Training for Professionals

Halton Health Improvement Team is a certified RSPH (Royal Society of Public Health) Training Centre and provides RSPH training to statutory and voluntary organisations across Halton.

We offer accredited and informal training in areas including:

- Alcohol - IBA (Intermediate Brief Advice) and alcohol awareness
- Mental health
- Smoking Cessation
- Weight Management
- Children & Young People
- Health Trainers
- Youth Health Champions
- Healthy Living Pharmacies
- City and Guilds Qualifications

Who do we deliver training to?

Workplaces, Health Visitors, Children’s Centre staff, volunteers, schools, council staff, voluntary organisations, the NHS.

For more information or a copy of our training prospectus, please contact us on 0300 029 0029.

Contact us for more information:

Tel:    0300 029 0029
Email:  HIT@halton.gov.uk
Twitter: @HaltonBC
Facebook: /HaltonBC

www.haltonhealthimprovement.co.uk
Infant Feeding Support
Support for all mums antenatally and postnatally at workshops and by phone. Breastfeeding support through 1-to-1 home visits and groups.

Introducing Solid Foods
Workshops for parents of babies 3-5 months old to prepare for introducing solid food at 6 months.

Healthy eating and physical activities
Community Fit for Life sessions for families to learn together about healthy lifestyles.

Healthy Schools and Early Years
Supporting schools & settings to reach healthy standards. Education and training on healthy eating & lifestyles, mental health, e-safety, smoking and alcohol.

Positive Parenting Programme (Triple P)
Gives practical support to help parents or carers build strong, healthy relationships with their child, manage behaviour and prevent problems.

Halton Stop Smoking Service
Working to reduce tobacco harm across Halton and support smokers who want to quit.

Alcohol awareness & harm reduction
Raising awareness about alcohol harm and how to get help with alcohol addiction.

Weight management & physical activity
Help and advice for adults to lose weight, lead healthier lifestyles and get active. Also offers access to specialist dietitians if required.

Mental health and suicide awareness
Specialist training for the public & front line staff on mental health awareness & signposting, suicide training, self harm & stigma reduction.

NHS Health Checks
Residents aged 40 - 74 may be eligible for a FREE NHS Health Check, which tests for diabetes, kidney & heart disease and risk of stroke & dementia. Can be delivered within GP settings as well as in the community by our health trainers.

Workplace Health Schemes
We can offer a wide range of services for Halton employers, including on-site health events and awareness sessions, training and in-house versions of some of our popular programmes, including Fresh Start and Stop Smoking.

Age Well exercise sessions for the over 50s
Exercise and home safety advice for people who have fallen or are at risk of falling. Helps avoid hospital admissions and maintain independence and mobility.

Exercise and support for people with chronic conditions
Tailored classes for people with pulmonary or cardiovascular disease & those recovering from cancer or stroke.

Activities and support for over 55s in the community from Sure Start to Later Life
Services and classes that help the over 55s feel less isolated, learn new skills, feel better & get more active. Contact Sure Start to Later Life direct on 01928 569477.

Early detection of cancer & promotion of screening.
Community awareness campaigns & training for front-line staff & community groups on the signs & symptoms of cancer & screening.