

Health & Wellbeing Training Programme for Children's & Young People's workers



The Healthy Families Team offers a programme of workforce training for staff that work with children and young people in Bolton, if you would like to attend any of our sessions return the booking form attached to HF@boltonft.nhs.uk

All our training is run at Pikes Lane Health Centre Deane Road

We are also able to offer our training to single teams to meet your needs, this can be delivered face to face or on MS Teams if you want to discuss any of the training contact ceri.blackmore@boltonft.nhs.uk or ring 01204 463175.



Healthy Eating: What it REALLY is (and isn't) – Multi-agency

Healthy eating isn't what it used to be ... and that's a good thing. How we talk about healthy eating, food and nutrition can have a lasting impact on mental, emotional and physical health. Join us to explore why it is time to change the current narrative.

Date	Time	Venue
Wednesday 13 th March	1.00 -4.00	Pikes Lane Training Rm 2
Wednesday 19 th June	1.00 -4.00	Pikes Lane Training Rm 1
Wednesday 9 th October	1.00 -4.00	Pikes Lane Training Rm 1

Assessing & Communicating Childhood Growth Measurements (BMI) (aged 2 years up) – Health Staff only

This practical session introduces a Health Gains Approach to children's health and well-being, and covers how to assess, interpret and communicate childhood BMI growth measurements, within this framework. Ideal for new starters. *(Not necessary for those who have previously completed BMI training or Level 1).*

Date	Time	Venue
Wednesday 8 th May	1.00 -4.00	Pikes Lane Training Rm 1
Wednesday 6 th November	1.00 -4.00	Pikes Lane Training Rm 1

Fetal Alcohol Spectrum Disorder – Multi-agency

This course looks at fetal exposure to alcohol, physical, mental and emotional effects, impact on the child and family, and strategies for working with children with FASD.

Date	Time	Venue
Tuesday 23 rd April	9.30 -12.30	Pikes Lane Training Rm 1
Friday 13 th September (FASD awareness week)	9.30 – 12.30	Pikes Lane Training Rm 1
Tuesday 10 th December	9.30 – 12.30	Pikes Lane Training Rm 1

Young People & Alcohol – Multi-agency

This course looks in detail at the impact of alcohol upon young people; we will look at the effects of alcohol misuse, risk taking, harm reduction and look at appropriate interventions for working with young people misusing alcohol.

Date	Time	Venue
Thursday 11 th July	9.30 – 12.30	Pikes Lane Training Rm 1
Tuesday 19 th November	9.30 – 12:30	Pikes Lane Training Rm 1

Young People & Cannabis – Multi-agency

This course looks at the different types of cannabis, how cannabis is used and the varying effects and risks. We will look at harm reduction and identify appropriate interventions for young people using and misusing cannabis.

Date	Time	Venue
Wednesday 21 st February	9.30 – 12.30	Pikes Lane Training Rm 2
Tuesday 24 th September	9.30 – 12.30	Pikes Lane Training Rm 1

Young People & Sexual Health – Multi-agency

Working with The Parallel this course aims to provide workers with a basic knowledge that would enable them to confidently discuss sexual health with young people, it will cover safer sex, contraception, STI's, confidentiality and the law and includes learning around supporting young to achieve safe, healthy, happy relationships

Date	Time	Venue
Thursday 25 th January	9.30 - 2.30	Pikes Lane Training Rm 2
Thursday 23 rd May	9.30 - 2.30	Pikes Lane Training Rm 1
Thursday 19 th September	9.30 – 2.30	Pikes Lane Training Rm 1

Drug Awareness – Multi-agency

This course focuses on the ins and outs of different drugs; you will learn about the effects and risks of substances & be able to recognise drugs and the paraphernalia associated.

Date	Time	Venue
Wednesday 20 th March	9.30 – 12.30	Pikes Lane Training Rm 2
Wednesday 3 rd July	9.30 – 12.30	Pikes Lane Training Rm 1
Tuesday 12 th November	9.30 – 12.30	Pikes Lane Training Rm 1

Parental Substance Misuse - Multi-agency

This course focusses on the impact of parental substance misuse, we will look at the effects on fetal development, and longer term impacts on the child and young person. We will discuss the issues in families where there is significant substance misuse and explore approaches to working with these families.

Dates	Time	Venue
Tuesday 11 th June	9.30 – 12.30	Pikes Lane Training Rm 1
Wednesday 4 th December	9.30 – 12.30	Pikes Lane Training Rm 1

Oral Health Improvement – for Early Years Staff & Public Health Nursing

Get updated on what is happening in the world of Oral Health Improvement and Dentistry (post Covid -19). This course is aimed at Early Years Staff and Public Health Nursing. Bespoke single agency courses can be arranged.

Date	Time	Venue
Wednesday 17 th January	1.30-3.00	Pikes Lane Training Rm 1
Wednesday 28 th February	9.30-11.00	Pikes Lane Training Rm 1
Wednesday 13 th March	9.30 -11.00	Pikes Lane Training Rm 2
Wednesday 10 th April	9.30 -11.00	Pikes Lane Training Rm 1
Wednesday 5 th June	9.30 -11.00	Pikes Lane Training Rm 1
Thursday 18 th July	9.30 -11.00	Pikes Lane Training Rm 2
Tuesday 22nd October	9.30 -11.00	Pikes Lane Training Rm 1
Wednesday 19 th November	1.30-3.00	Pikes Lane Training Rm 1

Healthy Families Team

Training Booking Form

Name:			
Job title:			
Team:			
Contact Number:			
Email address:			
Manager's name & email:			
Course title	Course date:	Manager agreed attendance	
1			
2			
3			
4			

Return this booking form to HF@boltonft.nhs.uk

You will receive confirmation of your booking and details about the venue with joining instructions when you are placed on the course.

If you need any further information or to discuss the training please contact Ceri Blackmore 01204 463175 or email ceri.blackmore@boltonft.nhs.uk