



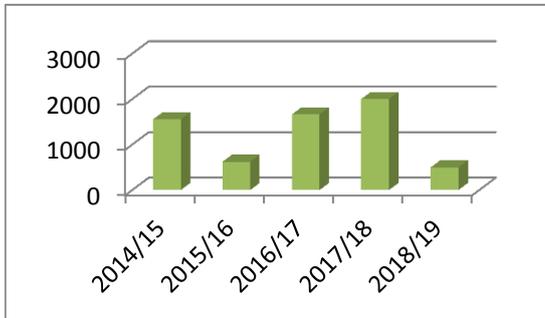
Training Newsletter

We specialise in the provision of behaviour change skills training. Currently we offer a variety of programs around public health issues with different levels of skills training depending on the role of the attendee. We can tailor packages of training depending on the needs of the organisation.

Number of people trained

From April to Sept 2018 we have trained 317 people. Since April 2014 we have trained over **6000** people.

No's trained

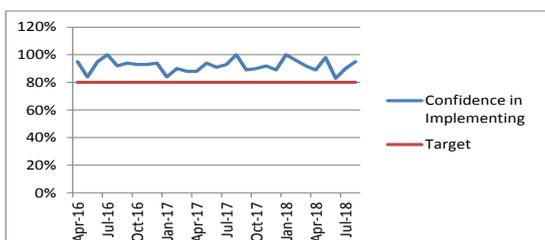


Courses delivered in the last 6 months

- Behaviour Change Skills Training (MI)
- Alcohol IBA
- Healthy Weight
- Emotional Health and Wellbeing
- MECC
- Smoking Cessation
- Alcohol and Substance Misuse
- NHS Health Checks

How confident are attendees in implementing what they have learned

91% rated their confidence as **High or Very High** between April-Sept. Confidence in implementing since April 2016



A sample of who we've trained in the last 6 months

- Early Help Team Sunderland
- Diabetic Screening Team
- Moving on Tyne and Wear staff
- Stockton Practice Nurses
- The Beacon Centre staff
- Adult Carers



How attendees rated our training in April-Sept

98% rated our training as either **good or excellent**.

What did you like most about the training?

- "Facilitator was very knowledgeable and interesting"
- "Useful hints and tips to engage clients, strategies to use."
- "It vastly increased my knowledge in the subject area"
- "Interaction with group and useful resources."
- "Advice given on engaging with families."
- "It was pitched at the right level and relevant to our roles."

Kwik Survey results when asked what impact the training has had on your practice

- "Opportunity to have greater awareness of the topic which will enable me to support clients"
- "Greater knowledge when supporting clients"
- "Been able to support clients with recognizing issues more confident with having awkward conversations"
- "I have had several conversations about healthy behaviors service users, friends and family."