FIRST CONTACT CLINICAL
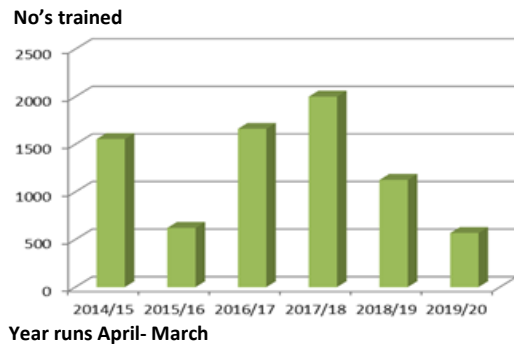ENABLING HEALTHY BEHAVIOUR CHANGE

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 2019 to Sept 2019 we have trained 568 people. Since April 2014 we have trained over **7500** people.

No's trained

Year runs April- March

Courses delivered in the last 6 months

- Solution Focused Approaches
- Make Every Contact Count (MECC)
- Connect5 Mental Health & Wellbeing
- Alcohol & Substance Misuse
- Intro to Motivational Interviewing
- Smoking Cessation
- Sexual Health
- Healthy Weight

How confident are attendees in implementing what they have learned

91% rated their confidence as **High or Very High** between April-Sept. How attendees rated our training over the last 4yrs.

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

- 0-19 team (school nurses, health visitors etc)
- Legal Aid Agency
- Adult Social Care
- Early Help
- Moving on Tyne and Wear
- Connected Carers

How attendees rated our training in April-Sept

97% rated our training as either **good or excellent**.

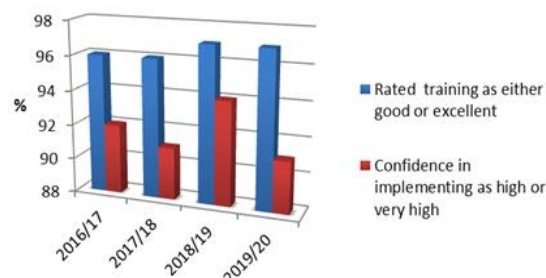When asked what did you like most about the training?

- Trainer very knowledgeable and interesting.
- All informative and well delivered.
- All relevant to role and will put into practice.
- It was very interactive & also relevant to my role.
- Interactive and interesting, very engaging.
- Everything!
- Exceptional delivery, good pace and balance of activities, kept engaged.

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

- Using a more focused and positive approach with families has opened them up to positive ways of thinking which has increased their wellbeing.
- Delivered a brief intervention regarding alcohol.
- Been able to support current clients with recognising issues, more confident with having awkward conversations.
- Took part in a Health promotion activity in Comprehensive school. Felt more confident in speaking to children.
- Have been able to identify key moments in every day conversations.