are open to a wide range of people working to promote health.

To ensure greater access to the short courses, fees have been subsidised by the HPA.

These courses and seminars will assist with:

- portfolio building towards Post Registration Education in Practice (PREP);
- meeting organisational goals such as Investors in People.

The Postgraduate Education Allowance (PGEA) accreditation has been applied for, for all elements of this programme.

A further prospectus of courses for September-December 2001 will be available from August 2001.

How to apply for short courses

A booking form is enclosed at the end of this brochure. It may be photocopied and applicants should use a separate form for each individual and each course. Guidance may be obtained from Claire Hind.

General information about any of the courses can be obtained by contacting Máire Campbell, Regional Health Promotion Manager (Training and Professional Development).

Early application for places is recommended, as courses can quickly become over-subscribed.

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Short Courses

Drugs and the family

This two day course aims to equip participants with skills to support families experiencing drug related problems. Depending on the needs and experience of participants the course will cover the following areas:

- exploring family relationships and how they may be affected by drug use;
- understanding the needs of those in a relationship with a drug user and developing practical ways of addressing these needs;
- developing practical support and counselling skills;
- developing training skills that will enable participants to run similar courses for others.

Potential participants

Health workers, community drug workers and educators, social workers, probation officers, or anyone who is likely to be involved in supporting families of drug users.

Dates of course

24, 25 January 2001

Venue

Grosvenor House, Belfast

Facilitator

The training will be conducted by ADFAM National, the national charity for the families and friends of drug users. This organisation has been working with families of drug users and providing training in this field since 1986.

Closing date for applications

10 January 2001

Cost

£80

A community development approach to health issues

“Community development is about encouraging people to discover their resources and possibilities in order to work for positive change in their community. People have the right to participate in the decisions affecting them but they also grow through taking responsibility for their own success or failure” (Wendy Godfrey 1985).

The aim of this two day course is to explore the community development approach to health. Content will be drawn from the Community Development and Health Network’s training resource pack and will focus on the following four main topic areas:

- understanding health;
- community development and health;
- equality, democracy and participation;
- working collectively.

The programme will be conducted using a workshop interactive approach.

Potential participants

Anyone working in the community to promote health.

Dates of course

26, 27 February 2001

Venue

Ballybot House, Newry, Co. Down

Facilitator

Kathy McMonies is an independent development consultant and trainer. She has been involved in community development in the education and health sectors in England, the Republic of Ireland and Northern Ireland. Kathy has been involved in the development of this comprehensive training programme for over two years and has trained over 50 trainers to deliver the programme.

Closing date for applications

9 February 2001

Cost

£75 for community/voluntary sector
£85 for statutory/private sector

Short Courses

Training for trainers

This three day course aims to enhance the training skills of those involved in health promotion. Participants will explore how people learn, the impact of learning styles on training, the process of identifying needs and contracting training. Participants will have an opportunity to develop and put into practice the skills of planning and designing effective courses.

They will also practise the skills for managing and presenting a training session, and consider the processes and strategies for feedback and evaluation.

Potential participants

Anyone who is presently involved in, or is likely to become involved in the delivery of health promotion related training.

Dates of course

24, 25 April and 22 May 2001

Venue

Bankmore House, Belfast

Facilitator

Mike Smith has been a senior training consultant with CCDU Training and Consultancy Ltd for many years. His expertise lies in helping organisations and individuals improve their skills in dealing with people. He has worked extensively in the areas of management development, training for trainers, mentoring, appraisal and reviewing, evaluation and change management. He has delivered consultancy work and training in all sectors and for a wide variety of clients including primary health care teams, community health services and advisory services.

Closing date for applications

9 April 2001

Cost

£125

Training the trainers in stress management

The importance of teaching stress management in the workplace is becoming increasingly recognised, as is the need for appropriately qualified trainers. This Oxford, Cambridge and RSA (OCR) Examination Board Certificate in Stress Management course is designed to help participants develop the skills and competence to carry out stress management training. It also aims to provide a good basic understanding of the causes and physiology of stress, stress related problems, alleviation methods and coping strategies.

Basic communication, presentation and teaching skills are included to enable successful participants to run stress management groups or carry out in-house stress awareness training. This course is delivered in two modules, of three training days each, with an interval of approximately six weeks between modules.

Potential participants

All professionals with a core interest in dealing with people. Particularly suitable for health professionals (health promotion, primary care, occupational health, etc), personnel and management trainers, social workers and teachers.

Dates of course

9, 10, 11 April and 4, 5, 6 June 2001

Venue

Belfast Castle, Belfast

Facilitator

Marion Tyler has served on the Executive Committee of the International Stress Management Association (ISMA) for more than seven years and is an active member of the ISMA Validation of Trainers Committee. She is Managing Director of the training company Living with Stress Ltd. Marion developed this 'Training the Trainers' programme which is recognised and accredited by the OCR Examinations Board.

Closing date for applications

23 March 2001

Cost

£360

Short Courses

Current Issues in Health Promotion: training for trainers

This two day introductory course is designed to train trainers in the delivery of 'Current Issues in Health Promotion', a training resource developed by the HPA in partnership with health promotion specialists in Northern Ireland. Designed to be delivered to a multi-disciplinary group of professionals who have a role in promoting health, it provides an excellent opportunity for professionals to update themselves by learning about changes in concepts and approaches to health promotion in recent years.

A training manual has been published by the HPA and will be provided for participants.

Potential participants

Anyone with a responsibility for health promotion training and education.

Dates of course

2, 3 May 2001 (residential)

Venue

Rosspark Hotel, Kells, Co. Antrim

Closing date for applications

18 April 2001

Cost

£120 (includes accommodation, meals, and a copy of 'Current Issues in Health Promotion: A Training Manual for Northern Ireland')

For more information about eligibility for attendance at this course, please contact: Claire Hind, Course Administrator at the HPA.

Is consultation participation?

The Regional Strategy for Health and Social Wellbeing 1997-2002 states that "commissioners and providers should continue to explore different approaches to involving users, and potential users of services, and their carers in the decision making process". In practice, consultation and participation have proven problematic for statutory agencies, voluntary bodies, community organisations and the public.

This two day course has been developed to help participants design a process of participation when working to promote health. It will provide information about effective, creative and sustainable consultative processes as well as skills in applying some tools and techniques.

The programme will include the following:

- clarification of your position on the scale of participation - where do you want to be?
- process design - building an agenda to get you there;
- tools and techniques which facilitators can use within the process;
- tips for facilitating groups.

Potential participants

People working in the statutory, community and voluntary sectors who are engaged in work which sets out to involve others in gathering opinions and ideas and ultimately creating an area or issue based vision.

Dates of course

16, 17 May 2001

Venue

SX3, Crumlin, Co. Antrim

Facilitator

This programme will be facilitated by a representative from the Sustainable Northern Ireland Programme (SNIP), whose expertise lends itself to addressing training issues centred around consultation.

Closing date for applications

1 May 2001

Cost

£90

Short Courses

Evaluation in the health promoting setting

This two day course aims to equip participants with a sound knowledge of the principles and process of evaluation, with specific application to the health promoting setting.

Participants will gain the appropriate research skills and confidence to undertake evaluation effectively and will learn how to present and disseminate the findings. Day 2 provides the opportunity, through practical workshops, to reinforce the knowledge gained. Topics covered in the course include:

- what is evaluation?
- approaches to evaluation;
- process evaluation;
- outcome evaluation;
- analysis of data;
- reporting and dissemination of findings.

The course will draw heavily on the experience of the trainers, both of whom are involved in research and evaluation.

Potential participants

Anyone involved in the evaluation of health promotion programmes or community development programmes, in the statutory or voluntary sectors.

Dates of course

21, 22 June 2001

Venue

SX3, Crumlin, Co. Antrim

Facilitators

Karen Casson lectures in research methods to postgraduate health promotion students at the University of Ulster, Jordanstown. She has extensive research experience in the arenas of health, social care and housing. Karen has experience in the use of a wide range of research techniques, both qualitative and quantitative. Her special areas of interest are: the needs of young people; drugs; disability; and smoking. She has published a number of journal articles and reports.

Paul Fleming coordinates health promotion courses at the University of Ulster. He has extensive experience of planning, implementation and evaluation of health promotion programmes in a range of settings. His special area of interest is needs assessment on health promotion and he has published journal articles, book chapters and reports.

Closing date for applications

7 June 2001

Cost

£90

Seminars

Obesity and weight control: a major public health issue for the 21st century

The increasing levels of both overweight and obesity are well documented. This is recognised as a major public health concern in Northern Ireland as in the rest of the United Kingdom and Ireland.

This one day seminar aims to provide an overview of the topic of obesity in both children and adults. The speakers will outline the current theories relating to the development of overweight and obesity; how they can be measured and classified; the health and other consequences of being overweight or obese; and will present strategies for its prevention and management.

Potential participants

Primary care professionals and others with an interest in the prevention and/or management of overweight and obesity, including GPs, dietitians, practice nurses, health visitors, school nurses and health promotion specialists.

Date of seminar

15 February 2001

Venue

Malone House, Belfast

Facilitators

Dr Susan Jebb is a State Registered Dietitian with over ten years' experience in the field of nutrition research. She is presently Head of Nutrition and Health at the MRC Dunn Nutrition Research Unit in Cambridge, where her research programme includes studies of the aetiology of obesity including the effect of eating behaviour on body weight control and the interaction between diet and physical activity. Dr Jebb has won several major awards for her research, including the European Association for the Study of Obesity prize for clinical research and the Association for the Study of Obesity prize for clinical research.

Dr Barbara Livingstone is presently a Reader in Nutrition with the University of Ulster. She was previously a Senior Lecturer at the University of Ulster, first in Home Economics and then, from 1990-1999, in Nutrition. Dr Livingstone's research interests include appetite control and food intake, and energy metabolism in pre-obese and normal weight children with particular reference to appetite control and transmission of familial obesity.

Professor Andrew Prentice has recently moved to create the new MRC International Nutrition Group at the London School of Hygiene and Tropical Medicine. Prior to this he was Head of Energy Balance and Obesity Research at the former MRC Dunn Clinical Nutrition Centre in Cambridge. He has been a member of many national and international expert panels on obesity, the most recent of which was the BNF Obesity Taskforce. Professor Prentice has also played a leading role in the development of the UK and European Associations for the Study of Obesity. He was recipient of the Peter-Debye International Science Prize, the Gunnar Levin Medal from the Swedish Medical Association, the 1999 FENS Medal, and the 1999 BNF Science Prize.

Closing date for applications

31 January 2001

Cost

£20

Seminars

Is substance misuse becoming a gender issue?

An examination of the use of tobacco, illicit drugs and alcohol among young females in Northern Ireland

Recent prevalence data concerning the use of tobacco, alcohol and other drugs among young people in Northern Ireland suggests that there are some specific gender issues which could be examined. This is particularly the case in respect of smoking among 15 and 16 year-olds, but there would appear to be similar issues in respect of alcohol and illicit drugs.

This seminar will address the following key areas:

- looking in more detail at the differences in substance use behaviour between young males and females in Northern Ireland;
- examining reasons for these differences;
- considering the implications of this in respect of participants' current and future work.

It will also be an opportunity for participants to share work or research they have carried out which is relevant to this issue

Potential participants

Health promotion and education specialists, social workers, drug workers, counsellors, teachers, probation officers and anyone whose work relates to this field.

Date of seminar

6 March 2001

Venue

Rosspark Hotel, Kells, Co. Antrim

Facilitator

The seminar will be facilitated by **Rob Phipps**, Regional Health Promotion Manager (Alcohol, Tobacco and Other Drugs) for the HPA, and there will be a number of expert presenters from the following areas:

- HBSC and other research;
- qualitative research on smoking;
- new research on young smokers;
- female adolescent behaviour;
- female illicit drug use.

Closing date for applications

19 February 2001

Cost

£20

Training Course Booking Form

Please complete all details in BLOCK capitals. Please photocopy this form for each individual and each course.

Course Title _____

Course Dates _____

First Name _____ Surname _____

Job Title _____

Organisation _____

Work Address _____

_____ Postcode _____

Work Telephone Number _____

Fax Number _____

E-mail _____

Please specify any special dietary or access requirements _____

PAYMENT: Please tick as appropriate:

I enclose a cheque for the course fee
(Cheques should be made payable to: **The Health Promotion Agency for Northern Ireland**)

I wish to be invoiced
(**Please indicate who should receive invoice**)

Name/Department _____

Address _____

_____ Postcode _____

E-mail: _____

Signature _____ **Date** _____

Completed forms should be returned together with payment details to:
Claire Hind, Course Administrator,
The Health Promotion Agency for Northern Ireland, 18 Ormeau Avenue, Belfast BT2 8HS
Tel: 028 9031 1611 Fax: 028 9031 1711 E-mail: c.hind@hpani.org.uk

Terms and Conditions

- Confirmation of booking: upon receipt of course fee, a letter confirming your place with further details and a map of the location will be sent to you.
- Cancellation: 75% of the course fee will be reimbursed up to 14 days prior to the course. Fees are non-refundable after this date, but may be credited to another person or course.
- Subsidised fees are only available to applicants in Northern Ireland and details can be given on request.

