

Free training on health promotion available to our volunteers

With thanks to some funding from East Sussex County Council we're in the unique position to offer our volunteers free training to enable our participants to consider their health, and provide information that could lead them to making healthy choices about smoking, healthy eating, being active and other positive lifestyle choices.

What do you get?

A Level 2 Award in Understanding Health Improvement. This qualification from the Royal Society of Public Health gives:

- A grounding in public health skills
- Will help you to empower Gig Buddies to improve their general health and well-being.

What does it involve?

The learning for the qualification is completed by e-learning and is likely to take 7 hours in total. **Please note, you don't have complete all 7 hours in one go** - the course can be completed a little at a time.

You'll learn:

- What it means to be 'healthy'
- Current health recommendations
- How people change to healthier lifestyles (basic theories of behaviour change)
- How to present health information to participants as well as how and where they can access more information and professional support.

To get your qualification, you'll be invited to attend a one-day event in September/October. On this day, a professional trainer with expertise in health promotion and experience in working with adults with learning disabilities will prepare you for the **multiple choice test** for the qualification.

After the test, the trainer will show you *how* to have health promoting conversations with your Gig Buddy whilst respecting their right to make their own choices. You'll have the chance to practice discussing health behaviours in a safe environment and get expert advice on what to say and what not to."

Help us create the 'Stay Up Late guides to...'

We want to create a series of short easy to read guides that will help other people think about ways in which they can promote the things we've been learning on this course. These will be available on our website.

To do this we'll also be holding an optional extra ½ day session where will be working with our volunteers to help develop a series of short guides which we'll make available through our website.

We'll be looking at:

- What already exists
- How we can make sure there is access to accurate information in easy read formats.

The aim is to create a series of guides and in this short session, we'll be setting standards for presenting health information effectively and starting the process of designing our own materials. These guides will include how to get to local services and what happens when you get there.

Dates:

You will need to attend either of these dates to take the exam:

[Friday 10th Oct – 10am to 4pm - Lewes](#)

[Saturday 11th Oct – 10am to 4pm - Eastbourne](#)

Optional follow-up event to create the 'how to guides'

[Thursday 16th Oct - 4pm – 7pm - Lewes](#)

What you need to do now

- 1) Let us know which date you want to attend by 27th July

(We will cover all costs and feed you)

Best wishes

Paul