

Supporting people to make Healthy Lifestyles changes –

Brief Intervention Training

**Free
Training**

Date	Location
Thursday 27 th January 2011 09.30 – 12.30	Training Room, Health Promotion Service, Redruth
Friday 11 th February 2011 13.00-16.00	Board Room, 57 Pydar Street, TRURO
Thursday 3 rd March 2011 09.30 – 12.30	Seminar Room, Liskeard Hospital

An e-learning package is currently being developed for NHS staff.

**To book a place please email;
emma.baker@ciospct.cornwall.nhs.uk**

For more information please visit the Brief Intervention pages
on the Health Promotion Service website;
www.healthpromcornwall.org

○ **What does a brief intervention involve?**

A brief intervention involves opportunistic advice, discussion, negotiation or encouragement in supporting individuals to make healthy lifestyle changes and can be used by anyone working with adults on a one to one basis.

○ **Aim of the training session;**

Learn how to support an individual to make lifestyle behaviour changes around **healthy eating, smoking, alcohol, weight management and physical activity.**

○ **What will I learn?**

- Learn how just a 'Brief' intervention can be effective in supporting people to change their health behaviours
- Learn about the Stages of Behaviour Change Model
- Understand the need for effective communication skills
- Learn about the Key Health Messages
- Practise raising health issues with individuals, then supporting them to make healthy lifestyle changes (including SMART goal setting and signposting)
- Practise using the health leaflets and be aware of the website resource to support the training session

○ **Suitable for;**

Those working on a one to one basis helping adult individuals make small health related behaviour changes in their lives.