

Health Chats

To book

call **01905 76 82 18** or

email **HWBAdmin@worcestershire.gov.uk**

Learn about the current health priorities in Worcestershire and gain the skills to have an informed two minute **Health Chat** encouraging people to make healthier choices.

Health Chats are a **FREE** interactive 2.5 hour public health training session essential for any member of staff or volunteer who works with members of the public.

The training covers health issues such as alcohol consumption, smoking, physical activity, diet, mental well-being and ageing well.

By the end of the session you will be able to:

- Raise healthy lifestyle issues with people with confidence
- Assess people's motivation and inspire them to make positive changes
- Signpost people to appropriate local support services.

Health Chats are run by Worcestershire County Council and aligned with the **NHS Making Every Contact Count** (MECC) programme.

You will also receive a Health Chats certificate and supporting information to help you have conversations about living a healthy lifestyle.

Health Chats at your organisation

Health Chat training can take place in your organisation if your organisation can guarantee that 15 members of staff will attend the session. We only need a room large enough to hold up to 25 people, facilities to project our **Health Chat** presentation and a power point. Call **01905 76 8218** or email **HWBAdmin@worcestershire.gov.uk** to book.

Train the Trainer - Develop your staff to deliver Health Chats Training

Interested in developing your staff to deliver **Health Chats** within your organisation? We offer 'Train the Trainer' sessions. This training will give you the knowledge and skills to train your front-line staff to comfortably talk about why and how to live a healthy lifestyle. This session is open to any larger organisation whose staff would benefit from Health Chats training.

Please note: attendees must have completed a Health Chats session within the past 6 months.

Dates

Thu 1 May, 10am-1pm at The Guildhall, Worcester

Tue 8 July, 9.30am - 12.30pm at Redditch Town Hall

Forthcoming Dates

April

Mon 14, 10.30am at St Richard's House, Droitwich

Tue 22, 10am at The Guildhall, Worcester

Thu 24, 10am at The Council House, Malvern Hills

Mon 28, 10am at Wyre Forest House,
Kidderminster

Wed 30, 9.30am at Redditch Town Hall

May

Wed 28, 9.30am at Bromsgrove Council House

Thu 29, 10am at The Guildhall, Worcester

June

Wed 11, 10am at Pershore Civic Centre

Wed 18, 9.30am at Redditch Town Hall

Wed 18, 1pm at The Guildhall, Worcester

Thu 26, 2.30pm at The Council House, Malvern Hills

Apologies for any cross-posting



Making
Every
Contact
Count

Promoting...

Health and Well-being



worcestershire
county council