

Brief Intervention Training

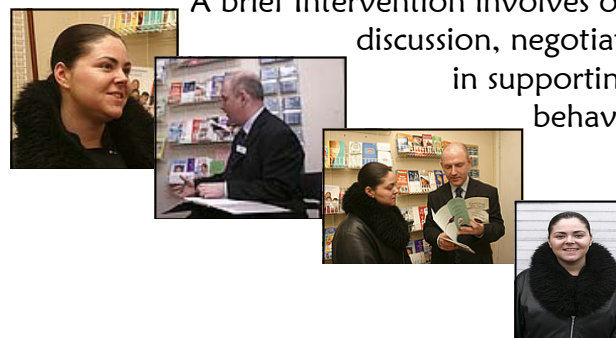
Free Training

Date	Location
Wednesday 9 th April	Bodmin Hospital
Tuesday 15 th April	Poltair Community Hospital, Penzance
Monday 21 st April	Sedgemoor Centre, St Austell
Wednesday 7 th May	Helston Community Hospital
Tuesday 13 th May	Newquay Hospital
Thursday 22 nd May	Launceston Hospital
Tuesday 3 rd June	Liskeard Hospital
Tuesday 10 th June	Health Promotion Service, Redruth

Each session will begin at 9:30am and finish at 12:00

For more information or to book a place contact Gemma Baker on 01209 313419 or email Gemma.Baker@cpt.cornwall.nhs.uk

○ What does a brief intervention involve?



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

○ Aim of the training session...

To provide an opportunity for participants to become familiar with the 'Brief Intervention Tools' (website, leaflets & pathway) that are used when supporting individuals in making lifestyle changes around **healthy eating, smoking, alcohol, weight management and physical activity.**

○ What will I learn?

- You will be aware of the Model of Behaviour Change and the need for a behavioural approach to encourage lifestyle changes.
- Feel confident about raising the issue and supporting people to change their health behaviours.
- Understand and experience the 'Brief Intervention Pathway'.
- Understand the importance of 'where you're at now', SMART goal setting and referral.

○ Suitable for;

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