

Supporting people to make
Healthy Lifestyles changes
Brief Intervention Training



Free
Training

Date	Location
Thursday 13 th October 2011 09.30 – 12.30	Training Room, Health Promotion Service, Redruth
Thursday 27 th October 2011 09.30 – 12.30	Seminar Room, Liskeard Hospital
Thursday 17 th November 2011 09.30 – 12.30	Meeting Room, Truro Health Park, TRURO
Thursday 19 th January 2012 09.30 – 12.30	Training Room, Health Promotion Service, Redruth

For NHS staff there is an e-learning package.
To access this training please go to www.cornwallnhs Moodle.co.uk

To book a place please email;
hpstraining@ciospct.cornwall.nhs.uk

○ **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.

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

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