



Health Improvement: What is it?

Healthcare is changing. The emphasis is shifting from just treating illness to promoting good health. This means helping individuals to make healthy choices and have more control of their own health and well being; by giving up smoking, exercising more, losing weight, drinking alcohol sensibly, promoting sleep and relaxation or healthier eating.

Manchester Public Health Development Service

The Primary Care Trust has a lead responsibility for improving the health of their local population. The Manchester Public Health Development Service (MPHDS) as part of this, works to improve health across the City of Manchester. We have a particular emphasis on reducing health inequalities and work to address the factors that affect health and well being. We achieve this by working in partnership with other organisations, groups and local communities. MPHDS employs a team of qualified Public Health Development Advisors, Health Trainers and Resource and Information Advisors, who cover the whole city.

MPHDS is now able to offer the Royal Institute of Public Health 'Understanding Health Improvement' Level 2 Award at no financial cost to partner organisations.

So what will be the benefits for many organisations?

This unique award supported by the Department of Health helps employers and organisations of all types and sizes in the private, public, community and voluntary sectors to support a healthy workforce or volunteer group. It assists front line staff to perform better in any general 'health promotion' role. The award equips staff to motivate and support individuals to adopt a healthier lifestyle, supporting workplace colleagues, peers, friends, family and ultimately the wider community. Staff qualified in Understanding Health



Improvement are enabled to enhance customer and client experience, giving an added-value service.

The workplace offers a real opportunity for health improvement. Organisations are increasingly supporting the issue of staff health as it leads to improved productivity, can lower staff turnover and improves staff retention. This supports an 'employer of choice' culture.

Who can become a Health Guide and what will they do?

The 'Understanding Health Improvement Qualification' is suitable for anyone who has a genuine interest in improving health and well being in the workplace. 'Understanding Health Improvement' is a level 2 qualification and is suitable for all staff, no pre-course entry requirements are needed. The course will consist of 3 half days and we aim to be flexible in achieving this with partner organisations.

On completion of the accredited training a Health Guide will be able to:

- Provide clear and up to date information about health and well-being.
- Help to identify lifestyle factors that are affecting health.
- Guide clients in developing their own action plans.
- Boost employees' motivation to change and provide support to increase their confidence in their ability to change.
- Signpost to other local relevant services.

Business Benefits

- Quality NHS training for designated individuals within your company.
- Access to health support for your staff.
- Positive company publicity to demonstrate your investment in the health and well-being of your staff and volunteers.



What type of a person is a Health Guide?

A Health Guide has good communication skills and the ability to support others in making positive lifestyle changes. Health Guides are approachable in manner and respect the need for confidentiality and sensitivity. Potential Health Guides do not need to have any specific qualifications. Manchester Public Health Development Service will deliver FREE training to individuals, enabling them to develop the skills needed to promote workplace health.

How is the course structured?

The course consists of 4 modules. Key information and facts will be delivered in a series of tutorial style sessions. These will require student participation, group work, discussion and sharing of practice/ experiences. The assessment is a multiple choice exam paper.

Where and when will the courses be run?

Courses will be delivered at a range of different times and venues across Manchester. Contact Gilly Lee on **0161 861 2912** for details of a course to suit you.

How much does it cost?

The course and after support are entirely FREE of charge. The only cost to you and your organisation is the time needed for staff to attend the training and perform the role.

If you would like more information please contact:

Gilly Lee, Health Trainer Programme Support Officer
Manchester Public Health Development Service,
Victoria Mill,
Lower Vickers St,
Miles Platting,
Manchester,
M40 7LJ

Telephone: **0161 861 2912**

Email: gilly.lee@manchester.nhs.uk

