Public Health
Training Programme
April 2015 –March 2016
National Chlamydia Screening Programme
Terrance Higgins

Teenage Pregnancy & Sexual Health
Facilitators: Delivered by the Teenage Pregnancy & Sexual Health Outreach Team

- Alcohol & Sexual Health Risk – Taking
- Basic – Introduction to Safeguarding & Sexual Health
- Young People, Sex and Pleasure - Being Sex Positive
- Contraception & Sexually Transmitted Infection Overview
- Let’s leave it Till Later
- Pornography: Influences on Young people’s Sexual Health & Relationships
- Self-Esteem, young people & sexual health
- Sex Talk: It’s Easy
- Supporting pregnant teenagers & teenage parents
- Young People Sex and Pleasure – Being Sex Positive

Basic HIV & AIDS
Facilitator: Fred Semugera

- Croydon’s Condom Distribution (C-Card) Training
- HIV & AIDS 2 DAY
- HIV & AIDS: An Update
- HIV & AIDS: An African Cultural and Social Perspective

Brief Intervention in Smoking Cessation
Facilitator: (Beata Tuszkiewicz-Piekarski & Jimmy Burke)

- Brief Intervention -in Smoking Cessation
- Stop Smoking Adviser Level 2

Promoting & Supporting a Breastfeeding Culture
Facilitator: Dawn Cox

- Promoting & Supporting a Breastfeeding Culture

Health Needs Assessment
Facilitator: Anita Brako

- Health needs assessment

Croydon Drugs and Alcohol Action Team

- Drug awareness level 1
- Drugs Awareness level 2
- Basic Alcohol Awareness
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<tr>
<th>Course</th>
<th>Dates</th>
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<td>Brief Intervention in Smoking Cessation</td>
<td>18th May</td>
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<tr>
<td>Croydon’s Condom Distribution Scheme (C-Card) Training</td>
<td>22nd May</td>
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<td>Basic HIV &amp; AIDS Awareness 2 Day Training - Day 2</td>
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<td>12th June</td>
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INTRODUCTION

Health Promotion and Public Health Support:
Welcome to the Croydon Public Health Training Brochure. This brochure provides an overview of the free training opportunities available to local professionals, in order to develop skills and confidence in the planning and delivery of effective public health promotion interventions.

Our Role:
The Public Health team has a wide role including strategic health planning, health protection, developing the public health skills base, assessing local health needs, controlling disease and co-ordinating health promotion strategies. Health promotion aims to reduce inequalities in health and to empower individuals and communities, by undertaking carefully planned measures that promote health and prevent illness.

ABOUT THIS PROGRAMME

Who is the Training for?
Each course is designed with a specific target audience in mind and linked to a national or local Public Health priority area. Courses are open to anyone who works towards promoting health in Croydon which includes staff from health, local authority and voluntary sector agencies in the borough.

Our courses are Free:
All courses are free to any individual or organisation working to promote the health of people in Croydon. If you work for an agency outside Croydon, there is a charge of £35.00 for a half day course and £80.00 for a full day. Priority will be given to Croydon based agencies and individuals.

Venues:
All venues operate a no smoking policy. Parking facilities are limited although parking meters are close by, plus there are very good public transport links to all venues. Directions to the venue are sent with the confirmation so please plan your journey before the course date. For information regarding your journey and the time table etc., log on to www.tfl.gov.uk or call 0343 222 1234
There are numerous local cafes and sandwich shops in the vicinity of the majority of the course venues.

Style
All of our courses are delivered by experienced trainers with extensive skills. We recognise that different people learn in different ways, so ranges of learning methods are used. Courses are participatory and interactive, with group work and discussion to assist individual learning. In order to continually develop and assess our courses, you will be asked to undertake an evaluation at the end of each training session.
Equal Opportunities and Accessibility

We endeavour to make our courses accessible to all. If you have any particular needs, which it would be helpful for the facilitator to know about, please contact them directly to discuss prior to the course.

We may be able to provide interpreters or sign language support if required and enough notice has been given. Parking for participants with special needs can be organised by prior arrangement with the course facilitator. If required, indicate on your application form.

This information will be analysed as a whole in order to monitor whether our training really is accessible to the whole range of people who may be interested. We would be grateful if you would complete the Equal Opportunities monitoring form and return it to us with your application. This information will be analysed as a whole at the end of each year and included in plans for future training courses.

What Can We Offer You?
The public health team has specialist skills and knowledge in the principles and practice of effective public health promotion and in managing particular programmes of work. We work in partnership with a range of other organisations and health professionals and can support you to develop your public health role in many ways. Services available include:

Croydon Health Resources Services:
There is a wide range of leaflets, posters, teaching packs and videos, along with support from staff in how to use them effectively. To obtain order resources, contact the Croydon Health Resources Service via email: ph.resources@croydon.gov.uk or on Tel: Tel: 020 8726 6000 Ext: 65799, we do not deliver or collect but will post leaflets and information. If training props and equipment is required you are to arrange the collection and return, this service is operated for access to organisations, including schools in Croydon.
Training:

As well as the training courses listed in this brochure, we may also be able to offer in-house training and support for your staff teams (subject to trainer availability). We also have links with an extensive network of groups and other agencies, so if you can’t find the training or support that you need in this brochure, we may be able to tell you who can help.

One-to-One support:

Our team of specialist programme leads are here to offer tailored help and advice whether you are planning a potential project or looking for effective methods of evaluating a particular piece of work.

Further information:

For further information about the Public Health Department and its role, contact Beverly Swain in the public health team on 020 8726 6000 ext. 88340

HOW TO APPLY:

For SharePoint users/people working within Croydon Council only, please follow this link for the online Brochure and application form (control + click to follow link)

http://im.croydon.net/services/ph/db/Training/Training%20Programme%202014-15.docx

COURSE BOOKINGS:

Once you have discussed and agreed any training needs with your Line Manager you will need to electronically complete the online application form and e-mail it to your Line Manager. Your Line Manager should then e-mail us confirming their agreement to your attendance and forwarding to us your completed application form.

To submit your Public Health Application Form online:

1. Click into the "grey" areas and type the required information.
2. Click "select" and a drop down menu appears for you to select your title, work setting etc.
3. Complete all the relevant sections and then save the application form under your own documents give it an appropriate name, for example: "PHTAF" (Public health training application form) C-CARD 28th April 14"
4. Send an email to your Line Manager for authorisation and attach the PHT1.
5. Line managers ensure the form is fully completed. Please e-mail ph-training@croydon.gov.uk confirming your agreement for your staff member to attend and attach the completed PHTAF.
6. Please ensure that the PHTAF is fully completed - any incomplete forms will be returned.
Please bear in mind the following:-

- Complete one application form for each course. For example, if you are applying for 5 courses, complete 5 forms.
- Places are allocated on a first come, first served basis.
- Confirmation of your booking/s will be provided by the method that you indicate on your application form.
- If you DO NOT get a confirmation it means your application has not been received and you need to contact the department.
- Once we have confirmed your place, we will assume that unless we receive notice of cancellation, you will be attending (see cancellation policy).
- If a course is significantly overbooked, we will do our best to meet demand by organising an extra session; if this is not possible you will be offered a place on the next available date for which a new application form should be completed.

CANCELLATION POLICY

Your commitment:

- If you have booked a place but are unable to attend, you must contact the Public Health Department on 020 8726 6000 ext. 88340 at least two working days prior to the course date.
- If you have received confirmation for a place on one of our courses, you have committed yourself to attend and you are expected to attend.

If you fail to contact us to cancel your place on any of our training courses, you will incur a charge of £50.

- If you are unable to fully attend a session, you are requested to contact the Public Health Department two working days before the course starts to discuss whether you should still attend. It might be more appropriate for you to come on another date.
- If you leave the course early without very good reason or prior discussion and consent of the trainer you will forfeit your certificate of attendance and may incur a charge of £50.
- Anyone failing to complete a course will forfeit their certificate of attendance.

Our commitment:

- In the event that a course is undersubscribed, the course may be postponed and a new date scheduled. In this situation, you will be notified by the Public Health Department at least five working days in advance and given first refusal on any new date.
Late arrival policy:

Attendees should arrive at least 15 minutes before the start of the training session to ensure they have time to register. Training sessions start promptly and if you are late and have not contacted the Public Health Team to inform them of your late arrival, the trainer may exercise their right to refuse entry. Anyone arriving more than 30 minutes after the start of the training will not be admitted and a charge of £50 will be made.
Kerry Addison: - Kerry joined Croydon Health Service NHS Trust in July 2007. Kerry is based within the Teenage Pregnancy and Young People’s Sexual Health Outreach Team as the SRE Training & Development Specialist. Key areas of work include specialist training, guidance and support in schools/non-school settings to young people and professionals. In March 2013, Kerry was part of the award winning team at the UK Sexual Health Awards for the Pamela Sheridan young people’s sexual health project of the year. Previous to this role Kerry worked as the Health Promotion Officer for Schools and Youth for the Western Health & Social Care Trust in N. Ireland, leading on the Health Promoting School Award and other specialist work around young people’s issues. Kerry has also worked as a Health Worker for Young People in the voluntary sector.

Dawn Cox: - RGN, RM, DipHE Midwifery Studies, BSc Health (Hons) and MSc Public Health. Dawn is a Public Health Principal for Maternal and Infant Health with nearly 40 years’ experience working in health in hospitals, the community and Public Health. She has been a midwife since 1979 and within her current role she is the public health lead for breastfeeding in Croydon and chairs the Croydon Breastfeeding Working Group.

Katie Greenaway: - RN (Adult), BSc Hons (Sexual Health). Katie is a Sexual Health Nurse for Young People and has worked for the Teenage Pregnancy and Sexual Health Outreach Team in Croydon for five years. She runs sexual health drop in clinics a week in local Colleges and youth settings. She delivers Sex and Relationships Education in Schools, Colleges and other settings across the borough and supports the team with outreach events. She also delivers training to young people and other professionals on various sexual health issues. Katie won the REED Nurse of the Year award in 2011 and the team won the Pamela Sheridan Award for services to young people at the UK Sexual Health Awards in 2013. Before this role Katie has worked as a School Nurse, Sexual Health Nurse and Chlamydia Screening Co-ordinator.

Fred Semugera: - B.A. has over 20 years’ experience in HIV/AIDS training and workshops to healthcare professionals, service providers, voluntary organisations, faith groups, schools, colleges and the general public. Fred has worked in Croydon Public Health for over 18 years.

Kate Hill: - Is a Young People’s Substance Misuse Worker for Croydon Recovery Network, Turning Point, who has been in this post for over 2 years. Her specialisms include: Substance Misuse and Sexual Health, LGBT Young People and Unaccompanied Minors. Prior to this I she worked for 2 years as project worker at The Junction, a Young People’s Health and Wellbeing Centre based in Edinburgh. Kate has worked in various sessional posts during her time in Edinburgh which includes: Young People’s Sexual Health Advisor, LGBT Youth Worker and as an Action Researcher for a local drugs project. Kate’s been working directly across paid and voluntary roles with young people around health issues for the past 8 years.

Anita Brako: - Knowledge Manager, Public Health Croydon, DASHH, Croydon Council MPH Global Community Health and Development, MBA, BSc (Hons) Health Sciences and Biology. Knowledge Manager for Public Health Croydon managing the virtual public health library of journal and database resources and assisting the public health department with literature and evidence reviews to inform project work. Previous experience is as a researcher and analyst on various public health and quality improvement projects in the
Beata Tuszkiewicz-Piekarski - Smoking Cessation Network Manager: Beata is the Smoking Cessation Network Manager responsible for managing and supporting the network of community advisors working within Croydon GP Practices and pharmacies. Prior to this role, for over four years, Beata worked in Croydon as a Stop Smoking Specialist, providing help to patients willing to start smoke free life in run by her six stop smoking clinics, in different areas of Croydon. She started working in Public Health Department in 2004 and has wide ranging experience in smoking cessation issues.

Jimmy Burke - Health Improvement Commissioner - Addictive Behaviours: Jimmy is the Public Health Principle responsible for commissioning council stop smoking services in Croydon, and has responsibilities around broader tobacco control, alcohol, drugs and gambling. Prior to his current role he was manager of a clinical smoking cessation service and was formerly the drugs, alcohol and tobacco adviser with the Croydon Healthy Schools Team. In this latter role he led on the development of a Croydon-wide ‘social-norms’ based anti-bullying strategy for schools. His earlier career was in young people’s substance misuse services and detached youth work.

Michelle Doyle - Young People’s Sexual Health Outreach Worker - BA, (Hons), PDE, Prof Diploma in Public Relations. Michelle joined the Teenage Pregnancy and Sexual Health Outreach Team as the Young People’s Sexual Health Outreach Worker in September 2014. Her role involves delivering Sex and Relationship Education to targeted young people in the borough. Before taking this role, she spent a number of years as a PSHE teacher in mainstream education in both Croydon and Dublin. Prior to this, Michelle worked as a press officer and public relations manager for clients such as the Irish Medicines Board and The Food Safety Authority of Ireland leading communications and crisis management for public health campaigns.

Jason Gabriel - Substance Misuse Nurse - C.L.A.S.H. (Central London Action on Sexual Health): Sexual Health Promotion Specialist; providing sexual health services for sex workers both on and off the street, the homeless, young people, drug users and men who have sex with men (MSM).

Turning Point: Substance Misuse Project Worker; engaging with Central London clients in hostels; weekend drop-ins, and mobile needle exchange.

London South Bank University (LSBU): BSc (Hons) Adult Nursing; student nurse.

London Heart Hospital and UCL Acute Admissions Unit: Health Care Assistant; nurses’ assistant for the cardiac unit and acute admissions wards.

Whittington Hospital: General Nurse; Respiratory High Dependency fulltime / part-time Cardiac Unit and A&E Majors.

My most relevant work history relating to having a facilitators role within TP began when I started working in sexual health promotion for C.L.A.S.H. In sexual health promotion we would do a lot of satellite projects and training for various services, such as bars and clubs, aiding staff to identify potential customers at risk of STIs and referring them to sexual health services. Additionally, I went on patrol with, and presented to the police force aiding them to identify homophobic behaviour in public areas such as Watford, Hampstead Heath and Hyde Park, where minority groups, often referred to as Men Who Have Sex With Men (MSM) meet discretely.

While I was studying for my nursing degree I worked part-time in Turning Point Westminster as a Substance Misuse Project Worker where I received Advanced Drugs Awareness Training. During this time; at university I completed a BSc teaching module which consisted
of various teaching presentations and essays; on completion of my degree I was a guest lecturer at the LSBU in classes consisting of around 200 students. As a qualified general nurse, I specialised in the respiratory field where I trained as a tracheostomy nurse and worked as a senior nurse in a high dependency unit; this role consisted of many presentations to newly qualified staff and students; additionally presenting to management as a part of keeping up the required skills, knowledge and framework requirements; ensuring best evidence-based practice.

I am very excited to use my previous presentation, training and work skills at Turning Point to share and gain new knowledge. Only yesterday, 25/03/15 I and colleague, Pauline Seward’s presented Turning Point Croydon and its service model to the NHS Croydon Clinical Commissioning Group (CCG).

Karen Handy - Substance Misuse Commissioning Officer Croydon Council - Drug & Alcohol Commissioning Team. I am part of the Croydon Drug & Alcohol Commissioning Team who commission substance misuse treatment services. These include community services and inpatient, residential services. We carry out needs assessments, procure services and monitor them on performance and outcomes.

In 2007 in response to an identified gap, I also helped set up Croydon PLUG (Peer Led User Group) with two Service User Representatives. PLUG is an abstinence based peer led aftercare support group for people in recovery from substance misuse. Within the Drug & Alcohol Commissioning Team I lead on Service User Involvement which means I ensure that service users are included and able to give their perspective about drug and alcohol services and treatment in Croydon. I chair the monthly Service User Council and train and support service users to attend strategic meetings across the borough.

I also co-chair the multi-agency substance misuse panel for detox and funded residential rehab applications.

I have a Group work Certificate and a BTEC Train the Trainer qualifications and have been Croydon Clinical Commissioning Group (CCG), delivering drugs and alcohol awareness training for over 10 years.

Susie Hale Service User Representative (Croydon DAAT) HMP Highdown: CARAT worker - Croydon DAAT & Croydon Recovery Network, Turning Point. After accessing services myself, I became a Service User Rep. As a Representative I help to develop services in partnership with the local substance misuse services and the Drug & Alcohol Commissioning Team (DACT). Responsibilities cover gathering information from S Users to feedback to services, advocate for clients where necessary, help with SU forums and any other projects that may arise. Attend team meetings, ensure all up-to-date information is gathered and displayed and facilitate Peer Support Group work.

Strategic Level: Attend relevant strategic meetings, help to deliver drug and alcohol training as well as attend training courses. Represent Clients view and comments at meetings and forums and represent Croydon at London level.

I also run a once weekly home grown peer support women’s group which is funded by the DAAT for women wishing to maintain abstinence.

My personal commitment and involvement has been through having worked prior to treatment in the substance misuse field myself and my last occupation was Carat Manager within a HM Prison.

I continue to develop on a personal level by attending various workshops, training courses and have completed courses including:

- BTEC Train the Trainer, Health & social Care Level 2, Peer mentoring Level 2, Core Counselling Skills – Level 2, Equality/Diversity (NCFE Level 2), Drug/Alcohol Awareness (NCFE Level 1), Managing Aggressive behaviour, Confidence Building & assertiveness,
- Communication and confidence, Alcohol and mental Health Awareness, Securing behaviour change, Interpersonal Skills, Safeguarding of adults, Safeguarding of Children, Domestic violence Training.
The list is comprehensive and so it would be true to say that I try and advance as much as possible, to be able to provide a general knowledge of skills allowing me to promote my role effectively within the services.

**Tom Nash - Substance Misuse Worker – Prison Link 2004-2008 Prison Officer HMP Wandsworth, 2008-2011 Lambeth DIP, 2011-2015 Croydon DIP.** I have worked with substance misusing offenders for over 10 years, starting as a prison officer in one of Europe’s most populous prisons. There, I facilitated several groups, beginning with Fathers Inside and Family Man – both looking at increasing a sense of responsibility and involvement for prisoners with children, and aiming to reduce the impact of a prisoner’s sentence on his family. I won a national award from ADFam, the Daisy & Tom Award for innovative work reducing the impact of prison sentences on a prisoner’s family, and the 2006 Performance Recognition Award from HM Prison Service. I went on to train for the SDP facilitators’ role.

Following a move out of the prison service and into the community based substance misuse field, I have been involved in developing and delivering drug and alcohol awareness sessions for schools, Croydon-wide. For this I have written specific lesson plans on alcohol, cannabis, heroin and cocaine, as well as a more generic drug awareness session and a seminar-style lesson asking the question “Why do people take drugs?”

The training sessions are delivered to children aged 12-15 in a variety of schools including special needs schools and those schools which cater to children excluded from mainstream education.

**Boysan Mehmet-Senior Recovery Worker-Turning Point Croydon Recovery Network-** has over 10 years’ experience of working with individuals with substance misuse issues from Prison to community services. He is trained in facilitating groups to a range of audiences in areas that include; Motivational Interviewing, Drug and Alcohol awareness levels 1 and 2, Stimulants, Positive Behaviour Management Managing, Safeguarding adults and children, CBT, Dual Diagnosis and Acupuncture.
Team Lead: - Benjamin Humphrey

Email: benjamin.humphrey@THT.org.uk

Tel: 020 7803 1688

South West London Chlamydia Screening Programme

Terrence Higgins Trust

Lighthouse South London, 14-15 Lower Marsh

Waterloo,

London, SE1 7RJ.

Fax: 020 7803 1692

To Order Chlamydia Screening packs email: SWL@tht.org.uk
# Drugs Awareness - Level 1

**Aim:** To increase knowledge and awareness of the main types of drugs, their misuse and effects and where to refer people needing help.

**Objectives:** Provides an opportunity for participants with this level of training should enable you to:

- Identify your own attitudes and beliefs around drug misuse
- Name the main drugs of misuse, their effect, how they are taken and some of the common problems that the user may experience
- Have an awareness of current drugs legislation
- Give a broad overview of the types of interventions for drug users
- Have an awareness of the drug services available in Croydon

**Target Audience:**

- Agencies and professionals likely to come into contact with substance misuses, without necessarily having a specific role in their treatment (e.g. GP receptionists, some social workers, housing workers, police, Job Centre staff,)

**Facilitator:**

*(application cut off 18\textsuperscript{th} June)*

**Date:** Thursday 25\textsuperscript{th} June  
**Time:** 9:15 – 16:15  
**Venue:** CVA Resource Centre

*(application cut off 3\textsuperscript{rd} Sept)*

**Date:** Thursday 10\textsuperscript{th} Sept  
**Time:** 9:15 – 16:15  
**Venue:** CVA Resource Centre

To request an application form e-mail [ph-training@croydon.gov.uk](mailto:ph-training@croydon.gov.uk)
## Drugs Awareness - Level 2

**Aim:** To increase knowledge and awareness about working with drug misusers.

**Objectives:** Provides an opportunity for participants
This level of training should enable you to:

- Undertake an initial assessment and plan treatment pathways
- Have a basic knowledge of interventions, motivational interviewing and solution focused therapy
- Provide advice to prevent the harm associated with the use of various substances

**Target Audience:**

- Agencies and professionals likely to have more sustained roles with substance misuses and may be involved in some elements of treatment (e.g. general practitioners, youth workers, social workers, hospital staff, mental health workers)

**Facilitator:**

*(application cut off 3rd Oct)*

**Date:** Thursday 15th Oct  
**Time:** 9:15 – 16:15  
**Venue:** CVA Resource Centre

To request an application form e-mail ph-training@croydon.gov.uk
### Basic Alcohol Awareness

**Aim:** To increase participants knowledge and awareness of the effects of pragmatic drinking

**Objectives:** Provides an opportunity for participants
This level of training should enable you to:

- Have increased alcohol knowledge and awareness, including units, ‘alcohol by volume’ and current advice on safe drinking
- Have increased confidence in dealing with alcohol issues
- Be able to identify some of the problems caused by alcohol
- Have increased awareness of the services available in Croydon to help problematic drinkers and their families

**Target Audience:**
- Universal, anyone who works in Croydon

**Facilitator:**

*(application cut off 2nd July)*

**Date:** Thursday 9th July  
**Time:** 9:15 – 16:15  
**Venue:** CVA Resource Centre

*(application cut off 7th July)*

**Date:** Thursday 14th Jan 2016  
**Time:** 9:15 – 16:15  
**Venue:** CVA Resource Centre

To request an application form e-mail ph-training@croydon.gov.uk
Alcohol, and Sexual Health Risk Taking

**Aim:** To increase participants’ awareness of the serious consequences of consuming too much alcohol, in relation to unplanned pregnancy and STI's.

**Objectives:** On completion of the training participants will:

- Understand the legislation, guidance and strategies for working with young people.
- Have a clear understanding of the risks associated with consuming too much alcohol.
- Have the opportunity to explore and discuss their own values towards Alcohol, Sex and Relationship issues.
- Have explored ways in which to present and develop preventative activities on this area of work with young people.

**Target Audience:**

- All professionals and agencies working with young people.

**Course Information:**

**Facilitators:** Delivered by the Teenage Pregnancy & Sexual Health Outreach Team'

**(applicant cut-off date 11th June)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuesday 16th June</th>
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</thead>
<tbody>
<tr>
<td>Venue</td>
<td>Croydon Conference Centre</td>
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<tr>
<td>Time</td>
<td>9:30 -16:00</td>
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</table>

**(applicant cut-off date 14th October)**

<table>
<thead>
<tr>
<th>Date 2</th>
<th>Wednesday 21st October</th>
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</thead>
<tbody>
<tr>
<td>Venue</td>
<td>Croydon Conference Centre</td>
</tr>
<tr>
<td>Time</td>
<td>9:30 -16:00</td>
</tr>
</tbody>
</table>

To apply request an application form e-mail ph-training@croydon.gov.uk
# Basic Introduction to Safeguarding and Sexual Health

**Aim:** To explore the law relating to young people, sex and safeguarding in practice.

**Objectives:** The course provides the factual knowledge required, as well as some tools and strategies to present this information to young people.

By the end of the course you will have:

- Understand relevant legislation relating to safeguarding young people and sexual health
- Improve skills in discussing the risk with sexually active young people
- Understand the impact of technology on young people’s sexual safety

**Target Audience:**

- Anyone working with young people in Croydon

**Course Information:**

**Facilitator:** Delivered by the Teenage Pregnancy & Sexual Health Outreach Team

**(application cut off 5th June)**

| Date 1:  | Thursday 30th June |
| Venue:   | Croydon Conference Centre |
| Time:    | 13:00 – 16:30 |

**(application cut off 2nd Dec)**

| Date 2:   | Wednesday 9th December |
| Venue:    | Croydon Conference Centre |
| Time:     | 9:30 – 13:00 |

To apply request an application form e-mail ph-training@croydon.gov.uk
# Contraception and Sexually Transmitted Overview

**Aim:** To give participants an overview of the available of contraception and sexually transmitted infections so they feel more able to discuss these issues with young people.

**Objectives:** The course provides the factual knowledge required, as well as some tools and strategies to present this information to young people.

**By the end of the course you will have:**
- Have revised how conception occurs
- Be aware of some of the myths around contraception
- Be aware of the different types of contraception available, the way they work and their effectiveness in preventing pregnancies
- Have explored how to promote effective condom use and be confident in providing information about condoms in a group setting.
- Be aware of what emergency contraception is, how it works and where it can be found.
- Be aware of the different types of sexually transmitted infections and how they are transmitted.
- Have explored effective ways of discussing sexual health and STI’s with young people.
- Know the range of sexual health services available to clients in Croydon and how to access them.

**Target Audience:**
- Any professional workers or agencies working with young people around sexual health and contraception.

**Course Information:**
**Facilitators:** Delivered by the Teenage Pregnancy & Sexual Health Outreach Team’

*(application cut off 2\textsuperscript{nd} July)*
**Date 1:** Thursday 9\textsuperscript{th} July  
**Venue:** Croydon Conference Centre  
**Time:** 9:30-16:30

*(application cut off 19\textsuperscript{th} Jan 2016)*
**Date 2:** Tuesday 26\textsuperscript{th} January 2016  
**Venue:** Croydon Conference Centre  
**Time:** 9:30-16:30

To apply request an application form e-mail ph-training@croydon.gov.uk
Young People, Sex and Pleasure – Being Sex Positive

Aim: To explore relating to young people, sex, pleasure and to develop strategies to become sex positive with young people.

Objectives: On completion of the training participants will:

- Explore the ideas of pleasure within consenting sexual relationships.
- Understand the sexual response cycle.
- Consider the benefits of discussing pleasure with young people and some practical ways to do so.

Target Audience:

- Anyone working with young people on SRE and Sexual Health issues.

Course Information:
Facilitators: Delivered by the Teenage Pregnancy & Sexual Health Outreach Team

(application cut off 17th Sept)
Date 1: Thursday 24th Sept
Venue: Croydon Conference Centre
Time: 9:30 – 13:00

(application cut off 27th January 2016)
Date 2: Wednesday 3rd February 2016
Venue: Croydon Conference Centre
Time: 9:30 – 13:00

To apply request an application form e-mail ph-training@croydon.gov.uk
### Croydon’s Condom Distribution Scheme (C-Card)

**Aim:** To raise participants’ confidence and skills in promoting effective condom use with a range of clients within the C Card scheme policy.

**Objectives:** On completion of the training participants will:

- Be able to administer the C-Card scheme according to the policy.
- Have the opportunity to explore their own attitudes and values around sexual health issues.
- Have explored how to promote effective condom use and be confident in providing information about appropriate condoms to clients.
- Feel more confident in working with young people on discussing issues relating to sexual activity.
- Know about the range of health services available to clients in Croydon, including how to access emergency contraception, on-going contraception and STI services.
- Have awareness of the legal implications and guidelines relating to working with young people.

**Target Audience:**

- Anyone wanting to join the condom distribution scheme.
- Those already involved in condom distribution or sexual health promotion projects.

**Course Information:**

**Facilitator:** Fred Semugera

**(application cut off 15th May)**
- **Date 1:** Tuesday 22nd May
- **Venue:** Croydon Conference Centre
- **Time:** 9:30 - 13:30

**(application cut off 23rd June)**
- **Date 2:** Tuesday 30th June
- **Venue:** Croydon Conference Centre
- **Time:** 9:30 - 13:30

All Held at Croydon Conference Centre


To apply request an application form e-mail ph-training@croydon.gov.uk
Let’s leave it ‘til later’ –
Supporting Young People in Delaying Early Sex

Aim: To provide staff with practical strategies to help support young people to delay sex until they feel ready to make positive and informed choices.

Objectives: On completion of the training participants will:

- Understand the role played by the media and peer pressure in early sex.
- Have explored a range of practical activities to help young people make positive and healthy decisions for themselves and to enable them to resist peer pressure.
- Have discussed the role played by friendships and supportive adults (e.g. youth workers, teachers, sexual health professionals) in supporting delay.
- Have explored ways in which to present and develop this work with young people.

Target Audience:

- All professionals who work with young people around sex and relationship education (e.g. youth workers, school nurses, PSHE Co-ordinators, primary care staff, sexual health service providers etc.)

Course Information:
Facilitator: Delivered by the Teenage Pregnancy & Sexual Health Outreach Team

(application cut-off date 7th July)
Date 1: Tuesday 14th July
Venue: Croydon Conference Centre
Time: 9:30 -3:30

(application cut off 8th March 2016)
Date 2: Wednesday 16th March 2016
Venue: Croydon Conference Centre
Time: 9:30 -3:30

To apply request an application form e-mail ph-training@croydon.gov.uk
## Pornography: Influences on young people’s sexual health and relationships

### Aim:
To explore the influence of pornography on young people’s sexual health and relationships.

### Objectives:
On completion of the training participants will:

- Understand the scale of the pornography industry and the extent to which young people access pornography.
- Have considered the evidence around the potential impact of pornography on young people’s sexual health and relationships.
- Have an increased awareness of the relevant law and legislation relating to pornography.
- Have explored their own attitude towards pornography in order to understand how this might impact on their work with young people.
- Have explored ways in which to present and develop activities in this area for use with young people.

### Target Audience:
- Anyone who works with children and young people.

### Course Information:
**Facilitator:** Delivered by the Teenage Pregnancy & Sexual Health Outreach Team

**Date 1:** Thursday 16th September  
**Venue:** Croydon Conference Centre  
**Time:** 9:30 - 15:30  

**Date 2:** 12th January 2016  
**Venue:** Croydon Conference Centre  
**Time:** 9:30 - 15:30

**To apply request an application form e-mail** ph-training@croydon.gov.uk
### Aim:
To explore the relationship between young people’s self-esteem and their sexual health.

### Objectives:
By the end of this course participants will:

- Explore the concept and meaning of self-esteem.
- Identify issues that influence young people’s self-esteem in relation to their sexual health.
- Explore ways to demonstrate to young people the link between self-esteem and how it effects their sexual behaviour.
- Understand how your professional behaviour impacts on people’s self-esteem.

### Target Audience:
- Anyone working with young people on SRE and Sexual Health issues.

### Course Information:
- **Facilitator:** Delivered by the Teenage Pregnancy & Sexual Health Outreach Team

**Application cut off 17th June**
- **Date 1:** Wednesday 24th June
- **Venue:** Croydon Conference Centre
- **Time:** 9:30-16:00

**Application cut off 18th Nov**
- **Date 2:** Wednesday 25th November
- **Venue:** Croydon Conference Centre
- **Time:** 9:30-16:00

**Application cut off 4th Feb 2016**
- **Date 2:** Tuesday 9th February 2016
- **Venue:** Croydon Conference Centre
- **Time:** 9:30-3:30

To apply request an application form e-mail [ph-training@croydon.gov.uk](mailto:ph-training@croydon.gov.uk)
# Sex Talk: It’s Easy – An Introduction To Sex Relationship Education & Sexual Health

<table>
<thead>
<tr>
<th>Aim: To increase participants’ awareness, and skills when talking about sex and relationships with young people.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Objectives:</strong> On completion of the training participants will:</td>
</tr>
<tr>
<td>- Have a clear understanding of what sex and relationship education is.</td>
</tr>
<tr>
<td>- Have an understanding and awareness of the essential elements that need to be considered when developing and delivering sex and relationship education in school and non-school settings (confidentiality, boundaries, policies, child protection).</td>
</tr>
<tr>
<td>- Have explored effective ways of discussing sexual health with young people through practicing answering difficult questions from the question box.</td>
</tr>
<tr>
<td>- Have had the opportunity to consider how to develop appropriate sex and relationship education teaching programmes by observing a basic SRE talk (following this participants will be given a PowerPoint presentation and script)</td>
</tr>
<tr>
<td>- Know about the range of sexual health services available to clients in Croydon and how to access them</td>
</tr>
<tr>
<td><strong>Target Audience:</strong></td>
</tr>
<tr>
<td>- All professionals who deliver sex and relationship education programmes in non-school and school settings (e.g. youth workers, voluntary sector, professionals, school nurses etc.).</td>
</tr>
<tr>
<td><strong>Course Information:</strong></td>
</tr>
<tr>
<td><strong>Facilitator:</strong> Delivered by the Teenage Pregnancy &amp; Sexual Health Outreach Team'</td>
</tr>
<tr>
<td>(application cut off 12th July)</td>
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<tr>
<td>Date: Friday 17th July</td>
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<tr>
<td>Venue: Croydon Conference Centre</td>
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<tr>
<td>Time: 9:30-16:00</td>
</tr>
<tr>
<td>(application cut off 26th Oct)</td>
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<tr>
<td>Date: Tuesday 3rd Nov</td>
</tr>
<tr>
<td>Venue: Croydon Conference Centre</td>
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<td>Time: 9:30-16:00</td>
</tr>
<tr>
<td>To apply request an application form e-mail <a href="mailto:ph-training@croydon.gov.uk">ph-training@croydon.gov.uk</a></td>
</tr>
</tbody>
</table>
Supporting Teenage Parents

**Aim:** To increase participants’ awareness of the needs of pregnant teenagers and young parents and to understand how to engage and support them more effectively.

**Objectives:** On completion of the training participants will:

- Understand the risk factors of teenage pregnancy.
- Recognise and explore the specific needs of teenage parents.
- Know about the range of services available to young people locally and how to access them.

**Target Audience:**

- All those who work with young people and young parents (e.g. teachers, PSHE Co-ordinators, social workers, support workers, housing staff, nurses, midwives, health visitors, nursery nurses, youth workers, YOT and children centre’s staff).

**Course Information:**
**Facilitators:** Delivered by the Teenage Pregnancy & Sexual Health Outreach Team'

**(application cut off 25th September)**

**Date 1:** Wednesday 7th October  
**Venue:** Croydon Conference Centre  
**Time:** 9:30 – 13:00

**(application cut off 1st March 2016)**

**Date 2:** Tuesday 8th March 2016  
**Venue:** Croydon Conference Centre  
**Time:** 9:30 – 13:00

To apply request an application form e-mail [ph-training@croydon.gov.uk](mailto:ph-training@croydon.gov.uk)
Basic HIV and AIDS awareness 2 Day Training

Aim: To enable participants to develop their awareness and knowledge of HIV and AIDS and help them deliver an appropriate service to clients at risk from, or living with, HIV/AIDS.

Objectives: On completion of the training participants will:

- Know the difference between HIV and AIDS and how they are linked.
- Have explored some of the myths around the subject.
- Have learnt about HIV infection, transmission and prevention.
- Have understood issues around testing, confidentiality and disclosure, stigma and discrimination regarding people living with HIV.
- Be informed about HIV and pregnancy.
- Be aware of current treatment and improving prognosis.
- Explore the legal issues around HIV transmission.
- Know about useful HIV/AIDS agencies and services in the borough and how to access them.

Target Audience:

- This course is for staff from health, local authority, voluntary sector agencies and other public and private employers.
- Subject to numbers and suitable space, free bespoke on-site training can be arranged.

Course Information:
Facilitator: Fred Semugera

Day 1 (application cut off 22nd May)
Date: Thursday 28th May
Venue: Croydon Conference Centre
Time: 9.30 – 16.30

Day 2 (application cut off 22nd May)
Date: Thursday 4th June
Venue: Croydon Conference Centre
Time: 9.30 – 16.30

Day 1 (application cut off 1st Oct)
Date: Thursday 8th Oct
Venue: Croydon Conference Centre
Time: 9.30 – 16.30

Day 2 (application cut off 1st Oct)
Date: Thursday 15th October
Venue: Croydon Conference Centre
Time: 9.30 – 16.30

To request an application form e-mail ph-training@croydon.gov.uk
# HIV and AIDS: An Update

**Aim:** To enable those who did the basic HIV and AIDS course more than two years ago get up to date with changes in the HIV and AIDS knowledge filed.

**Objectives:** On completion of the training participants will have updated themselves on:

- New methods of HIV testing
- Treatment as prevention
- New Methods of prevention
- Legal issues around HIV transmission
- HIV and ageing
- Access to HIV treatment

**Target Audience:**
- This course is for staff from health, local authority, voluntary sector agencies and other public and private employers.
- Subject to numbers and suitable space, free bespoke on-site training can be arranged.

**Course Information:**

**Facilitator:** Fred Semugera

**(application cut off 5th June)**

**Date:** Thursday 12th June  
**Venue:** Croydon Conference Centre  
**Time:** 9:30 – 13:00

**(application cut off 4th Sept)**

**Date:** Friday 11th Sept  
**Venue:** Croydon Conference Centre  
**Time:** 9:30 – 13:00

To apply request an application form e-mail [ph-training@croydon.gov.uk](mailto:ph-training@croydon.gov.uk)
# HIV and AIDS – An African Cultural and Social Perspective

**Aim:** To increase health and social care professionals’ awareness, knowledge and understanding of African cultural and social issues in relation to HIV/AIDS.

**Objectives:** On completion of the training participants will:

- Have learnt about HIV/AIDS as it affects African communities and explored specific issues relevant to African clients regarding HIV.
- Have a better understanding of African cultural and social issues.
- Have explored diversity and non-homogeneity of African cultural and social issues.
- Know about HIV/AIDS support and resources targeted at African communities.

**Target Audience:**

- Health or social care professionals wanting to develop services and support for African communities and clients.
- Subject to numbers and suitable space, bespoke on-site training can be arranged.
- It is advisable, but not compulsory, to have done some HIV/AIDS training such as our 2 day course in order to fully benefit from the course.

**Course Information:**

**Facilitator:** Fred Semugera

**(application cut off 17th September)**

**Date 1:** Thursday 24th September  
**Venue:** Croydon Conference Centre  
**Time:** 9:30 – 16:30

**(application cut off 17th February 2016)**

**Date 2:** Thursday 25th February 2016  
**Venue:** Croydon Conference Centre  
**Time:** 9:30 – 16:30

To apply request an application form e-mail [ph-training@croydon.gov.uk](mailto:ph-training@croydon.gov.uk)
**Promoting and Supporting a Breast Feeding Culture**

**Aim:** To enable participants to promote and support breastfeeding and promote a breastfeeding culture in the local community.

**Objectives:** On completion of the training participants will:

- Understand the impact of increasing breastfeeding rates on the health of mothers and babies.
- Have explored myths and attitudes to breast feeding.
- Have knowledge of the Croydon Infant Feeding Policy.
- Have knowledge of breastfeeding initiatives in Croydon.
- Be able to provide information about local services available and know where to make referrals.
- Understand how to support breastfeeding within the workplace.

**Target Audience:**

Anyone in contact with, or working with, breastfeeding mothers and their families.

Reception and administrative staff working in health centres - Croydon Health Services and Children’s Centres in Croydon.

*(This course is not intended for Midwives, Health Visitors or Child Community Development Advisors as separate training will be provided)*

**Course Information:**

**Facilitator:** Dawn Cox

**Date:** Monday 22nd June  
**Venue:** Woodlands Children Centre  
**Time:** 10.00 – 12.00

**(application cut off 15th June)**

**Date:** Monday 14th September  
**Venue:** Woodlands Children Centre  
**Time:** 10.00 – 12.00

**(application cut off 7th Sept)**

**Date:** Monday 25th Jan 2016  
**Venue:** Woodlands Children Centre  
**Time:** 10.00 – 12.00

**(application cut off 18th Jan)**

To apply request an application form e-mail [ph-training@croydon.gov.uk](mailto:ph-training@croydon.gov.uk)
# Brief Interventions in Smoking Cessation

**Aim:** To enable participants to effectively use brief opportunistic interventions to improve service user access to smoking cessation support  
To give participants a basic understanding of smoking cessation support  
To help promote a non-smoking normative culture

## Objectives:
- Develop an understanding of the national and local context of smoking cessation  
- Enhance skills for raising the issue of smoking with clients  
- Develop a basic understanding of individuals and their smoking  
- Refer appropriately to smoking cessation support

## Target Audience:
- Health professionals and others with an interest in Smoking Cessation  
- Front line staff at GP practices and pharmacies

## Course Information:
**Facilitators:** Beata Tuszkiewicz-Piekarski & Jimmy Burke

**(application cut off 11th May)**  
**Date 1:** Monday 18th May  
**Venue:** Bernard Weatherill House  
**Time:** 10:00-12:30

**(application cut off 14th Oct)**  
**Date 2:** Monday 21st October  
**Venue:** Bernard Weatherill House  
**Time:** 13:00-15:30

To apply request an application form e-mail ph-training@croydon.gov.uk
# Level 2 Advisor: 2 Day Training

**Aim:** To equip participants with the knowledge, skills to deliver Smoking Cessation support as a level 2 advisor, helping individuals stop smoking in promoting the smoke-free message across the Borough

<table>
<thead>
<tr>
<th>Objectives:</th>
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</thead>
<tbody>
<tr>
<td>1. To give participants an understanding of how Stop Smoking Services operate</td>
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<tr>
<td>2. To understand smoking is a medical, social and cultural issues</td>
</tr>
<tr>
<td>3. To develop an understanding of individuals and their smoking</td>
</tr>
<tr>
<td>4. To enhance skills for raising the issues of smoking with clients</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Target Audience:</th>
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</thead>
<tbody>
<tr>
<td>1. Health professionals and others with an interest in Smoking Cessation</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Information:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Facilitators:</strong> Beata Tuszkiewicz-Piekarski &amp; Jimmy Burke</td>
</tr>
</tbody>
</table>

**(application cut off 21\textsuperscript{th} May)**

- **Date 1:** Wednesday, 29\textsuperscript{th} June 2015
- **Venue:** Bernard Weatherill House
- **Time:** 10:00-12:30

**(application cut off 2\textsuperscript{nd} June)**

- **Date 2:** Monday 30\textsuperscript{th} June
- **Venue:** Bernard Weatherill House
- **Time:** 13:00-15:30

To apply request an application form e-mail ph-training@croydon.gov.uk
# Health Needs Assessment

**Aim:** To develop participants’ understanding of the fundamental requirements, tools and process of a health needs assessment

**Objectives:** On completion of the training participants will:

- Understand the concept of needs and health needs
- Understand the steps involved in undertaking a health needs assessment
- Understand the requirements and tools needed for a health needs assessment
- Understand Croydon’s approach to health needs assessments through the Joint Strategic Needs Assessment (JSNA) process

**Target Audience:**
Those who need to undertake health needs assessments as part of their work but lack the confidence or skills to do so.

**Course Information:**
**Facilitator:** Anita Brako  
*(To be Confirmed)*

**Date 1:**
**Venue:**  
**Time:**

To apply request an application form e-mail ph-training@croydon.gov.uk
PUBLIC HEALTH TRAINING COURSE APPLICATION

Please complete this form and either post or e-mail to: Public Health Croydon
London Borough of Croydon, Resources Department, 2nd Floor Zone D,
Bernard Weatherill House, 8 Mint Walk, Croydon CR0 1EA E-mail: ph-training@croydon.gov.uk

Tel: 020 8726 6000 ext. 88340

CONFIRMATION OF YOUR BOOKING WILL BE PROVIDED BY THE METHOD THAT YOU INDICATE ON YOUR APPLICATION FORM. IF YOU DO NOT GET A CONFIRMATION YOU NEED TO CONTACT THIS DEPARTMENT.

Name: _______________________ Date of application ____________

Job title: _______________________ _________________________

Organisation: ________________________ ________________________________________________________________

Work address: ________________________________________________________________Post code: _________________

Telephone: ______________________ Fax: ______________________

E-mail: ____________________________

Please indicate how you would like to receive confirmation

Email (preferred) ☐ or Post ☐

I would like to book a place on the following course

Course title*: ________________________________________________________________

Date of Course: _______________________________________________________________________

Line Manager’s Name and Job Title: ____________________________

E-mail: __________________________________________________________________________

Line Manager’s Signature: _____________________________________________________________

* A separate form must be completed for each course applied for.

PLEASE NOTE OUR TERMS AND CONDITIONS:

Line managers must authorise the application to show acceptance of the following terms and conditions.

There will be a charge of £50 if less than 48 hours’ cancellation to attend occurs or if attendees do not turn up (DNA).

Accepted authorisations to attend courses are:

a) A line managers signature on the application form which is then faxed or posted
b) Line manager to email the completed application form to the provided email address with an authorising cover note

We are working towards ensuring that our courses are open to all types of organisations which work to improve the health and welfare of the people in Croydon, and this information helps us to monitor our progress and target resources appropriately. The information will be analysed on a yearly basis as part of our on-going evaluation of the training programme.

Do you have any specific needs that the trainers should be aware of in advance of the training? __________________________________

What best describes your work setting?

☐ Community Health Services ☐ Local Authority
☐ NHS Hospital ☐ Private Business
☐ Student ☐ Voluntary Sector
☐ School/College

Other (please specify): ____________________________

What is your current field of work?

☐ School nurse ☐ Statutory Youth Worker ☐ Midwife ☐ Health visitor
☐ Housing ☐ Voluntary Youth Worker ☐ Social worker ☐ Voluntary sector
☐ GP ☐ Sexual Health practitioner ☐ Foster carer ☐ Pharmacist
☐ Drugs ☐ Looked after Children ☐ Homeless ☐ Children’s Centre
☐ Practice Nurse ☐ Counsellor/Therapist ☐ Education ☐ Alcohol
☐ Other (please state): ____________________________________

How did you hear about this training course?

☐ Poster ☐ Brochure ☐ Manager ☐ Colleague ☐ Internet

Other (please state): ____________________________________