The Health Improvement Team

The Health Improvement Team supports West Lothian communities most at risk of poor health. We work with community groups, education, social work, health services, care homes, voluntary organisations, volunteers and many more. We can help you to enhance your service and prevent or address health inequalities.

We offer a range of training to help your group or organisation to deliver health improvement activities to those most at risk of poor health.

All courses are free and take place in venues across West Lothian. The information in this booklet tells you about the wide range of courses that we deliver. We set up a programme of course dates for each year, and we can also tailor courses to suit your organisations needs and deliver them in a location to suit you.

To book a place or find out more contact HIT on 01506 775626 or email: hit@westlothian.gov.uk

Our courses are free to you but they do cost the Health Improvement Team to develop and deliver. If you cancel your place without prior notice we reserve the right to pass on these costs to you/your organisation

West Lothian Community Health & Care Partnership
westlothianhcp.org.uk
## Contents

### Generic Courses
- Group Work Skills
- Getting the Balance Right: Food, Physical Activity & Wellbeing
- Food and Physical Activity Matters for Early Years
- Health Promoting Nursery/Childcare Settings

### Mental Wellbeing
- Living Life to the Full
- Stress-Less
- WRAP
- Scotland’s Mental Health First Aid
- SafeTALK
- ASIST
- Young People and Self Harm Information Session
- Life Matters

### Community Development
- Understanding Health Inequalities
- Community Development & Health
- Health Issues in the Community - part 1
- Health Issues in the Community - part 2
- The Social Model of Health
- Inequality, Equity and Social Justice
- Power, Participation and Democracy
- Community Development and Collective Working

### Physical Activity
- Walk Leader Training
- Physical Activity for the Early Years
- Physical Activity for Older Adults

### Food and Health
- Food Safety and Hygiene in the Classroom
- Food and Nutrition for Early and First level
- Introduction to Nutrition in Older Adults
- Exciting the Appetite
- How to Run a Cooking Group
- Eating Well: Recommendations and Realities for Young People (12-18)
- Eating Well for Looked After Children and Young People
- Eating Well through Pregnancy
- Weaning Training

### Other Capacity Building Support Available
Group Work Skills

**Aim**
To provide a practical introduction to the skills and knowledge involved in running groups.

**Learning Outcomes**
Participants will have the opportunity to:
- Increase awareness of the skills required to work with groups
- Develop basic understanding of group processes
- Explore the role and qualities of an effective group
- Increase understanding of different types of groups and their structures
- Take part in a range of interactive participatory group activities
- Consider how to apply the learning to current work

**Prospective Participants** Open to all.

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**Getting the Balance Right: Food, Physical Activity & Wellbeing**

**Aim**
To provide participants with the information, confidence and tools to support their client group to put healthy eating and physical activity recommendations into practice to improve health and wellbeing.

**Learning Outcomes**
- To gain an understanding of the policy context relating to food and health, physical activity and mental wellbeing
- To gain an understanding of current eating and physical activity patterns in Scotland.
- Increase understanding of the definitions, key messages around food & health, physical activity and the links to mental wellbeing.
- To increase awareness of barriers to healthy eating and physical activity & raise awareness of behaviour change.
- Understand risk factors and benefits associated with healthy eating and physical inactivity.
- Be aware of national and local initiatives and resources for promoting healthy eating, physical activity and mental wellbeing.
- Reflect on learning and how it will inform professional practice.

**Prospective participants**
Staff and volunteers in West Lothian who may have opportunities to promote food, physical activity and wellbeing messages.

*Note: Topic areas (physical activity, food and mental wellbeing) could be delivered separately over a half day.*
Food and Physical Activity Matters for Early Years

Aim
To provide participants with an introduction to the importance of food, nutrition and physical activity during the early years (from pre-pregnancy to age 5).

Learning Outcomes
- Increase your awareness of key messages relating to diet and physical activity during pregnancy and the reproductive years
- Discuss the benefits of breastfeeding, and understand the cultural factors influencing feeding choice
- Become familiar with the needs of babies moving onto mixed feeding, and be able to describe suitable foods for this stage (includes ‘Baby Led Weaning’)
- Explore specific issues/barriers relating to diet and physical activity in the under 5s and discuss the recommendations for diet and physical activity and ideas to encourage children to eat healthily and stay active
- Increase your awareness of particular nutrients important to under 5s
- Explore how social factors may affect nutritional intake
- Reflect on your own practice

Prospective participants
Nursing and Midwifery Staff; Peer Supporters; Get Cooking Tutors; Childcare providers; Early Years Practitioners, Social Workers and any other staff with an interest in promoting healthy food choices for women of childbearing age and / or families with young children. Note: This course can be delivered in bite size sessions or in-house for 8 or more participants.

Health Promoting Nursery / Childcare Settings

Aim
The aim of this workshop is to explore practical ways of providing an environment that is supportive of positive and fun food and health messages.

Learning Outcomes
- To explore ways to include food and health in everyday learning activities and the curriculum
- To explore ideas for snack, activities, books, toys and resources that promote a positive culture towards breastfeeding, healthy eating and other health messages.
- To gain an understanding of the ‘health promoting and breastfeeding friendly nursery’ and to become familiar with self assessment tools
- To gain an understanding of how to develop a food policy for your setting, and how to apply for a Breastfeeding Friendly Award.

Prospective Participants
Anyone who works or volunteers in an early years childcare setting. e.g. Nursery Staff, Childminders, Crèche workers, Playgroup or toddler group volunteers etc.
Living Life to the Full

Aim
Living Life to the Full is an 8 session course which offers participants the opportunity to learn more about why they feel like they do and more importantly learn new skills and techniques to improve their life and make changes.

Learning Outcomes
Each of the 8 sessions are delivered around the use of some “Little books.” The titles of the sessions include:
- 12 hours that can change your life
- I can’t be bothered doing anything
- Why does everything always go wrong?
- I’m not good enough
- How to fix almost anything
- The things you do that mess you up
- Are you strong enough to keep your temper?
- 10 things you can do to feel happier straight away

Prospective Participants
Open to anyone over the age of 14 years.

Stress-Less

Aim
This is an interactive session which aims to support people to understand the nature of stress, understand the impact of stress and understand the coping mechanisms to deal with stress positively.

Learning Outcomes
Stress-Less aims to support people to understand:
- What stress is
- Why do we need stress
- Understand the impact of stress on our physical, mental and social health
- What positive coping strategies can help both prevent stress or reduce the symptoms of stress when they occur.

Prospective Participants
Sessions can be provided for staff teams and/or existing groups.
WRAP - Wellness Recovery Action Planning

**Aim**
- To create an understanding of how WRAP can help you manage your own wellness
- To explore the process of what is involved in creating your own WRAP
- To start the process of creating your own WRAP

**Learning Outcomes**
Participants will have the opportunity to:
- Have a greater understanding of the recovery pathways
- Understand how WRAP can help you manage your own wellness
- Have a shared understanding of the ethics and values underpinning WRAP
- Understand the simple format that makes up the overview of WRAP
- Begin the process of creating your own WRAP

**Prospective Participants**
Open to all. These workshops are very much about the individual developing their own WRAP. They do not enable you to facilitate groups to develop WRAP. When you have a working WRAP, you are then thought to be in a position to work one-to-one with people to support them going through the process.

Course length: 5 x 3 hr sessions

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Scotland’s Mental Health First Aid

**Aim**
A 2-day course - teaches how to recognise signs/symptoms of someone with mental health problems; respond to mental health crisis, support and signpost people to appropriate professional help. To promote the importance of mental health and develop skills to provide support that will promote recovery.

**Learning Outcomes**
Participants will have the opportunity to:
- Gain the knowledge and the skills to provide initial support to someone developing a mental health problem
- Learn to identify the signs and symptoms of common disorders
- Learn to identify possible risk factors
- Explore the techniques used to support someone in crisis
- Develop non-judgemental listening skills
- Learn about appropriate resources which show how and where to get help.

**Prospective Participants**
Open to all. Options to deliver this course in 4x3hr sessions or 6x2hr sessions if the 2 full days cannot be accommodated.

Course length: 2 days
**SafeTALK**

**Aim**
A half day suicide alertness training course. To enable participants to recognise people who are having thoughts of suicide and to connect them to suicide intervention resources.

**Learning Outcomes**
Participants will have the opportunity to:
- Increase their awareness that opportunities to help people with thoughts of suicide are sometimes missed, dismissed or avoided.
- Learn how to recognise when a person might be having thoughts of suicide.
- Increase their confidence in talking to someone with thoughts of suicide in a clear and helpful way.
- Learn how to provide practical help to people with thoughts of suicide and connect them to community resources.

**Prospective Participants**
Open to all (16+)

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**ASIST**

**Aim**
2 Day Applied Suicide Intervention Skills Training (ASIST). This course facilitates suicide first aid intervention to help a person at risk of suicide and to connect them to appropriate help. The course model has 3 sections; Connecting; supporting participants to connect to their own thoughts and belief’s around suicide and how they might impact upon a suicide intervention. Understanding; preparing participants to become suicide first aid intervention care givers by using the “Pathway for Assisting Life” (PAL) model. Assisting; help participants to feel familiar with the PAL model and how PAL might work in practice.

**Learning Outcomes**
Also referred to as ‘Suicide First Aid’ ASIST will help participants:
- Recognise people’s invitations for help
- Reach out and offer support
- Review the risk of suicide
- Become familiar with and apply “Pathway for Assisting Life” model
- Increased awareness of community resources.

**Prospective Participants**
Open to all (18+)
Young People and Self-Harm Information Session

Aim
This 4 hour session aims to support staff who work with children and young people who are or at risk of self-harming. The course aims to increase participant’s knowledge, skills and confidence around the nature of young people and self-harm, the impact of self-harm both on the lives of young people and staff and what alternatives are there to self-harm.

Learning Outcomes
Participants will have the opportunity to:
- Explore and dispel the myths around self-harm
- What is self-harm and why do young people self-harm
- Adolescent Brain development and links to self-harm
- What can be done to support someone with self-harming behaviour

Prospective Participants
This course is open to all staff working with children and young people, in particular adolescent years.

Life Matters

Aim
Life matters is a short workshop designed to enable front line staff and volunteers to have a greater insight into managing stress and to understand the impact stress has on others, this includes knowledge around anxiety and suicide.

Learning Outcomes
The workshop will give participants:
- Introduction to stress and the potential impact of prolonged periods of stress on mental wellbeing
- Brief introduction to stress management
- How to respond when someone is in crisis
- Information on resources available to support and signpost people who are in crisis.

Prospective Participants
Anyone who works in front line services who deal with public on a day to day basis.
# Understanding Health Inequalities

**Aim**
To offer a structured introduction to, and an opportunity for reflective practice on issues relating to inequalities in health.

**Learning Outcomes**
Participants will have the opportunity to:
- Increase their knowledge and understanding of the factors influencing inequalities in health
- Examine the nature and implications of these inequalities including reference to life circumstances, gender, ethnicity, disability and sexuality
- Explore their own work role in relation to health inequalities.

**Prospective participants**
Staff from a wide range of disciplines and agencies particularly those with a community remit.

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# Community Development & Health

**Aim**
To introduce theoretical understanding and practical application of using a community development approach to improve health.

**Learning Outcomes**
Participants will have the opportunity to:
- To define community development
- To explore the use of a community development approach to health improvement

**Prospective participants**
Individuals working in statutory and voluntary organisations with communities in West Lothian.
Health Issues in the Community - part 1

Aim
To equip local people for the real challenges that they face in developing community responses to health issues and becoming more active citizens.

Learning Outcomes
- Understand the differences between the medical and social models of health and the affect this can have for education and community development in communities.
- Explore and review their own experiences and knowledge of the broader social and political processes that are involved in the promotion of health in communities.
- Examine the meanings of equity, social justice, democracy and citizenship.
- Demonstrate an understanding of the range of local and national structures that impact on health and suggest how local groups in the community could influence them.

Prospective participants
Community members living in West Lothian with an interest in health issues.

Health Issues in the Community - part 2

Aim
Progression of part 1 course which includes further research into community health issues.

Learning Outcomes
- An in depth understanding of community development
- Further understanding of impact of community development on local health issues.
- Develop research skills and apply them to a community health issue
- An awareness of public policy making structures, influences and processes.

Prospective participants
Community members living in West Lothian with an interest in health issues.
“Whit can I do aboot it?”

Aim
This short course will help participants explore the issues that impact on their lives and their health then look at what they can do about it.

Learning Outcomes
- Know what the different models of health are
- Understand more about inequality, social justice and the impact of poverty on health
- Know more about decision making processes and who has the power to make changes
- Consider ways to make changes within their communities
- Present their issues to a wider audience.

Prospective participants
This course is for anyone who wants to learn more about what impacts on their health and what they can do to bring about changes. The course finishes with a question time of an invited panel.

The Social Model of Health

Aim
Uses participants experience and knowledge to explore different perspectives on health and look at who has responsibility for health.

Learning Outcomes
- To explore the difference between the medical and social models of health.
- To introduce different ways of thinking about health, locally, culturally and historically.
- To consider the importance given to public beliefs about health.
- To explore and discuss the Alma Ata Declaration

Prospective participants
Both staff and community members. Open to all.
Community Development

Inequality, Equity and Social Justice

**Aim**
Explore the area of poverty and inequality and start to challenge attitudes and preconceptions in relation to equity and social justice.

**Learning Outcomes**
- To introduce key aspects of the determinants of health – poverty, inequality and social class.
- To broaden understanding of different ‘groups’ experiences of inequality and introduce the concept of equity in health.
- To develop an understanding of social exclusion, social inclusion and social justice.
- To introduce concepts of group dynamics.

**Prospective participants**
Both staff and community members. Open to all.

Power Participation and Democracy

**Aim**
Explores issues about power, what makes us feel powerless and what is meant by participation in public life. It also links ideas of democracy and citizenship with how to influence structures and decision-making.

**Learning Outcomes**
- To explore different aspects of power and introduce theoretical concepts.
- To identify obstacles to and different levels of participation.
- To introduce the idea of consumers/citizens.
- To develop an awareness of public policy making processes and scope for community involvement and influence.

**Prospective participants**
Both staff and community members. Open to all.
Community Development and Collective Working

**Aim**
Learn about how groups of people can work together to achieve change in their communities using a community development approach.

**Learning Outcomes**
- To introduce the idea of collective working
- To differentiate community development from other approaches to health
- To identify key elements and aims of community development practice
- To identify the health benefits of working with a community development approach.

**Prospective participants**
Both staff and community members. Open to all.
Walk Leader Training

**Aim**
To enable participants to lead or assist on a health walk, whether this is with an individual or group you are already working with or caring for, or to volunteer with the Put Your West Foot Forward health walks programme to walk with a group or on a one-to-one basis.

**Learning Outcomes**
Participants will have the opportunity to:
- Develop skills to lead a health walk
- Understand the importance of physical activity
- Gain an understanding of disability inclusion
- Understand how to create a positive customer experience.

**Prospective participants**
Potential volunteers for Put Your West Foot Forward and those working with, caring for, or already volunteering with, individuals or groups of any age, who would benefit from walking for health.

*Note: Course Length will be one full day training with additional training modules as advised by the coordinator.*

Physical Activity for the Early Years

**Aim**
To increase the knowledge and confidence of individuals promoting physical activity to children and babies age 5 and under.

**Learning Outcomes**
To develop participants knowledge in:
- The benefits of and barriers to physical activity
- The risks of inactivity and sedentary behaviour
- National targets and current recommendations for physical activity
- Provide course participants with information on local physical activity opportunities for the early years
- Participants will develop an action plan to include physical activity promotion into their everyday work
- Practical ideas for early years settings to incorporate physical activity into everyday tasks.

**Prospective participants**
Childcare providers, Early years practitioners, social workers and any staff with an interest in promoting physical activity for women of childbearing age and /or families with young children.
Physical Activity for Older Adults

Aim
To increase the knowledge and confidence of individuals promoting physical activity to older adults.

Learning Outcomes
To develop participants knowledge in:
- The benefits of and barriers to physical activity
- The risks of inactivity and sedentary behaviour
- Understand the importance of and practice strength, balance and coordination exercises
- National targets and current recommendations for physical activity
- Provide course participants with information on local physical activity opportunities for older adults
- Participants will develop an action plan to include physical activity promotion into their everyday work.

Prospective participants
Those working with older adults, eg individuals who care for older adults on a personal or work basis, care home staff, home helps and support workers, lunch club staff and volunteers.
Food and Health

**Food Safety and Hygiene in the Classroom**

**Aim**
To ensure that good practice in food safety and hygiene is being followed to avoid accidents and any risk of food poisoning in the classroom.

**Learning Outcomes**
- Knowledge of good food hygiene
- Knowledge of personal hygiene
- Knowledge of food safety
- Confidence to undertake practical food activities in the classroom

**Prospective participants**
Teaching and Non Teaching Staff.

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**Food and Nutrition for Early and First level**

**Aim**
The aim of this course is to provide an understanding of the different nutritional needs of babies, infants and children.

**Learning Outcomes**
- To gain understanding of the different nutritional needs of babies, infants and children
- To gain knowledge of the different methods of feeding babies and reasons for
- To explore the different resources available to assist in delivery of this information to pupils and support Health and Wellbeing E’s and O’s, complimenting existing resources
- To recognise cultural diversity and attitudes, and provide help and support to examine attitudes towards breastfeeding.

Resources will be provided at the training for each school to support delivery of lessons to meet the E’s and O’s.

**Prospective participants**
Teaching staff.
Introduction to Nutrition in Older Adults:
How a good diet can contribute to the health of older people

Aim
To provide an overview of the importance of good nutrition in older people and to increase knowledge and awareness of some of the barriers around achieving a healthy diet for this group.

Learning Outcomes
Participant will be able to:
- Identify specific nutritional concerns that affect people as they get older
- Identify factors that can affect diet in older adults and discuss what effect these would have on their nutritional health and how this could be managed/helped
- Define how identified food related issues could affect health in older adults.

Prospective participants
Those working with older adults, eg individuals who care for older adults on a personal or work basis, care home staff, home helps and support workers, lunch club staff and volunteers.

Exciting the Appetite:
A practical approach to improving nutrition in older adults

Aim
To understand common food related issues found in the older population including dementia and oral health, and how some of these factors can have a direct effect on meal choice and how meal and menu planning can help.

Learning Outcomes
Participants will have the opportunity to:
- Develop greater awareness of how common health issues can affect meal choices.
- Understand the importance of meal times and protected meal times
- Explore practical ways to help increase a person’s appetite
- Explore different ways to improve meal quality through dietary modification and nutritional enhancement
- To apply knowledge of nutritional requirements of older adults in meal choice and menu / meal planning.

Prospective participants
Those working with older people, individuals who care for older adults on a personal or work basis, care home staff, home helps and support workers, lunch club staff and volunteers.
How to Run a Cooking Group

**Aim**
To provide a practical introduction to the skills and knowledge involved in running successful community cooking groups.

**Learning Outcomes**
Participant will be able to:
- Detail practical considerations of running a cooking session
- Provide opportunity to practice working with a group in a kitchen setting
- Identifying and address challenges in running a cookery course
- To raise awareness of resources/other training available to complement cookery sessions

**Prospective participants**
Suitable for those working with children and young people, adults, parents or families in any setting who have an interest in running group cookery sessions.

Eating Well:
Recommendations and Realities for Young People (12-18)

**Aim**
To build up participants’ knowledge around food and nutrition for young people, as well as to enable staff to explore a range of tools that could be used to empower parents and young people to take action on food matters.

**Learning Outcomes**
Participant will be able to:
- Know what key healthy eating messages and nutrition concerns are for young people
- Learn about appropriate meals, snacks, drinks and portion sizes for 12-18 year olds
- Gain an understanding of the impact poverty, inequality, marketing and other factors have on diet
- Explore tools, strategies and resources that can be used to empower young people to take action on food and health matters
- Reflect on own practice

**Prospective participants**
Anyone working with young people aged 12-18 e.g. nurses, teachers, school caterers, children centre staff, hospital staff, family support workers, volunteers from community groups.
Eating Well for Looked After Children and Young People

Workshop A: Food For Thought

Aim

Has the way in which the child(ren) you care for uses food ever caused you concern? Would you like to develop creative ways to support children and young people? Looking for ways to help children demonstrate their care for you and for others?

Food for Thought explores the ways in which food is used symbolically by children, foster carers and residential staff. It looks at how food comes to stand for thoughts, beliefs and feelings and how these can be better understood and harnessed in the care of children.

Learning Outcomes

Participant will be able to:

- Explore the role food can play in everyday care
- Reflect on how children in your care use food in a symbolic way
- Explore how powerful food can be as a way of communicating
- Consider new ways to understand or work with children and young people.

Course Length: 5 hours (normally 9:30-2:30pm, including lunch)

Workshop B: Eating Well for Looked After Children and Young People

Aim

The session aims to build up participants’ knowledge around food and nutrition for looked after children and young people, as well as to enable staff to explore a range of tools that could be used to support positive eating habits in residential care settings.

Learning Outcomes

- Increased awareness of nutritional guidance and resources for residential care settings
- Explore the key healthy eating messages and nutrition concerns for looked after children and young people
- Learn about appropriate meals, snacks, drinks and portion sizes for children and young people
- Explore ways to support young people’s eating habits and patterns to avoid the use of food as a method of control or a coping strategy.

Course Length: ½ day

Prospective participants

Residential care staff, social work staff, foster carers and anyone with an interest in working with this group
Eating Well through Pregnancy

Aim
To look at what a good diet looks like for women in pregnancy and those of childbearing age.

Learning Outcomes
Participant will be able to:
- Be aware of new Eatwell guide and the key messages for eating well through pregnancy
- Understand the challenges and myths about eating well in pregnancy
- Gain an introduction to ‘raising the issue of weight’
- Know where to go for more resources and information for eating well in pregnancy
- Know who the key contacts are for food and health work in Lothian (including locally)

Prospective participants
Anyone working with children, young people or women of childbearing age and their families. Particularly those with an interest in taking action on integrating these messages into their work.

Weaning Training

Aim
- To develop greater awareness and education on the management of weaning and healthy eating.
- To provide participants with the essential knowledge & skills required to support parents and carers from weaning to family foods

Learning Outcomes
Participant will be able to:
- Examine closely current weaning recommendations
- Understand the risks associated with early/delayed weaning
- Identify approaches that encourage good infant feeding practices
- Obtain skills to facilitate a local weaning session

Prospective participants
Anyone interested in promoting weaning messages through the course of their work. In particular, those working with young infants and/ or their significant others (e.g. parents, carers, grandparents).
Community Health Improvement Grants
Grants of up to £2000 are available for projects that work with communities experiencing poor health, to remove barriers to healthy eating and/or being physically active.

Bespoke and in house training
We can tailor our training packages to suit your needs.

Community Food Work
We can support the development of cooking and weaning programmes, or other food related activities that remove barriers to eating well, for vulnerable or disadvantaged groups. You may also be able to ‘buy in’ our Community Food Workers to deliver sessions for you.

Babywearing
A 0-6 months sling lending library (fully funded) visits the West Lothian Sling meet on the First Tuesday of every month at Kidzeco, Livingston 10-12pm. The library is mobile and can visit parents/carers at other venues.

Resources
Eatwell guides, weaning toolkits, weaning discussion pictorial flipcharts and other resources are available on loan from HIT; you can borrow these if you have attended one of our related training courses.

Healthy Settings
We can help self assess your environment; highlighting small changes that will make the healthy choice the easy choice. We can help you develop a Food/ Physical Activity policy.

Bike Lending Library
We offer cycle skills and confidence building sessions via All Ability Cycling, using adaptive bikes (making cycling accessible to individuals with a wide range of disabilities) and community based Bike Lending Libraries.

The loaning of bikes can be made to members of the community free of charge who may otherwise be unable to access cycling. Volunteer led bike rides, Essential Cycling Skills training, basic maintenance training and Bikeability training are also offered in partnership with external organisations.

We can support you to set up your own bike lending library, where it will remove barriers to communities being physically active.
Information is available in braille, tape, large print and community languages. Contact the interpretation and translation service on 01506 280000.

Text phones offer the opportunity for people with a hearing impairment to access the council. The text phone number is 01506 591652. A loop system is also available in all offices.
If you would like to find out more about the Health Improvement Team, please phone 01506 775626 or email: hit@westlothian.gov.uk or contact us at:

Health Improvement Team
Strathbrock Partnership Centre
189a West Main Street
Broxburn EH52 5LH

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