

Education and skills for promoting health

Short courses, seminars and
professional development
opportunities

September-December 2001



Health
Promotion
Agency

Introduction

The Health Promotion Agency for Northern Ireland (HPA) is pleased to present its programme of short courses, seminars and professional development opportunities for the period September-December 2001.

The aim of the short courses is to strengthen health promotion practice by focusing on current issues and drawing on wide expertise to address these issues. The seminars have been designed to support professionals by providing up-to-date, innovative perspectives on practice and to offer a forum for discussion and debate. All courses and seminars 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. The Agency continues to

develop its partnerships with other organisations and this has resulted in further subsidies on some courses and seminars.

The professional development opportunities feature a number of accredited modules and courses offered in partnership with academic institutions.

All courses and seminars will assist with portfolio building towards Postgraduate Education Allowance (PGEA) accreditation, Post Registration Education in Practice (PREP) and meeting organisational goals such as Investor in People.

A further prospectus of courses for January-June 2002 will be available from November 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, Support Services Administrator.

General information about any of the courses or seminars 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.

The Health Promotion Agency for Northern Ireland
18 Ormeau Avenue, Belfast BT2 8HS.

Tel: 028 9031 1611 (Voice/Minicom)

Fax: 028 9031 1711

E-mail: m.campbell@hpani.org.uk

E-mail: c.hind@hpani.org.uk

www.healthpromotionagency.org.uk

Professional development opportunities

The contact details for these courses are listed in the relevant section in this brochure.

Applications should be made directly via the appropriate institution.

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.

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, or who encounters family issues in their professional work with people who use drugs.

Dates of course

3, 4 September 2001

Venue

Holiday Inn Express, Belfast

Facilitator

Since early 2001, **Hywel Sims** has been the Chief Executive of 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. Hywel has worked in the drugs, alcohol and AIDS sectors since 1988. An experienced facilitator, he has led multi-disciplinary agencies both in the United Kingdom and the United States and worked as an organisational consultant in a variety of settings.

Closing date for applications

20 August 2001

Cost

£85

Lobbying for health

Changes in government and in the funding climate in Northern Ireland have led to an increased need for people involved in health promotion to become skilled and confident in the art of lobbying.

This one day practical workshop will address questions including:

- What is lobbying?
- Why should you lobby?
- When should you lobby?
- What could you lobby about?
- Who could you lobby?
- How should you lobby?

Participants will also examine a case study and learn how to design a lobbying action plan.

Following needs assessment among health promotion specialists and others who work to promote health, this course has been organised in partnership with the Society of Health Education and Health Promotion Specialists (SHEPS) Northern Ireland.

Potential participants

Anyone working to promote health in statutory, community or voluntary organisations who needs the support of higher-level decision-makers.

Date of course

3 October 2001

Venue

Rural Community Network, Cookstown

Facilitator

Suzy Swain has a background in management training, economic development, community development and, most recently, community relations. She has been involved in adult education for 15 years and has been a member of the Workers' Educational Association's Building Communities team for five years.

Closing date for applications

17 September 2001

Cost

£25 (partially subsidised by SHEPS Northern Ireland)

Short courses

Cook it! Training for trainers

This short course is designed to train trainers in the delivery of the completely revised *Cook it!* programme.

Cook it! is a community-based nutrition education programme, which is ideal for use in a wide variety of settings, including mother and toddler groups, men's groups, groups preparing young people to leave residential care, sheltered accommodation for older people, hostels, Women's Aid groups and the rehabilitation of offenders.

The *Cook it!* programme is a participatory one, which aims to provide participants with an opportunity to examine and discuss a range of nutritional topics. They will also gain practical experience of food preparation and an opportunity to sample the completed dishes.

Cook it! was first introduced to Northern Ireland in 1995. Evaluation has shown that it is a popular and valuable approach to nutrition education in the community setting, which is user-friendly and enjoyable for both the facilitator and group members.

The materials have been completely revised to take account of advances in nutrition knowledge and new approaches to nutrition education since *Cook it!* was first developed.

The first short course on the new *Cook it!* programme will be over one and a half days. Day one will address the following:

- the role of diet in health;
- the Balance of Good Health as a nutrition education tool;
- working with groups;
- use of the *Cook it!* pack.

Day two will comprise a half-day session. Participants will gain:

- essential food hygiene training;
- an opportunity for hands-on experience of *Cook it!* sessions.

All participants will receive a copy of the *Cook it!* manual.

Applicants will be expected to commit to running a training course or *Cook it!* session within 12 months.

Potential participants

Anyone working in the statutory, community or voluntary sectors who wishes to be involved in providing training on or running *Cook it!* sessions. Potential participants will be expected to have a training role or previous experience of working with groups and will be accepted on completion of a pre-training questionnaire.

Dates of course

Day one: 9 October 2001

Day two: (half-day session) to be arranged following discussion with applicants.

Venue

The Mount Business and Conference Centre, Belfast

Facilitator

This programme will be jointly facilitated by **Angela McComb**, the HPA's Regional Health Promotion Manager (Nutrition) and three community dietitians, who have been involved in the development of the revised materials: **Ruth Balmer**, Causeway Health and Social Services Trust; **Claire Holmes**, Sperrin Lakeland Health and Social Services Trust and **Grainne McMacken**, North and West Health and Social Services Trust.

Closing date for applications

25 September 2001

Cost

This course has been subsidised and is available free of charge to community and voluntary organisations.

There is a cost of £10 to statutory organisations. The *Cook it!* manual will be provided as part of the training.

Short courses

Young men's health promotion - issues and approaches

This two day course has been designed to address the key issues affecting the promotion of men's health and to explore effective approaches for intervention. The course aims to investigate the implications for professionals in their practice, and to help participants develop the skills and confidence to work to promote men's health.

Day one will be facilitated by YouthAction Northern Ireland. Participants will:

- explore ways of engaging with young men;
- examine appropriate approaches to the work, based upon YouthAction's evolving practice with young men throughout Northern Ireland;
- investigate the impact of masculinity on young men's health.

Day two will be facilitated by fpaNI and will focus on young men and sexual health. Participants will:

- explore and discuss values and attitudes to sex education and sexuality, personally, culturally and within their own working environment;
- identify and examine issues in the area of sexuality relevant to young men;
- identify the main elements in the design and implementation of sex education programmes for young men.

The training approach is based on group work, drawing on the experience of participants and encouraging their active involvement. This course is limited to a maximum of 16 participants.

Potential participants

Anyone who is currently involved in or is likely to become involved in work to promote men's health, in community, voluntary and statutory organisations.

Dates of course

16, 17 October 2001

Venue

NICVA offices, Belfast

Facilitators

YouthAction Northern Ireland has extensive experience of delivering training and support to those wishing to develop their skills and knowledge in work with young men.

Georgie McCormick is currently manager of service and training with fpaNI. She has been working in the area of sexuality and sexual health for 12 years and has a wide range of experience of sexual health work with young men, young women, parents and people with physical and learning disabilities.

Closing date for applications

1 October 2001

Cost

£70 (community and voluntary organisations)
£80 (statutory organisations)

Short courses

Concepts in physical activity - an introduction

As part of the Physical Activity Strategy for Northern Ireland, the Health Promotion Agency commissioned research to evaluate the knowledge and training needs of professionals in relation to physical activity and health. This research provided clear evidence of the need for training on a broad range of physical activity issues. This one day course addresses one area of need identified from the survey by offering participants a comprehensive introduction to the role of physical activity in health and an introduction to the theoretical concepts that underpin physical activity.

The course will focus on the following areas:

- current physical activity patterns;
- health benefits of physical activity;
- fundamental concepts in exercise physiology;
- current physical activity recommendations.

Potential participants

Professionals from the statutory, community and voluntary sectors who are working to promote physical activity to inactive groups in a variety of settings such as health centres, leisure and community centres and sports clubs. This may include health professionals, local council access officers, community development officers, youth club and community leaders, and those from leisure and sport settings.

Date of course

25 October 2001

Venue

Lagan Valley Island, Lisburn

Facilitator

Dr Marie Murphy has been a lecturer in exercise physiology at the University of Ulster, Jordanstown for 10 years. She is also course director for the Northern Ireland Institute of Coaching Fitness Instructor Courses. She has a Masters and PhD from Loughborough University. Dr Murphy's special area of interest is in intermittent physical activity, especially brisk walking as a means to improving fitness and health.

Closing date for applications

10 October 2001

Cost

£40 (partially subsidised by the Northern Ireland Physical Activity Strategy)

Short courses

Involving young people - positive participation for health

The importance and value of consulting with and involving young people in health promotion work is being increasingly recognised. This training course has been designed to help candidates consider the benefits of encouraging the participation of young people in their work and assists in thinking through the different levels involved in this process. The course is based on a planning and training resource entitled 'Positive Participation', that will provide a 'tool kit' for getting started or reviewing practice.

The aims of this short course are:

- to explore the principles and practice of consulting and involving young people;
- to familiarise the participants with the 'Positive Participation' resource pack;
- to action plan - how to use the pack in your own setting.

Potential participants

Professionals involved in health promotion work with young people, including health promotion specialists, youth workers, teachers and others who want to actively promote the participation and/or consultation of young people in their work.

Date of course

12 November 2001

Venue

Rosspark Hotel, Kells

Facilitator

Judith Ann Emanuel is a lecturer in education for primary health care at the University of Manchester and also an independent consultant. Her main areas of interest are research, evaluation, development work and training on health-related issues for schools, as well as teambuilding, facilitation, advisory and development work for health and social services and their users. Since 1997 Judith has been involved in the fieldwork, writing and dissemination of the 'Positive Participation' pack for Healthwise, an independent

health information and promotion service based in Liverpool, and the Health Education Authority (HEA).

Closing date for applications

29 October 2001

Cost

£80 (includes a copy of the resource pack 'Positive Participation')

Short courses

Settings for health

The move to a settings approach in health promotion presents particular challenges to health promotion specialists and health promoters. There is an increasing need to underpin programmes with adequate needs assessment and evaluation. This course aims to explore the development of a research culture by addressing research approaches which facilitate a sound evidence based approach to health promotion in a range of settings.

The course has been designed to provide participants with:

- an introduction to health promotion settings;
- an understanding of how research can enhance work in health promotion settings;
- an introduction to effective research approaches for work in health promotion settings.

Potential participants

Professionals who work to promote health in the statutory, community, voluntary and private sectors, including those from health, education, environment and industry.

Date of course

27 November 2001

Venue

SX3, Crumlin

Facilitators

Paul Fleming has headed health promotion at the University of Ulster since 1992. He has extensive experience in health promotion both as an academic and a health promotion specialist. His research interests, which focus on needs assessment and evaluation in health promotion, have recently included work in health promoting colleges.

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

particular areas of interest are: the needs of young people; drugs; disability; and smoking.

Closing date for applications

13 November 2001

Cost

£60

Short courses

Copyright and permissions

Effective health promotion requires the integration of a wide range of skills. The successful dissemination of information has always been a key issue and over the last few years there has been an increasing interest in developing innovative ways of getting information to a range of groups. One option is through publishing information using a variety of media.

When written information is produced or reproduced it is important to be aware of the legal issues this involves. This concise one day course will take participants through the essential aspects of editorial law. It provides an opportunity to find out what you need to know, how to deal with copyrighted material and how to avoid potential problems. Taught by a practising publisher, not a lawyer, it provides practical guidance and real-world principles without jargon, legalese or dry academic theory. The day includes:

- **Copyright:** a short introduction to copyright law, authors' rights and the key UK and European legislation and conventions.
- **Moral rights:** how authors (and illustrators and photographers) have the right to have their work attributed correctly and presented fairly.
- **Fair dealing and permissions:** quoting from other publications, the principle of 'substantiality', when to ask permission, and how much to pay.
- **Employee issues:** the copyright position for employees and particular issues in not-for-profit publishing.
- **Libel, defamation, and liability:** potential pitfalls and keeping out of trouble.
- **Privacy, model release and incidental use:** making sure the privacy of the individual is respected.
- **Non-text issues:** artwork, photos, still and moving images.
- **Digital and electronic issues:** copyright for electronic products and the web.
- **Basic copyright contracts:** a simple introduction to the key aspects of an 'author' contract.
- **Keeping it organised:** avoiding inadvertent breaches of legislation and agreements, including tips to make sure internal systems are up to scratch.

Potential participants

Anyone who is involved in the production of leaflets, magazines, newsletters, data sheets, booklets, journals, books, CD-ROMs or web pages. The programme is intended for staff who will have a mixture of editorial knowledge and experience, and who work on material which can be written both by in-house staff and by external authors.

Date of course

4 December 2001

Venue

Health Promotion Agency, Belfast

Facilitator

Richard Balkwill has over 20 years' experience in educational and children's reference publishing, latterly as a publishing director at Heinemann. He is now an independent consultant running CopyTrain, a writing, training and copyright service for publishers. He also lectures at the Oxford Centre for Publishing Studies and is the author of *The Multilingual Dictionary of Copyright, Rights and Contracts*. Richard teaches on a number of Publishing Training Centre courses, including *Copyright and Contracts*.

Closing date for applications

19 November 2001

Cost

£90

Short courses

Meeting the mental health needs of young people

This one day workshop aims to provide participants with a theoretical model underpinning positive mental health and suicide prevention, including assessment and intervention strategies.

At the end of this workshop participants will have:

- examined current theory on mental health promotion with young people;
- explored strategies for intervention.

The workshop will include both presentations and interactive sessions.

Potential participants

Anyone working to promote the mental health of young people, from statutory, voluntary and community sectors.

Date of course

11 December 2001

Venue

Wellington Park Hotel, Belfast

Facilitator

Dr Peter Gallagher has spent almost 15 years specialising in child and adolescent mental health. He has been head of Specialist Child and Adolescent Mental Health Services at Homefirst Community Health and Social Services Trust since 1989.

Closing date for applications

26 November 2001

Cost

£60

Seminars

Tackling overweight and obesity in Northern Ireland

The increasing levels of overweight and obesity among adults and children in Northern Ireland are a major public health concern because of the health and other risks incurred.

This one day seminar brings together a range of local experts to provide an overview of the risks of overweight and obesity, their development, measurement and classification and to consider practical aspects of their prevention and management through dietary management and physical activity.

Potential participants

All professionals with an interest in the prevention and management of overweight and obesity. Particularly suitable for primary care professionals, including GPs, practice nurses, health visitors and dietitians.

Date of seminar

21 September 2001

Venue

Glenavna House Hotel, Newtownabbey.

Facilitators

This programme will be facilitated by a range of local experts in the prevention and management of overweight and obesity.

Closing date for applications

5 September 2001

Cost

£15 (partially sponsored by Roche Products Limited)

Smoking cessation - guidelines for professionals in helping clients to stop smoking

In 2001 almost 3,000 people in Northern Ireland will die from smoking related disease. The average loss of life expectancy is around 16 years. Around 29% of adults in Northern Ireland currently smoke, and at least 70% of them want to stop. The challenge for the primary care sector is to provide effective support to patients in helping them to stop smoking.

This seminar will look at the issue of smoking cessation and its implications for professionals involved in helping people stop. It will introduce a range of innovative techniques that have been successfully used to support smokers who want to give up.

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

Potential participants

Primary care professionals such as GPs, practice nurses, health promotion specialists, pharmacists, and any others who are involved in supporting clients to stop smoking.

Date of seminar

1 November 2001

Venue

The Wellington Park Hotel, Belfast.

Facilitators

This seminar will commence with an afternoon session facilitated by local experts who work in the field of smoking cessation. It will focus on a range of issues related to smoking as well as explore new approaches to helping clients successfully stop. An early evening session will follow facilitated by **Dr Chris Steele**. Dr Steele has pioneered a series of successful techniques to help clients stop smoking. He is the resident doctor on the popular 'This Morning' television show where he regularly appears to provide medical advice to viewers. He is a practising GP and regularly lectures in the field of smoking cessation. He also runs smoking cessation clinics at the University Hospital in South Manchester.

Closing date for applications

17 October 2001

Cost

£15 (partially sponsored by GlaxoSmithKline)

Professional development opportunities

The Agency values its association with several academic institutions where it supports the development of modules and courses related to health promotion. The following courses have been accredited by the institutions offering them. Details of entry requirements, application procedures and further information can be obtained by contacting the relevant institution.

Belfast Institute of Further and Higher Education

Diploma in Health Promotion

This is a two year part-time course which has been validated by the University of Ulster. The course consists of six modules, three of which are studied in each year. Successful students may exit after Year 1 with a Certificate in Health Promotion.

Year 1 modules

- Health promotion theory;
- Communication and the facilitation of change;
- Identification of health promotion needs (research).

Year 2 modules

- Planning health promotion interventions;
- Health promotion and public policy;
- Health psychology.

Exemptions

If applicants have completed the Health Education Certificate between 1990 and 1997 they will be exempt from all first year modules and may enter directly into the second year of the course.

Potential participants

Professionals working in the health and social services, other statutory organisations and in the voluntary and community sectors.

Credit points

120 CATS points at Level C (60 credits per year).

Dates of course

24 September 2001 - 17 May 2002

Closing date for applications

Applications are accepted up to the start date of the course.

Contact

For additional information please contact:
Patricia Quinn
Course Director
Belfast Institute of Further and Higher Education
College Square East
Belfast BT1 6DJ
Tel: 028 9026 5057
or the Course Secretary
Tel: 028 9026 5037.

A Certificate in Oral Health Education is also offered to registered nurses as a post qualification course. Applications can be made through the Dental Nursing Department at Belfast Institute of Further and Higher Education

School of Health Sciences, University of Ulster at Jordanstown

Postgraduate Diploma/MSc in Health Promotion

The aim of this course is to provide in-depth teaching in health promotion and allied academic disciplines for graduates who wish to consolidate their role either as a health promotion specialist or facilitator of health promotion development in the education and youth sectors. The taught element of the course is the Postgraduate Diploma and consists of six core modules:

- Health and its promotion;
- Health promotion programme planning;
- Research in health promotion;
- Evidence base for health promotion;
- Social aspects of health;
- Management by communication.

Those who achieve a prescribed standard may then proceed to the MSc, which consists of a research project.

Dates of course

Commences September 2002

Closing date for applications

Applications are invited during January and February 2002

Contact

For additional information on the Postgraduate Diploma, please contact:

Karen Casson
Course Director
School of Health Sciences
University of Ulster at Jordanstown
Shore Road
Newtownabbey
BT37 0QB
Tel: 028 9036 5131 Ext: 8293

For information on the MSc course, please contact:

Michael Gorman
Course Director
Tel: 028 9036 5131 Ext: 6538

Research in Health Promotion

This course examines a range of qualitative and quantitative research methods and their application in health promotion. It aims to develop participants' knowledge and the competencies necessary to interpret and undertake research in health promotion. In addition, participants will be provided with the opportunity to experience designing, conducting and reporting small-scale research projects.

Dates of course

September 2001 - January 2002

Closing date for applications

14 September 2001

Cost

£460

Contact

Sharon Adams or Michele Gardiner
Short Course and Professional Development Unit
Tel: 028 9036 6680

Social Aspects of Health

This course seeks to present an in-depth perspective on the issues of health and the determinants of health. Formal concepts and definitions are compared and contrasted with lay and cross-cultural perspectives. From this knowledge base students are encouraged to examine their own beliefs and values in relation to their role in health promotion. Underpinning the module is an emphasis on the use of information technology and 'action research' - a data gathering tool in the study of health.

Dates of course

February - May 2002

Closing date for applications

January 2002

Cost

£230

Contact

Sharon Adams or Michele Gardiner
Short Course and Professional Development Unit
Tel: 028 9036 6680

Evidence-Based Health Promotion

This module provides a critical understanding of the issues involved in accessing and critically evaluating health promotion evidence for planning future research and practice. It aims to foster an understanding of epidemiology and help students gain a balanced view of the contribution of evidence derived from various research models/examples. Through the assessment framework students are enabled to apply their learning to the area of health promotion in which they are involved.

Dates of course

February - May 2002

Closing dates for applications

January 2002

Cost

£230

Contact

Sharon Adams or Michele Gardiner
Short Course and Professional Development Unit
Tel: 028 9036 6680

Stranmillis University College

Health and Leisure Studies BSc (Hons) Degree

This three year full-time degree provides the opportunity to develop skills and expertise in health promotion and the management of exercise and fitness. It will be of interest to those seeking employment in the leisure and tourism industry or as health promotion professionals in a range of organisations. It will also enhance the professional expertise of environmental health and human resource personnel with responsibility for workplace health. Within the private sector, the degree will also provide career opportunities for those employed in health and fitness suites in hotels and leisure centres. The degree is facilitated by an interdisciplinary team from Stranmillis University College.

Dates of course

September 2002 - June 2005

Closing date for applications through UCAS

December 2001

Contact

For additional information about the course, please contact:

Mae Watson
Director (External Affairs)
Stranmillis University College
Stranmillis
Belfast BT9 5DY
Tel: 028 9038 4263
Fax: 028 9066 4423
E-mail: admissions@stran-ni.ac.uk

The Open University in Ireland

Advanced Certificate in Health Promotion

The Open University provides this one year course. It offers a thorough grounding in the knowledge and key skills needed to develop, implement and evaluate new forms of health promotion practice. The course provides an in-depth study of the perspectives, values and assumptions underpinning health promotion.

Students will study:

- Communication and educational skills for health;
- Evaluating health information;
- Promoting health through public policy;
- Debates and dilemmas in promoting health.

The course is studied through supported open learning with a local tutor and local workshops. There is no examination - a final assignment is externally marked at the end of the year.

Potential participants

Anyone working in health and social care who has an interest or role in promoting health. The course is at honours level, so experience of third level education would be an advantage. Individuals who have completed a DipHE in Nursing or Social Work can use this course as part of a 'top-up' to an Honours degree.

Dates of course

February - October 2002

Closing date for applications

30 September 2001

Contact

The Open University in Ireland
40 University Road
Belfast
BT7 1SU
Tel: 028 9024 5025
E-mail: R12@open.ac.uk

Short course and seminar 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, Support Services Administrator,

The Health Promotion Agency for Northern Ireland, 18 Ormeau Avenue, Belfast BT2 8HS

Tel: 028 9031 1611 (Voice/Minicom) 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.
- **Subsidised fees** are only available to applicants in Northern Ireland and details can be given on request.



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