This booklet provides information for practitioners on the 2015-16 training programmes for:

- **Smokefree South Gloucestershire** (pages 2-5)
- **NHS Health Check South Gloucestershire** (pages 6-8)

Please go to the relevant section for more information on topics, dates and the booking process.

Please note that it is a contractual requirement for each practitioner to attend two CPD training sessions during 2015-16 for each service that is delivered (i.e. if you deliver both Smokefree and NHS Health Checks then you should attend two Smokefree CPD sessions and two NHS Health Check CPD sessions. The ‘Boosting client motivation’ session will count as one CPD towards both service areas).

We strongly encourage all practitioners to attend the ‘Boosting client motivation’ session.

**Other South Gloucestershire Council Public Health & Wellbeing training:**

South Gloucestershire Council also offer comprehensive training programmes in the following areas. If you would like further details or would like to discuss specific training requirements please use the contact details below.

- **Relationships & Sexual Health training:** contact nikki.giles@southglos.gov.uk
- **Drugs and Alcohol training:** email sgds@southglos.gov.uk or phone Lesley Robinson on 01454 868768.
Smokefree South Gloucestershire – free training

We offer a 2-day training course in order for health and social care staff to become Stop Smoking Practitioners. For existing practitioners we provide a range of Continuing Professional Development (CPD) opportunities in order to update knowledge and skills.

**Smokefree 2015-16 training**

- Stop smoking practitioner training (2 days)
- Bitesize training
- Refresher training
- Stop smoking group training
- Very brief advice training (VBA)

Please see further information below for details and dates of each training session.

**Training requirements**

It is a contractual requirement for each practitioner to attend two CPD training sessions during 2015-16 for each service that is delivered (for example: if you deliver both Smokefree and NHS Health Checks then you should attend two Smokefree CPD sessions and two NHS Health Check CPD sessions. The ‘Boosting client motivation’ session will count as one CPD towards both service areas).

We strongly encourage all practitioners to attend the ‘Boosting client motivation’ session.

**Booking and enquiries**

Sessions are free to attend, however 7 days’ notice for cancellation is required. A £60 charge may be made for late cancellation or non-attendance.

Tel: 01454 868768  Email: healthylifestyles@southglos.gov.uk
Professionals’ website: www.southglos.gov.uk/smokefreeprofs
Public website: www.southglos.gov.uk/smokefree
STOP SMOKING PRACTITIONER TRAINING
A 2-day course in order to support clients to stop smoking. Applicants will be able to provide weekly support, offering a combination of stop smoking medications and behavioural support. A completed application form is required.

Aims of this course
✓ To increase knowledge, skills and confidence in supporting smokers to stop
✓ To develop communication skills in order to build rapport and boost motivation and self-efficacy of clients
✓ To increase knowledge of tobacco addiction and stop smoking medications
✓ To increase knowledge and skills in providing behavioural support

Dates, times and venues
- Tue 23rd June & Tue 30th June 2015 9.00am-4.00pm
  Committee Room 2, Kingswood Civic Centre, High Street, Kingswood, BS15 9TR
- Tue 13th October & Tue 20th October 2015 9.00am-4.00pm
  Committee Room 2, Kingswood Civic Centre, High Street, Kingswood, BS15 9TR
- Wed 3rd February & Wed 10th February 2016 9.00am-4.00pm
  Committee Room 2, Kingswood Civic Centre, High Street, Kingswood, BS15 9TR

Lunch and refreshments will be provided.

Continuing Professional Development (CPD) training sessions
The following courses are for existing Smokefree practitioners

BOOSTING CLIENT MOTIVATION
This module will provide practitioners with an overview of motivational interviewing and how this can be used to boost motivation for change.

Motivational interviewing (MI) is an empathetic and supportive counselling style that encourages and strengthens a client’s motivation for change. Research shows that motivational interviewing techniques lead to greater participation in treatment and more positive treatment outcomes.

Aims of this session:
✓ Provide practitioners with an overview of motivational interviewing and a tool-kit of techniques that can be used immediately.

Date, times and venue
- Wed 9th December 2015 9.30am-12.30pm
  Emersons Green Village Hall, Emersons Way, Emersons Green, BS16 7AP
or
- Wed 9th December 2015 1.30pm-4.30pm
  Emersons Green Village Hall, Emersons Way, Emersons Green, BS16 7AP

Refreshments (not lunch) will be provided.
### BITESIZE TRAINING
CPD training for existing Stop Smoking Practitioners. It is a contractual requirement to attend at least 2 sessions per year in order to update knowledge and skills. "Boosting client motivation" will also count towards this.

#### Dates, time and venues

**Stop smoking medications and electronic cigarettes:**
Tue 7th July 2015, 12.00pm -1.30pm  
The Chantry, 52 Castle Street, Thornbury, BS35 1HB

**Smoking and mental health:**  
Thu 8th October 2015, 12.00pm – 1.30pm  
Emersons Green Village Hall, Emersons Way, Emersons Green, BS16 7AP

**Smoking in Pregnancy:**  
Thu 14th January 2016, 12.00pm – 1.30pm  
Coniston Community Centre, Coniston Rd, Patchway, BS34 5LP

**Topic tbc:**  
Wed 16th March 2016, 12.00pm-1.30pm  
Committee Room 1, Kingswood Civic Centre, High Street, Kingswood, BS15 9TR

Lunch and refreshments will be provided.

### REFRESHER TRAINING
A requirement for Practitioners who have seen fewer than 5 clients in the previous year, in order to refresh skills and knowledge of tobacco addiction, stop smoking medications, communication skills, and behavioural support.

#### Dates, time and venues

- Tue 12th May 2015 9.00am-1.00pm  
  Committee Room 2, Kingswood Civic Centre, High Street, Kingswood, BS15 9TR

- Wed 16th September 2015 9.00am-1.00pm  
  Committee Room 2, Kingswood Civic Centre, High Street, Kingswood, BS15 9TR

- Tue 12th January 2016 9.00am-1.00pm  
  Committee Room 2, Kingswood Civic Centre, High Street, Kingswood, BS15 9TR

Refreshments (not lunch) will be provided.
In-house training

**STOP SMOKING GROUP TRAINING**
In-house training for existing Stop Smoking Practitioners in order to set up and run stop smoking groups, which are the most effective form of behavioural support in smoking cessation.

*Dates available upon request*

**VERY BRIEF ADVICE ON SMOKING (VBA)**
Short in-house training suitable for all staff in health and social care settings. VBA is a simple form of advice designed to be used opportunistically in less than 30 seconds in almost any consultation with a smoker.

*Dates available upon request*

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To book please contact us using the details on page 2
NHS Health Check South Gloucestershire - Training

A series of FREE bite-size training dates are offered to support NHS Health Check practitioners in providing risk management advice to patients receiving an NHS Health Check.

**NHS Health Check 2015/16 training**

- NHS Health Check Core Skills
- Boosting client motivation
- Bitesize – Physical activity & weight management
- Bitesize – Nutrition
- Bitesize – Alcohol identification & brief advice

Please see further details and dates of each training session below.

**Training requirements**

Please note that it is a contractual requirement for each practitioner to attend two CPD training sessions during 2015-16 for each service that is delivered (for example: if you deliver both Smokefree and NHS Health Checks then you should attend two Smokefree CPD sessions and two NHS Health Check CPD sessions. The ‘Boosting client motivation’ session will count as one CPD towards each service area).

We strongly encourage all practitioners to attend the ‘Boosting client motivation’ session. If you are new to delivering the NHS Health Check we also recommend that you attend the NHS Health Check Core Skills training.

**Booking and enquiries**

Sessions are free to attend, however 7 days’ notice for cancellation is required. A £60 charge may be made for late cancellation or non-attendance.

Tel: 01454 86 8768  Email: healthylifestyles@southglos.gov.uk
Professionals’ website: www.southglos.gov.uk/nhshealthcheckprofs
<table>
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| or  
• Wed 9th December 2015, 1.30pm-4.30pm  
Emersons Green Village Hall, Emersons Way, Emersons Green, BS16 7AP |  |
| Refreshments (not lunch) will be provided. |  |

<table>
<thead>
<tr>
<th>NHS HEALTH CHECK CORE SKILLS</th>
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<tr>
<td>This course is just right for staff that have never delivered an NHS Health Check, need a refresher or a confidence boost.</td>
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<tr>
<td><strong>Aims of this session:</strong></td>
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| ✓ Understand the national and local context to the NHS Health Check  
✓ Know what the NHS Health Check in South Glos involves  
✓ Observe a demonstration of an NHS Health Check  
✓ Practice doing an NHS Health Check with other course participants. |  |
| **Dates, time and venues** |  |
| Date and venue to be confirmed - please contact us to register your interest. |  |

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<tr>
<th>BITESIZE – PHYSICAL ACTIVITY &amp; WEIGHT MANAGEMENT</th>
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<tr>
<td>This brief lunchtime session will support participants in providing patients with brief advice, signposting and referral to local support services for both physical activity and weight management.</td>
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| ✓ Understand the Chief Medical Officer’s current recommendations for physical activity  
✓ Be aware of the barriers to participation in physical activity  
✓ Know how to use the General Practitioner Physical Activity Questionnaire (GPPAQ)  
✓ Be able to offer basic advice around healthy eating and diet  
✓ Explore how to raise the issue of overweight and obesity with patients  
✓ Be aware of local services that support people |  |
| **Date, time and venue** |  |
| Wed 17th June 2015, 12.00pm-1.30pm  
Coniston Community Centre, Coniston Rd, Patchway, BS34 5LP |  |
| Lunch and refreshments will be provided. |  |
**BITESIZE – NUTRITION**

This brief lunchtime session will help practitioners to offer basic nutrition and healthy eating advice to patients during their check. We recommend that practitioners attending this session have already attended a bitesize physical activity & weight management session.

**Aims of this session:**
- Understand the NICE guidance on lipid modification & the dietary modifications for the primary and secondary prevention of cardiovascular disease (CVD)
- Be able to describe the key components of a cardio-protective diet
- Practical application of dietary advice including saturated fat and salt guidelines
- Be aware of nutrition and healthy eating resources available which can be used as part of a personalised action plan for a patient

**Date, time and venue**
Thu 10th September 2015, 12.00pm-1.30pm
Committee Room 2, Kingswood Civic Centre, High Street, Kingswood, BS15 9TR
Lunch and refreshments will be provided.

**BITESIZE – ALCOHOL IDENTIFICATION & BRIEF ADVICE**

This brief lunchtime session will introduce the Alcohol Use Disorders Identification Test and look at how professionals can help people to look at their consumption of alcohol and how patients could reduce the amount they are drinking if it is causing them problems.

The AUDIT-C is a precursor to the whole AUDIT form and is a simple three question form that will help patients to think about whether they need to discuss their alcohol intake in more detail. The training will equip participants with the skills to use the AUDIT-C to support delivery of the NHS Health Check.

**Aims of this session:**
- Be able to work out what a unit of alcohol is
- Understand Public Health England’s recommended maximum unit intake per day
- Be able to start a conversation about alcohol intake in a non-judgmental manner
- Be able to understand the difference between lower risk, higher risk and dependant drinking
- Be able to use the AUDIT-C to explain the difference in the above levels
- Be aware of local support services

**Date time and venue**
Wed 3rd February 2016 12.00pm-1.30pm
Rowling Suite, Yate Leisure Centre, Kennedy Way, Yate, BS37 4DQ
Lunch and refreshments will be provided.

To book please contact us using the details on page 6