



Health and Wellbeing

making a difference as a volunteer
in your community

**Are you a volunteer in Brighton & Hove working with adults?
Do you want to feel more confident in supporting people to
make positive changes to their health and wellbeing?**

**The Neighbourhood Care Scheme has developed a new
training programme in response to the needs of volunteers
and scheme members. Book your place now!**



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venues

Neighbourhood Care Scheme (NCS)

First Floor, Intergen House

65-67 Western Road

Hove BN3 2JQ

Friends Meeting House

Ship Street

Brighton BN1 1AF

about the training

Each session is led by a trainer with specialist knowledge and will include an introduction to the basic skills that are useful when supporting people to make positive changes to their health and lifestyle. A certificate of attendance will be provided to all participants. A light buffet is provided at 6pm for all evening courses. When you book your session(s) please advise if you would like food. The training sessions start at 6.30pm.

course schedule

Equality and Diversity NCS Office

Tuesday 6th September, 6pm - 9pm or

Thursday 8th September, 10am - 12.30pm

What does it mean to approach people with respect despite our assumptions, our world view and our feelings? Why does inclusiveness matter? Share in a friendly training session which will provide opportunity for discussion and enlightenment.

Evening session includes food at 6pm.

Dr Yaa Asare, Equalities trainer and consultant

Alcohol Awareness Network Meeting Friends Meeting House

Wednesday 28th September, 9.30am - 12.30pm



Network Meetings are organised by the Brighton & Hove Health Trainer service. They offer local volunteers opportunities to build their knowledge about local services and meet with other volunteers interested in supporting health and wellbeing. The topic covered is Alcohol Awareness.

Health Trainer Team, with Speaker:

Penny Ashby, Health Promotion Advisor (Substance Misuse)

Healthy joints, healthy bones NCS Office

Tuesday 4th October, 2pm - 4pm or

Wednesday 5th October, 6pm - 8.30pm

Why is sunlight important for our bones? What can we do about arthritis? Can we help ourselves, or someone else, who has been told their bones are weak? Come and find out the answers and discover more about how to keep your bones and joints healthy.

Evening session includes food at 6pm.

Nicola Haines, Falls Specialist Practitioner,
Osteoporosis & Falls Prevention Service

Supporting someone with depression NCS Office

Wednesday 19th October, 10am - 12noon or 6pm - 8.30pm

Leading mental health charity MIND will provide this awareness raising session, helping us to understand more about depression, and how to support someone with depression.

Evening session includes food at 6pm.

Nicola Webb, Training Manager, MIND

Dementia Awareness NCS Office

Tuesday 1st November, 6pm - 8.30pm

Many of us already have some experience of dementia, be it personally, through a family member or through the television, but few of us feel confident that we know what the condition actually is, and how it can change the life of the person living with it, and their family and carers.

The Alzheimer's society will provide an informative session on dementia and how we can communicate effectively and support someone with dementia.

Evening session includes food at 6pm.

Alan Matthews, Trainer with Alzheimer's Society

Supporting someone with vision loss NCS Office

Tuesday 8th November, 2pm - 4pm

Many people are affected by reduced vision, for a number of reasons. Come along to learn (and experience) more about what it's like to live with vision loss, and how you can effectively support someone if required.

Christine Tester

East Sussex Association of Blind and Partially Sighted People

Alcohol and older people NCS Office

Monday 21st November, 6pm - 8.30pm

Alcohol affects all of our lives in a variety of ways, and that's no different for older people. Increase your understanding of older people and alcohol on this informative training session, and come away feeling more equipped to support your scheme member/family member/self.

Includes food at 6pm.

Penny Ashby, Health Promotion Advisor (Substance Misuse)

Supporting someone with hearing loss NCS Office

Thursday 1st December, 2pm - 4pm

Many people, including many older people, experience a degree of hearing loss which impacts on their work and social life in ways we may not imagine.

Join us to find out more about what it's like to lose your hearing, and how you can support someone effectively should you need to.

Nikola Fieldhouse, Private trainer

Smoking Network Meeting Friend's Meeting House

Tuesday 6th December, 9.30am - 12.30pm



These network events are organised by the Brighton & Hove Health Trainer service and are intended to offer local volunteers opportunities to build their knowledge about local services and meet with other volunteers interested in supporting health and wellbeing. The topic covered at this network meeting is Smoking. All welcome.

Health Trainer Team

with Brighton & Hove Stop Smoking Service

Communication Tools NCS Office

Tuesday 10th January, 10am - noon

The ability to communicate clearly with our family, friends and scheme member is a crucial skill and one that can be developed.

By working on skills such as using open questions, active listening, and becoming familiar with some simple concepts, you will find it possible to engage people in meaningful conversations, including those that might respond to people's desire to change behaviours/lifestyle.

Rachel Friggens, Community Health Trainer Coordinator
Brighton & Hove Council

Situations and Dilemmas NCS Office

Tuesday 24th January, 10am - 12noon or 6pm - 8.30pm

Perhaps you're a new volunteer and keen to look at some challenging situations that might arise in your volunteering, or perhaps you're an old hand and feel you want a refresher.

A friendly informal training session which covers tricky situations in the life of a volunteer and how to deal with them.

Evening session includes food at 6pm.

NCS Volunteer co-ordinators

Promoting positive sexual health for older people NCS Office

Wednesday 8th February, 2pm - 4pm

People over 50 are a growing population whose sexual health needs are often ignored because of the myth that people over 50 no longer have sex. This training session will focus on promoting positive sexual health for over 50's.

Liz Dean,
Senior Sexual Health Promotion Practitioner

Falls Prevention NCS Office

Tuesday 21st February, 10am - 12noon or 6pm - 8.30pm

Why are older people at risk of falling over? How can we help to reduce the chance of falls? Come and learn more about what causes people to fall and how you as volunteers might be able to help...

Evening session includes food at 6pm.

NCS Volunteer co-ordinators

Healthy Eating Network Meeting Friend's Meeting House

Wednesday 14th March, 9.30am - 12.30pm



These network events are organised by the Brighton & Hove Health Trainer service and are intended to offer local volunteers opportunities to build their knowledge about local services and meet with other volunteers interested in supporting health and wellbeing. The topic covered at this network meeting is Healthy Eating. All welcome.

Health Trainer Team

with Speaker from Brighton & Hove Food Partnership

‘Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.’

World Health Organisation

September 2011

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How to Book

If you would like to attend any of these training sessions please contact **Susan Alderson**, Neighbourhood Care Scheme Administrator, on:

01273 775888 or

email: info@ncs.bh-impetus.org

Funded by NHS Sussex (Brighton & Hove). Organised by Brighton & Hove Neighbourhood Care Scheme, a project of Impetus.

Courses

- ao** Alcohol & older people
- aa** Alcohol awareness
- c** Communication
- d** Dementia
- dp** Depression
- ed** Equality & diversity
- fp** Falls prevention
- he** Healthy eating
- hj** Healthy joints, healthy bones
- hl** Hearing loss
- sh** Sexual health
- sd** Situations and dilemmas
- sm** Smoking
- vl** Vision loss