

Health Development Training Courses

South Eastern Trust Area



April 2021 to March 2022

CONTENTS

Introduction

Behaviour Change & Group Work:

- Introduction to Motivational Interviewing and Behaviour Change: a two half day training event (4).
- Motivational Interviewing: Going Beyond the Basics: Intermediate Practice (5).

Drugs and Alcohol:

- Working with Substance Misuse: A one day workshop (6).

Mental Health and Suicide:

- Asist (Applied Suicide Intervention Skills Training) (7).
- Mental Health First Aid (8).
- Positive Steps (9).
- Positive Steps Training for Trainers (10).
- safeTALK (11).
- Take 5 Ambassador (12).
- Understanding Self Harm (13).
- Building Children's Emotional Regulation through working with parents - A one-half day workshop (14).

Sexual Health:

- Lesbian, Gay, Bisexual and/or Transgender (LGBT) e-learning (16).

Smoking Cessation:

- Tobacco Control in Clinical Practice (18).

Physical Activity:

- Walk Leader Training (19).

Community Nutrition Courses:

- Annual Update and Celebration Event (22).
- Cook it! (22).
- Early Years Nutrition (23).

- Food Values (23).
- Good Food Toolkit (24).
- I Can Cook It! (24).
- Nutrition Cue Cards (25).

Walk Leader Training Course Booking Form (26)

Introduction and Four Key Themes

The South Eastern Trust Health Development Team is committed to working in partnership with other organisations, groups and communities to promote, maintain and enhance the health and wellbeing of the South Eastern Trust's population.

We are the major organisation for health and social wellbeing improvement in the south eastern area and our mandate commits us to addressing the causes and associated inequalities of preventable ill-health and lack of wellbeing.

Along with our colleagues in the Public Health Agency we have set out our work under four key themes:

➤ **Give every child and young person the best start in life**

Investment in early years brings significant benefits in later life across areas such as health and wellbeing, education, employment and reduced violence and crime. We are committed to pursuing strongly evidenced programmes to build resilience and promote health and wellbeing.

➤ **Ensure a decent standard of living for all**

Lower socioeconomic groups have a greater risk of poor health and reduced life expectancy. We will focus efforts in a number of areas where, working with partners, we can impact on achieving a decent standard of living for all.

➤ **Build sustainable communities**

The views, strengths relationships and energies of local communities are essential in building effective approaches to improving health and wellbeing. We are committed to community development, engaging people in decision- making and in shaping their lives and social networks.

➤ **Make healthy choices easier**

Creating an environment that encourages and supports health is critical. We are committed to working across a range of settings to ensure that healthier choices are made easier for individuals.

BEHAVIOUR CHANGE AND GROUP WORK:

Introduction to Motivational Interviewing (MI) and Behaviour Change: a two half day training course.

Dates and Venues: Please indicate which you are signing up for.

- Introduction to MI: 12th and 13th of May 2021 on zoom **or**
- Introduction to MI: 8th and 9th of June 2021 on zoom

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service.

Duration: 10:00 am to 1:00 pm.

Target Audience:

Any worker trying to promote change with their clients.

About this Course:

This two, half day training event aims to explore behaviour change and introduce Motivational interviewing as an effective approach to encourage change.

By the end of the course participants will:

- Have an insight into the spirit, principles and processes of motivational interviewing
- Build on the skills used in MI
- Have a working knowledge of the opening strategies of motivational interviewing.
- Recognise how discord or resistance arises and effective responses.
- Build confidence and commitment to utilise Motivational Interviewing in everyday work.
- Explore how to continue to build their skills in using Motivational Interviewing.

Pre-requisite: Participants must attend both days.

Cost: Free of charge

Booking Details: To confirm a place and receive zoom log on details email Ed Sipler at Ed.sipler@setrust.hscni.net

Added note: If you sign up and then can't make it please let me know. Things do happen. Thanks.

BEHAVIOUR CHANGE AND GROUP WORK:

Motivational Interviewing: Going Beyond the Basics – Intermediate Practice.

Dates and Venues:

Intermediate practice session
2nd June, 2021 on Zoom
1st July, 2021 on Zoom

Workers should select which day they wish to attend. There will be more practice in the Autumn.

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service.

Duration: 10:00 am to 1:00 pm.

Target Audience: . Those workers who want to develop their skills in using motivational interviewing. It is like after your initial piano lesson, you have practice sessions where you try the skills out in a safe environment.

About this Course: Come to practice and extend your skills of using MI.

No pressure, but the only way to build competence with any new skills is through practice and we will work hard at making it fun.

Pre-requisite: For the practice session, workers should have previously attended an introduction to Motivational Interviewing workshop.

Cost: Free of Charge.

Booking Details:

To confirm a place and receive zoom log on details email Ed Sipler at Ed.sipler@setrust.hscni.net

DRUGS AND ALCOHOL:

Working with Substance Misuse – a half day workshop.

Dates and Venues:

26th May 2021 on zoom.

23rd June 2021 on zoom (as part of Ni Alcohol awareness week).

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service.

Duration: 10:00 am to 1:00 pm.

Target Audience:

This training is suitable for any practitioner whose clients use alcohol or drugs at a harmful level..

As we are in the process of building an on line e- Learning platform, the content delivered will be using the material being prepared for that so feedback is essential.

About this Course:

When substance misuse reached addiction levels, the Trust has an Addiction Service to address these needs

At the same time, substance misuse is a significant factor across a range of services and people drinking or using drugs can ambivalent or resistant to change. The aim of this workshop is to strengthen workers knowledge, skills and confidence to offer screening, identification and brief intervention, engage in effective conversations and interventions about change and effectively signposting clients and family members to the range of alcohol and drug services working across the South Eastern Trust.

Pre-requisite: None.

Cost: Free of Charge.

Booking Details: To confirm a place and receive zoom log on details email Ed Sipler at Ed.sipler@setrust.hscni.net

MENTAL HEALTH AND SUICIDE:**Asist (Applied Suicide Intervention Skills Training).**

Dates and Venues: TBC. This course can only be delivered face to face so will depend on current Covid- 19 Guidelines.

Facilitator/s: Health Development Team.

Duration: 2 Days 9.30am - 5pm on both days.

Target Audience: this course is open to anyone with a caring responsibility (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, social workers, nurses, physicians, pharmacists, teachers, counsellors, youth workers, police and correctional staff, school support staff, clergy, community volunteers and the general public.

About this Course: ASIST is a two day intensive, interactive and skills based course designed to help caregivers to recognise risk and learn how to intervene to prevent the immediate risk of suicide.

You will learn to:

- Identify people who have thoughts of suicide.
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living.
- Review current risks and develop a plan to increase safety from suicidal behavior for an agreed amount of time.
- Follow up on all safety commitments accessing further help as needed.

Pre-requisite: Participants must have attended SafeTALK prior to attending this course.

Participants must attend the two full days of training.

This training is NOT suitable for anyone recently bereaved by suicide.

Cost: Free of charge.

Booking Details: Please contact Eileen Young at Eileen.Young@setrust.hscni.net

MENTAL HEALTH AND SUICIDE:**Mental Health First Aid.**

Dates and Venues: TBC.

Facilitator/s: Health Development Team.

Duration: 2 full days 9.30am to 5pm (For Face to Face delivery). Online it is broken down into 3/4 sessions.

Target Audience:

The course has proved successful with different professional groups including health workers, teachers, frontline public sector and voluntary sector workers, as well as members of the general public.

About this Course:

MHFA is a training programme that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

Like traditional first aid, MHFA does not teach people to treat or diagnose a mental health or substance misuse condition. Instead it teaches people how to offer initial support until professional help is received or until the crisis resolves.

Pre-requisite: Participants must be willing to attend the full course.

Cost: Free of charge.

Booking Details: Contact Eileen Young at Eileen.Young@setrust.hscni.net

MENTAL HEALTH AND SUICIDE

Positive Steps.

Dates and Venues: Delivered via zoom.

Facilitators: Brien Frazer, SEHSCT.

Duration: 7 weeks (7 x 75 minute sessions).

Target Audience: This universal programme can be used with most groups aged 12 and over.

About this Course:

Positive Steps is a flexible and interactive mental health promotion programme.

Delivered over 7 sessions the programme offers students the opportunity to try something new, have fun in their recovery and learn & practice strategies that aim to enhance confidence & well-being.

The Foundation of Positive Steps

The Recovery Model is central to the Positive Steps programme. Putting recovery into action means focusing care on supporting recovery and building the resilience of people with mental health problems, not just on managing their symptoms. Throughout Positive Steps we have aimed to keep recovery central to the ethos and working of the programme.

Pre-requisite: None.

Cost: Free of charge.

Booking Details: Email: brien.frazer@setrust.hscni.net

MENTAL HEALTH AND SUICIDE:**Positive Steps Training for Trainers (T4).**

Dates and Venues: TBC.

Facilitator/s: Health Development Team.

Duration: 4 hours.

Target Audience:

Anyone who can deliver an emotional wellbeing programme in a group setting.

About this Course:

Positive Steps is a flexible and interactive emotional wellbeing programme which can be delivered to groups. The aim of the programme is to enhance the confidence and self-esteem of the participants. It is based around the 5 ways to wellbeing.

This T4T will familiarise participants with the Positive Steps manual. It also will give them experience in planning & delivering the programme.

Pre-requisite:

This training is interactive and all participants must be willing to take part in a group presentation.

All participants must have the capacity to deliver this training in a group setting and preferably have experience delivering to groups.

Cost: Free of charge.

Booking Details: Contact Eileen Young by email: Eileen.Young@setrust.hscni.net

MENTAL HEALTH AND SUICIDE:

safeTALK Training.

Dates and Venues: TBC. This course can only be delivered face to face so will depend on current Covid- 19 Guidelines.

Facilitator/s: Health Development Team.

Duration: 3 hours.

Target Audience: safeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth*, teachers, law enforcement ... anyone who wants to help prevent suicide. safeTALK can be delivered to anyone over the age of 16 working or living in the SEHSCT area.

About this Course:

safeTALK - Suicide Alertness for everyone.

The training equips participants with the skills to recognise a person with thoughts of suicide, to engage them and connect them with an organisation or individual who can intervene and keep them safe.

Pre-requisite: Not suitable for anyone recently bereaved by suicide.

Cost: Free of charge.

Booking Details: Email Eileen Young at Eileen.Young@setrust.hscni.net

MENTAL HEALTH AND SUICIDE:

Take 5 Ambassador Training.

Dates and Venues: Delivered via zoom.

Facilitator/s: Health Development Team.

Duration: 2.5 hours.



Target Audience: Open to anyone working in the community who has a role to promote positive mental health. The training is intended to build capacity among participants to enable them to promote the Take 5 message in their communities.

About this Course:

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

The Take 5 ambassador training aims to:

- raise awareness and understanding of the Take 5 message.
- To provide and explore the resources necessary to promote the Take 5 message in our local communities.
- To create a network of Take 5 Ambassadors working to improve our communities wellbeing.

Pre-requisite: Participants should be willing to promote the Take 5 message in their communities.

Members of the Take 5 Ambassador network will be encouraged to engage with other Ambassadors on a regular basis, sharing examples of their work and promoting best practice.

Cost: Free of charge.

Booking Details: Email Eileen Young at Eileen.Young@setrust.hscni.net

MENTAL HEALTH AND SUICIDE:**Understanding Self Harm.**

Dates and Venues: TBC.

Facilitator/s: Health Development Team, ZEST Trainers.

Duration: 3.5 hours.

Target Audience: Anyone working in a caring role within the SEHSCT area.

About this Course:

This training is an introduction to issue of self- harm and how it can be impacted by alcohol misuse.

It aims to:

- To raise awareness and increase understanding of self-harm.
- To increase understanding of the assessment and management of risk.
- To understand why people who self -harm find it hard to change.
- To explore alternate coping strategies.
- To develop skills and sustain a positive working relationship with people who self-harm.

Pre-requisite: This training is for carers not people who are self- harming.

Cost: Free of charge.

Booking Details: Please contact Eileen.young@setrust.hscni.net for more information.

MENTAL HEALTH AND SUICIDE:

Building Children’s Emotional Regulation through working with parents: A one-half day workshop on zoom.

Dates and Venues: 20th May,2021 on zoom.

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service.

Duration: 10:00 am to 1:00 pm

Target Audience: Any worker who work with parents and who can give a commitment to use this material.

About this Course: To enable workers who work with parents on strengthening children’s emotional regulation through using tools from *Building our Children’s Developing Brain*.

Building our Children’s Developing Brain helps increase that emotional regulation by exploring with parents how the brain works . It is based on *The Whole-Brain Child’* by Dan Siegel & Tina Bryson with practical strategies to help the different parts of our children’s brains work together. It goes past working with new-born and infants as children get older and builds on an early intervention ethos.

The workshop will explore the content of the program and build confidence to use the material with parents.

Anyone can view the booklet (there are other tools you will be introduced to during the workshop) at <https://setrust.hscni.net/wp-content/uploads/2020/08/Building-Our-Childs-Developing-Brain-V4-1.pdf>

What parents have said about the program.

I found it useful to recognise that the upstairs part of a child’s brain is only starting to develop. The steps in the booklet are something I wish I’d known about years ago – I have printed them out so I can keep them as a quick reference”. Mother of children ages 8, 3, 2.

Pre-requisite: As this is being evaluated, workers should give a commitment to use it with parents and provide qualitative feedback.

Cost: None

Booking Details: To confirm a place and receive zoom log on details email Ed Sipler at Ed.sipler@setrust.hscni.net

SEXUAL HEALTH

Lesbian, Gay, Bisexual and/or Transgender (LGBT) e-learning.

Dates and Venues: Ongoing Online Programme

Facilitator/s: N/a.

Duration: The estimated time to complete the programme is 45 minutes, however, this does not include the additional reading provided.

Target Audience: Individuals working in any setting.

About this Course: This e-learning programme has been developed by the Public Health Agency in partnership with the Southern Health and Social Care Trust (SHSCT) and has been informed by the experiences of individuals who identify as Lesbian, Gay, Bisexual and/or Transgender (LGBT) and their carers.

The content has been developed to meet a range of learning styles and contains stories, scenarios, interactive quizzes and videos involving lived experiences.

The programme features are easy to use and navigation throughout the different sections is straightforward.

Section 1 – Introduction.

Section 2 – Getting the basics right.

Section 3 – Health and social wellbeing inequalities.

Section 4 – Understanding the law.

Section 5 – Creating an inclusive workplace.

Participants have the option of completing the programme from beginning to end or saving progress and returning at another time to complete.

Individuals who identify as (LGBT) like other disadvantaged groups, experience considerable sexual, physical and mental health inequalities. Homophobia, transphobia and heterosexism are the main barriers LGBT people face when accessing services.

In 2011, the findings from the Rainbow Project research report 'Through Our Eyes - Experiences of Lesbian, Gay and Bisexual People in the Workplace' showed that nearly 1 in 4 respondents working in the public sector conceal their sexual orientation and that some 40% of

respondents from the public sector had heard negative comments about LGB&T people from a colleague or colleagues in the workplace (Through Our Eyes, Experiences of Lesbian, Gay and Bisexual People in the Workplace. Rainbow Project, DSD, March 2011, McDermott, M.)

Learning Outcomes: After completing this module, learners will be able to:

- Understand the difference between sexual orientation and gender identity.
- Have knowledge of the equality legislation relating to sexual orientation and gender identity.
- Be aware of the health and social wellbeing inequalities experienced by LGB&T individuals, the support services available and be aware of how to access them.
- Challenge the myths and misperceptions associated with LGB&T individuals.
- Explore the barriers associated with disclosure of sexual orientation and/or gender identity in the workplace.
- Understand how LGB&T awareness within the workplace can help create a more welcoming, safe and productive work environment.
- Reflect on their organisational policy and practice to help identify opportunities for:
 - Workplace settings to be more LGB&T inclusive- Addressing any existing gaps in current practice and delivery relating to LGB&T issues.
 - Any future potential training for staff working in a range of settings.

Who is the programme for? This programme has been designed to be used by individuals working in any setting. We hope it has relevance to a wide audience including relevant staff with management or recruitment roles within organisations. It is hoped that the programme will be seen as complimentary to face to face interactive training programmes that are currently available and provided by the LGB&T Sector Organisations.

Pre-requisite: Access to a computer is essential - HSC Staff.

Cost: Free of Charge.

Booking Details: <http://lgbtelearning.hscni.net>

Gabrielle O'Neill Health Development Specialist – Sexual Health & Disability

Email: Gabrielle.oneill@setrust.hscni.net

SMOKING CESSATION:

Tobacco Control in Clinical Practice.

Dates and Venues: Due to Covid-19 restrictions no face to face sessions are currently taking place. Zoom sessions can be arranged. An on-line programme can be accessed at <https://view.pagetiger.com/smoking-cessation-training/1>

Facilitator/s: SET Stop Smoking Team.

Duration: 1 hour

Target Audience: It is suitable for anyone working in the statutory, voluntary and community sectors who come into contact with clients / patients who smoke.

About this Course:

This is a short one-off session and is aimed at anyone who works with patients or clients who smoke. The training involves:

- Reasons why people start smoking and understanding the habit.
- What's really in a cigarette.
- Health benefits of quitting.
- Process of stopping.
- Symptoms of nicotine withdrawal.
- Nicotine Replacement Therapy & Champix.
- How to refer to the service or other sources of support.

This course will help to improve your skills in providing support to people who want to stop smoking.

Pre-requisite: None.

Cost: Free of Charge.

Booking Details: Please contact: claire.black@setrust.hscni.net or 077 252 18345 for further details..

PHYSICAL ACTIVITY:**Walk Leader Training.****Dates and Venues: Delivered via Zoom**

- ◆ Thursday, 22nd April 2021: 9.30am - 12.30pm
- ◆ Thursday, 20th May 2021: 9.30am - 12.30pm
- ◆ Tuesday, 22nd June 2021: 1.30pm - 4.30pm
- ◆ Thursday, 9th September 2021: 9.30am -12.30pm
- ◆ Tuesday, 5th October 2021: 9.30am - 12.30pm
- ◆ Thursday, 3rd March 2022: 1.30pm - 4.30pm

Facilitator/s: Wendy McDowell & Jayne McKillen – Community Health Development Practitioners.

Duration: 3 hour course.

It is advisable to log on to Zoom 10-15 minutes prior to commencement of course to allow a prompt start.

Target Audience: Anyone wishing to set up a Walking For Health walking group as part of their work role or in a voluntary capacity.

PLEASE NOTE: Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity.

About this Course:

Aim: To train adults to lead health walks in their local community or workplace.

Learning Objectives:

- To understand the health benefits of walking.
- To motivate inactive people to participate in health walks.
- To develop Walking For Health programmes.
- To plan and risk assess walking routes.
- To lead safe and enjoyable health walks for people of all ages and abilities.

This is a basic level course which promotes low level health walks for adults who are inactive.

Pre-requisite:

- Be over the age of 18 years.
- Be able to complete the full training.
- Have a reasonable level of fitness to lead health walks.
- All participants will be expected to be active as Walk Leader and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity (dependent on COVID restrictions).
- Details provided for each Walking For Health group across SET area will be appropriately shared/promoted online.

PLEASE NOTE:

By booking a place on Walk Leader Training, you are agreeing to all of the above.

In addition for SET staff:

- Be clear about how the Walking for Health programme could be delivered within a workplace, if appropriate (ie client group).
- Have line manager's approval to attend, if appropriate.

Cost: . This course is funded by SEH&SCT Health Development Department & Public Health Agency.

Booking Details: Please contact Health Development on 028 9250 1373.

COMMUNITY NUTRITION TRAINING:**Training Dates for Nutrition Courses 2021/22.**

Please find below training courses run by the Health Development Dietitians.

Due to the events of the past year we have been unable to run any training for new tutors during 2020/2021 and we are unable at time of writing to confirm any dates and venues for the following courses. If interested please apply and this will allow us to assess the suitability of the programme and your name will be added to the waiting list for training.

All training is **free** and includes comprehensive resource packs.

Training is designed to be delivered as part of your work. Trust employees delivering these programmes as part of their work are covered by Trust insurance. **Any delivery outside of this is not covered and tutors must take out their own insurance.** Non Trust employees need to check that they are covered by their employer's insurance.

Cook it!, I Can Cook it! and Food Values require your manager to agree to you delivering the programmes at least once a year. A pre training visit to meet you and your manager is required for these programmes before a place can be confirmed. A post training visit to your programme is also required. You will need to have access to a kitchen to deliver these programmes.

For all courses places are allocated on first come first served basis. Those not successful in gaining a place will be put onto a waiting list for the next course.

To request a place on training please contact training.dietitians@setrust.hscni.net OR Tel: 90411792 and leave a message.

PLEASE NOTE: All tutors are required to complete feedback via monitoring and evaluation forms as required. Tutors who do not meet these requirements will be removed from our database. Printed resource packs remain the property of either Public Health Agency or South Eastern Trust and must be returned if tutors do not meet the above criteria.

COMMUNITY NUTRITION TRAINING:

Annual Update and Celebration Event.

Dates and Venues: To be confirmed.

Duration: 9.15am - 1.00pm.

Number of places: 40.

About this Course:

Half date update session for tutors who have completed nutrition training courses. Topic to be confirmed.

It is essential to attend the annual update to remain on our database and retain your training manuals.

COMMUNITY NUTRITION TRAINING:

Cook it!

Dates and Venues: To be confirmed.

Duration: 2 days 9:15pm – 4:30pm.

Number of places: 12.

About this Course: Tutors will be trained to deliver a practical 6 week programme to groups to help improve their nutritional knowledge and cooking skills. Recipes are designed with those on a budget in mind. Access to a kitchen is required to deliver the programme.

Day 2 includes a practical Cook it! session. Tutors need to have a basic knowledge of cooking. Please see notes above re pre- and post- training requirements. You must be available to attend both training days.

COMMUNITY NUTRITION TRAINING:**Early Years Nutrition.**

Dates and Venues: To be confirmed.

Duration: 9.15am – 2.00pm.

Number of places: 12.

About this Course: A practical training course to enable those attending to deliver a 3 session practical programme to support parents to wean babies safely based on current nutritional advice.

Access to a kitchen is required to deliver the programme.

COMMUNITY NUTRITION TRAINING:**Food Values.**

Dates and Venues: To be confirmed.

Duration: 9:15am - 4:00pm.

Number of places: 12.

About this Course:

A food budgeting programme which covers planning meals, best value shopping and cooking.

This is a one day training to enable participants to deliver a 4 week course. Access to a kitchen is required to deliver the programme. Tutors need to have a basic knowledge of cooking.

Please see notes above re pre- and post- training requirements.

COMMUNITY NUTRITION TRAINING:**Good Food Toolkit.**

Dates and Venues: To be confirmed.

Duration: 9:15am - 4pm.

Number of places: 20.

About this Course:

A one day training course for those wishing to deliver healthy eating messages to groups. This flexible programme is suitable for those working with adults delivering either a one off session or a series of sessions. This is a revised and updated programme and contains new, additional resources developed by ourselves.

COMMUNITY NUTRITION TRAINING:**I Can Cook It!**

Dates and Venues: To be confirmed.

Duration: 2 days 9:15am - 4.30pm.

Number of places: 12.

About this Course: The I Can Cook it! programme has been adapted to meet the needs of people with a learning disability or who may have literacy difficulties. Participants do not need to be Cook it! trained.

Tutors will be trained to deliver a practical 8 week programme to groups to help improve their nutritional knowledge and cooking skills. Access to a kitchen is required to deliver the programme. Day 2 includes a practical cooking session. Tutors need to have a basic knowledge of cooking. Please see notes above re pre- and post- training requirements. You must be available to attend both days.

COMMUNITY NUTRITION TRAINING:**Nutrition Cue Cards.**

Dates and Venues: To be confirmed.

Duration: 9.15am - 1.30pm.

Number of places: 15.

About this Course:

This new half day course has been designed specifically for staff working with children & young people within the leisure services setting but is open to a wider audience. A practical & user-friendly bite-sized message resource (cue cards) will be provided to those attending the training to support their work with children & young people aged 11-18 years.

The cue cards are age specific and are not designed for use outside of this age range.

Walk Leader Training Course Booking Form

Course Date & Time:	
Course Venue:	Online Via Zoom
Name:	
Address: (Community Volunteers – home address Work role – work address)	
Postcode:	
Tel:	
Mobile:	
Email:	
How did you hear about this course?	
Council Area:	Please tick one area
Lisburn & Castlereagh	Ards & North Down
Down (NMD)	Belfast

Only complete this section if leading walks as part of work role, with approval from line manager.

Line Managers Name:	
Employer / Department / Directorate:	

Pre-requisite:

- Be over the age of 18 years;
- Be able to complete the full training & willing to lead health walks;
- Have a reasonable level of fitness to lead health walks;
- Details provided for each walking group will be appropriately shared/promoted online across SET area.

Please Note: By booking a place on Walk Leader Training, you are agreeing to all of the above.

20 places available – your place will be confirmed via email along with Zoom details.

Participant Signature:

Date:

PLEASE EMAIL COMPLETED BOOKING FORM TO: health.development@setrust.hscni.net