



Lewisham health improvement training brochure September 2019–June 2020

*Developing knowledge and skills to
improve the health and wellbeing of those
working in Lewisham*

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1 Welcome

Welcome to the Lewisham health improvement training programme for 2019–20.

The development of the training programme for 2019–20 has been designed to meet the priorities outlined in the Lewisham Health and Wellbeing Strategy Plan.

Lewisham has nine priority areas to be addressed, these include:

- overarching health and wellbeing
- achieving a healthy weight
- increasing the number of people who survive colorectal, breast and lung cancer for 1–5 years
- improving immunisation uptake
- reducing alcohol harm
- preventing the uptake of smoking among children and young people and reducing the numbers of people smoking
- improving mental health and wellbeing
- improving sexual health
- reducing cardiovascular disease and diabetes.

In addition to the above priority areas Lewisham Health Improvement Team have committed to delivering training in the following areas:

- substance misuse
- child and maternal health.

Local and national health improvement priorities form the basis for the training programme, for which courses are targeted at individuals working or volunteering in Lewisham. By participating in the programme, attendees are able to develop and strengthen health improvement skills and competencies.

The Health Improvement Training Team aim to deliver quality assured training which equips participants with the skills to identify opportunities for health promotion and facilitate key health messages within their respective work and community settings. Participants come from a wide range of backgrounds; this provides an environment that enables learning from one another.

A number of courses advertised in the brochure contribute to the Lewisham way (council competencies) as well as to the Knowledge and Skills Framework (KSF) that is often used in the health sector. The KSF is equally relevant to the skills and competency required to undertake health improvement work in other settings (see pages 34–35).

We trust you will find these learning opportunities inspiring and we look forward to seeing you on our courses.

2 How to access Lewisham health improvement learning opportunities

Who are the courses for?

Courses are available free of charge to council staff, NHS, voluntary, statutory, community and youth workers in Lewisham.

For those working outside the London Borough of Lewisham places are available on a fee paying basis. Fees, unless otherwise stated are £100 per full day and £50 per half day; voluntary organisations and charities £50 per full day and £25 per half day. Cheques should accompany the application and be made payable to: London Borough of Lewisham.

Where we are located?

The Public Health Team is located in Laurence House, Catford, SE6 4RU. Training sessions will be located at venues across the borough of Lewisham.

Attendance certificates

A certificate of attendance will be issued to registered participants who attend for the advertised duration of the course.

Training quality assurance

To ensure that our learning opportunities are responsive to training needs and of high standard, we ask all participants to complete a short evaluation survey at the end of the training session.

Access or special educational needs

Wheelchair access is available at all training venues. Participants who require disabled parking should check availability directly with the venue where the training will be held. If you have any other access or educational needs please let us know by email healthimprovement@lewisham.gov.uk, or on the training course application form and we will do our best to accommodate you.

3 How to apply for a lewisham health improvement training course

Before applying for any course, please read the course description and learning objectives carefully to ensure that the chosen course will meet your needs.

Your line manager will need to approve your training request and release you from work. Training course applications therefore require your manager's name and contact details.

For individuals who do not have managers, please provide details of a referee who is familiar with the voluntary work that you do in the community.

Participants must tick the box indicating that they have read and accepted course booking conditions. Incomplete booking forms will be returned.

Completed booking forms should be sent by post, email or fax to:

Health Improvement Training Team
Public Health Team
London Borough of Lewisham
Laurence House
Catford Road
London
SE6 4RU

Email: healthimprovement@lewisham.gov.uk

Fax: 020 8314 3934

Telephone: 020 8314 7555

A course confirmation email will be sent no later than one week before the course start date.

If you do not receive a confirmation email by this time, please email healthimprovement@lewisham.gov.uk or telephone the training team at Lewisham Public Health on 020 8314 7555.

Please refer to page 9 for course booking conditions.

4 Application form for Lewisham health improvement training courses

Personal details

By completing this application form you agree for Public Health to calculate statistical information for the purpose of the Health Improvement Programme Annual Training Report. You will not be identified personally. Your application will be kept on our system for a period of three years for the purpose of inspection by a regulatory authority.

Please submit one application form per training course title

About you

First and last name: [Click here to enter text.](#)
 Organisation: [Click here to enter text.](#)

Job title: [Click here to enter text.](#)
 Contact address: [Click here to enter text.](#)
 Postcode: [Click here to enter text.](#) Phone: [Click here to enter text.](#)
 Email: [Click here to enter text.](#)

Do you work or volunteer in the London Borough of Lewisham?

Please tick one box only

Yes No

Your application

Course applied for: [Click here to enter text.](#)
 Course date: [Click here to enter a date.](#)
 Reason for attending: [Click here to enter text.](#)
 Do you have any special requirements? Please specify, e.g. reduced mobility, hearing or sight impairment [Click here to enter text.](#)

How did you hear about this course? Please tick all that apply

Brochure Flyer Manager Colleague Website

Other please specify: [Click here to enter text.](#)

Training cost code for internal applicants only:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

This cost code will be used in case costs are incurred for late cancellation. Forms without a cost code will not be processed

Manager/Referee's signature: [Click here to enter text.](#) Name: [Click here to enter text.](#)

Manager/Referee's email: [Click here to enter text.](#) Phone: [Click here to enter text.](#)

By ticking this box, I confirm that I have read and accept the booking conditions

Ethnic monitoring form

Please tick one box only to specify your ethnic background

White

British

Irish

Any other White background (please specify): [Click here to enter text.](#)

Mixed

White and Asian

White and Black African

White and Black Caribbean

Any other Mixed background (please specify): [Click here to enter text.](#)

Asian or Asian British

Bangladeshi

Chinese

Indian

Pakistan

Any other Asian background (please specify): [Click here to enter text.](#)

Black or Black British

African

Caribbean



Any other Black background (please specify): [Click here to enter text.](#)

Other ethnic group

Any other ethnic background (please specify): [Click here to enter text.](#)

Prefer not to state

Return your completed form to:  healthimprovement@lewisham.gov.uk

 020 8314 3934  FAO Health Improvement Training c/o Public Health, London Borough of Lewisham, Second Floor, Laurence House, Catford, London, SE6 4RU

5 Health improvement training booking conditions

- A course fee is applicable if you live or work outside the London Borough of Lewisham. Fees are £100 per full day and £50 per half day; voluntary organisations and charities fees are £50 per full day and £25 per half day. A cheque must accompany your application form. Cheques should be made payable to the **London Borough of Lewisham**.
- Unless otherwise stated, the closing date for each course is two weeks (ten working days) before the advertised training date.
- Scheduled course bookings and reservations are non-transferable. Course places are booked for the person named on the application and not for an organisation.
- Please do not attend a training course without first having received a confirmation email from the health improvement training team. The course trainer may ask you to leave the training.
- If you arrive late for the start of your course, joining the training session will be at the course trainer's discretion. You may be asked to leave and reapply for the course.
- Only participants attending the full duration of the course will receive an attendance certificate.
- A notice period of seven working days must be given to cancel a course booking. If this condition is not met, you or your organisation will be charged a cancellation fee for each session of training missed. See table below for a breakdown of charges.

Cancellation fees	Half day course	One day course	Two day course
7 working days or more before the course	No charge	No charge	No charge
Less than 7 working days before course date	£50.00	£100.00	£200.00
Non or part attendance	£50.00	£100.00	£200.00

Lewisham Public Health reserves the right to change the cancellation policy at any time, alter any of the course content without prior notice or cancel a course at any time without liability.

6 Health improvement training course index

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Breastfeeding peer support training

Course duration

Two hours over six weeks

Course date: TBC

Time: TBC

Venue

TBC

Course organiser:

Gwenda Scott

Course trainer

Lewisham Health Visiting Team

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 4, 6

HWB: 1, 2, 4, 6, 7

IK: 3

G: 1, 2, 5, 7

Are you a current or previous breastfeeding mother, passionate about breastfeeding and keen to use your knowledge and experience to support other Lewisham mothers on their breastfeeding journey?

The breastfeeding peer supporter course gives learners a nationally recognised open college network qualification which, along with the volunteer experience and up to date references, could help with job opportunities or as a route into further education.

The course is open to mothers of all ages and backgrounds to enable them to widen their knowledge, skills and experience to support breastfeeding in Lewisham.

To apply for the peer supporter course you do not need any qualifications, all we ask is that you have had some experience of breastfeeding your baby and a passion and commitment to volunteer and support other Lewisham mothers.

Once qualified, you will receive regular supervision and ongoing training, with the course often opening the door to many other volunteering and career opportunities.

The peer supporter course consists of a two-hour session per week, run over six weeks. There will be a crèche facility available, with babies in arms welcome in the training room.

Once qualified, you will receive regular supervision and ongoing training.

For further information and to register your interest, please contact Ade Olotu, Neighbourhood Health Visitor lead,

Email: lq.breastfeedingpeersupporters@nhs.net

Telephone : 020 30493441

Introducing solid foods

Course duration

One day

Course date one

Date 21 November 2019

Time: 9.30am – 1.00pm

Venue

TBC

Course organiser

Gwenda Scott

Course trainer

Public Health

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1.2, 2.2, 5.1

HWB: 1.1, 4.1

The course is mandatory for all health visiting staff, health visitors and community staff nurses.

The aim of this course is to consolidate knowledge on the introduction of solid foods to help support families in your role.

Attending this course will help you to:

- understand the background to introduction of solid foods at six months
- explain why solid foods are introduced at six months
- know which foods and key nutrients are required by babies from six months and older to promote good growth, development and healthy weight
- find out about available local and national evidence based resources to use in practice.

This course is open to:

Health professionals working in the London Borough of Lewisham, for example, members of the health visiting teams, family nurse partnership, who provide guidance and advice on the introduction of solid foods to parents and carers of young infants.

This course is essential for those who want to feel confident about supporting families during the weaning process.

‘Eat better, start better’ voluntary food based guidelines for early years settings

‘Giving every child the best start in life’

Course duration

Half day

Course date one

On request

Time TBC

Course date two

TBC

Time TBC

Venue

TBC

Course organiser

Gwenda Scott

Course trainer

Public Health

Early years settings provide an ideal environment to offer a balanced and varied diet to help establish healthy eating habits which are essential for optimising childhood growth, development, maintain a healthy weight and can help to prevent poor health in later life.

This training is based on new guidance, updated in 2017 and reflects the government’s dietary recommendations for children aged six months to five years and will support settings to meet the Early Years Foundation Stage (EYFS) welfare requirement for the provision of healthy, balanced and nutritious food and drink.

Lewisham Way

competencies covered

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1.2, 2.2, 5.1

HWB: 1.1, 4.1

By the end of the course participants will:

- understand why healthy eating matters for young children
- be familiar with age-appropriate food and drink guidelines/nutrition requirements for children aged 6 months–5 years
- acquire knowledge to support with menu planning (snacks and meals)
- learn strategies to encourage children to eat well e.g. managing fussy eating behaviours, consider meal time environment.

Participants will be provided with practical tools and resources to help with putting the guidelines into practice.

This training is suitable for early years providers and practitioners (nursery staff, childminders and children’s centre staff) working in early years settings in the borough of Lewisham who provide food, snacks and drinks for children aged 6 months–5 years old.

For general queries or to discuss your setting’s particular training requirements please contact Lewisham Public Health for further information 020 8314 7555

Mytime Active – individual health and nutrition training modules

Course duration 1.5-2 hours per module
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Course dates

On request

Time TBC

Venue

TBC

Course organiser

Gwenda Scott

Course trainer

Mytime Active

Mytime Active provide a programme of training for all frontline staff across the borough who are engaging with children and young people. The training modules on offer are:

- obesity: the whole picture and raising the issue of weight
- nutritional guidelines
- active health
- delivering physical activity
- cooking on a budget
- active playtimes in schools

Each module lasts between 1.5–2 hours and the venue can be arranged to suit the needs of the organization or individual.

Please contact Lewisham Public Health for further information
020 8314 7555.

Mental health first aid for adults



Mental health first aid equips participants with the skills and knowledge to provide initial support to individuals experiencing mental health problems and guide them towards appropriate professional help.

Course duration

Two days

Course date one

Thursday 14 and Friday 15
November 2019

Time: 9.00am–5.00pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

Nicole Pickett

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1

HWB: 3, 4

The aims of this course are to:

- preserve life where a person may be a danger to themselves or others
- provide help to prevent the mental health problems developing into a more serious state
- promote the recovery of good mental health
- provide comfort to a person experiencing a mental health problem.

Attending this course will help you to:

- feel confident in supporting individuals with mental health problems
- understand what is meant by mental health and mental illness
- be aware of the signs and symptoms of various common mental health problems including anxiety and depression
- understand the range of effective interventions and treatments
- know how to access professional help and support.

This course is accredited by the Royal Society for Public Health and suitable for frontline staff working or volunteering in the London Borough of Lewisham.

If you are interested in this course then you might also be interested in youth mental health first aid.

Youth mental health first aid

**Course duration**

Two days

Course date one

Thursday 23 and Friday 24
April 2020

Time: 9.30am–5.00pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

This Way Up Well Being

Youth mental health first aid is an internationally recognised training programme designed specifically for those people that teach, work, live with or care for young people aged 11–18 years.

Delivered by qualified Youth MHFA instructors the training:

- provides information, tools and techniques to promote a young person's mental and emotional wellbeing
- enables participants to support a young person who might be experiencing mental and emotional distress.

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6

HWB: 1, 2, 3

Attending this course will help you to:

- spot the early signs of mental health problems in young people
- feel confident helping a young person experiencing a problem
- provide help on a first aid basis
- help protect a young person who might be at risk of harm
- help prevent a mental illness getting worse
- help a young person to recover faster
- guide a young person towards the right support
- reduce the stigma of mental health problems.

This course is accredited by the Royal Society for Public Health and suitable for frontline staff working or volunteering in the London Borough of Lewisham.

If you are interested in this course then you might also be interested in mental health first aid for adults.

Young persons wellbeing – tool kit

**Course duration**

1 day

Course date one

Friday 15 May 2020

Time: 9.30am–4.30pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

This Way Up Well Being

Lewisham Way competencies covered

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6

HWB: 1, 2, 3

This workshop explores both the theory and physical outworking effects of stress, trauma and poor mental health on the mind and body of the young person. Exercises include self-help tools designed to be used by individuals and passed on to clients.

Delivered by qualified Youth MHFA instructors the toolkit training provides:

- creative ways to support children and young people who may be experiencing depression, anxiety, self-harm, eating disorders and more
- an awareness of how to communicate and listen with children and young people, parents, carers and colleagues about their mental health and wellbeing.

Attending this course will help you to:

- develop relaxation mindfulness techniques, use of creativity, emotional intelligence and resilience building exercises for use with young people
- utilise questionnaires, risk assessments and resilience self-help tools for use with young people around mental health and wellbeing
- gain an increased Awareness of healthy eating and lifestyle choices and the impact of bullying and poor self-image on mental health.

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

Brief intervention training



Course duration
Half day
Course date
TBC
Time
TBC
Venue
TBC
Course organiser
Lisa Fannon
Course trainer
Alcohol Academy

Making Every Contact Count training provides practitioners with the key concepts and necessary skills to deliver simple brief interventions for key health behaviours such as smoking, alcohol use, diet and physical activity

Course content

The training introduces the concepts and basic skills for simple brief interventions to promote healthy behaviors. Front line roles have the opportunity to help service users improve their health and well-being by delivering simple interventions based on a simple framework of identifying, advising and assisting where appropriate. Training will explore the learnings, practical application and challenges that are key for delivering MECC brief interventions through structured and interactive learning.

Lewisham Way competencies covered
<ul style="list-style-type: none">• Customer focus.• Improving performance.• One council.
KSF dimensions covered
Core: 1, 2, 6
HWB: 1, 2, 3

Course style

An interactive session with a mixture of breakout exercises and group discussion.

Learning outcomes

By completing the course, participants will have developed an understanding of the following key areas:

- An understanding of how health behaviours affect UK society and the wide range of health and social harms associated with poor health behaviours.
- The concept of simple brief interventions.
- The application and delivery of simple brief interventions and suitable brief advice to improve health behaviours.
- Identifying and referring to other resources and local services.

Skills framework:

This course is aligned to the NHS Prevention and Lifestyle Behaviour Change: A Competence Framework. It also reflects Drugs and Alcohol National Occupational Standards (DANOS) supporting brief interventions around alcohol use, as well as NICE guidance on individual behaviour change (PH49).

This training can be tailored to meet your organisations needs. Please contact Lewisham Public Health for further information 020 8314 7555.

Healthy eating and running a cookery club OCN level 2 accredited

Course duration

Half day over 12 weeks

Course date January 2020

Time TBC

Venue

TBC

Course organiser

Gwenda Scott

Course trainer

GCDA

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1.2, 2.3, 3.3, 4.3, 5.2, 6.2

HWB: 1.2, 1.2, 4.4, 5.1

G: 1.3, 2.2, 5.1, 8.3

Aim:

This 12 week course offers participants the opportunity to learn how to set up and run a cookery club. The course is split into 2 units.

Attending this course will help you to:

Unit one – healthy eating

- gain a full understanding of the Eat Well Guide and the five-a-day message
- understand the issues around diets high in fat, salt and sugar
- make practical recommendations for increasing the use of fruit and vegetables and decreasing the use of fat, salt and sugar
- learn how to read labels and use this information to make healthier choices
- how to teach others this information

Unit two – running a cookery club

- understand the basic principles of working in groups
- learn how to present healthy eating information in practical, informative and accessible way
- learn to plan and deliver a healthy cookery club.

Please contact GCDA by email or telephone to find out more and to book your place on the next training.

Email: fay@gcda.org.uk

Telephone : 020 8269 4880

Volunteer walk leader training

Course duration

One day

Course dates

8 & 15 October 2019
6 & 13 February 2020

Time and Venue

Contact course provider for further details

Course organiser

Gwenda Scott

Course trainer

Jenny Budd

Aim:

This free walking for health training is for volunteers, health champions and anyone interested in leading community walks.

You will learn how to plan and lead safe and enjoyable health walks in Lewisham.

You will then be able to join our team of volunteers and help with one of our 'Walking for Health' groups or set up a walk for your own community organisation.

Lewisham Way competencies covered

- Customer focus.
- Improving performance.
- One council.

Being a walk leader is great fun. You will meet new people and get fit at the same time.

Contact Jenny Budd by email or telephone to find out more and to book your place on the next training.

KSF dimensions covered

Core: 1.2, 2.3, 3.3, 4.3, 5.2, 6.2

HWB: 1.2, 1.2, 4.4, 5.1

G: 1.3, 2.2, 5.1, 8.3

Email: healthywalks@gcda.org.uk

Telephone: 020 8269 4880

Drug Awareness

Course duration

One day

Course date one

Tuesday 28 January 2020

Time 9.30am–4.30pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

CGL New Direction

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6

HWB: 1, 2, 3

Aim

To increase participant's knowledge and awareness of drug use and to explore the needs of those people who may be less likely to engage with services.

Attending this course will help you to:

- name commonly used drugs and their street names
- identify the 3 broad categories of drugs most commonly used
- describe the effects these different kinds of drugs may have
- have a basic understanding of legal status of drugs and the penalties for possession and supply
- have a basic understanding of the concepts of harm reduction and the recovery agenda
- identify how common stereotypical views of drug users may block access to services
- know about the indicators/signs and symptoms of drug use
- have an awareness of the models of addiction and the cycle of change
- be able to sign post clients towards the appropriate service in Lewisham

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

Alcohol awareness

Course duration

One day

Course date

Tuesday 12 November 2019

Time: 9.30am–4.30pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

CGL New Direction

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6

HWB: 1, 2, 3

Aim

To increase participant's knowledge and awareness of alcohol use, examine safe drinking levels and the health implications should this level be exceeded. Participants will explore treatment pathways and options of treatment services.

Attending this course will help you to:

- know what a unit of alcohol is and be able to state safe drinking levels
- know what constitutes problematic alcohol use
- examine some of the consequences of alcohol use and alcohol dependence
- gain a basic awareness of alcohol specific screening tools
- have increased confidence in dealing with alcohol related issues and incidents
- gain an understanding of some of the consequences of alcohol use, alcohol dependence, relapse and withdrawal
- have an understanding of health risks relating to alcohol use such as delirium tremens, Korsakoffs, FAS and alcohol poisoning
- know where people can get help in Lewisham for problems related to alcohol and how to access services.

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

Cannabis awareness

Course duration

One day

Course date

Tuesday 14 April 2020

Time 9.30am–4.30pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

CGL New Direction

Lewisham Way competencies covered

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6
HWB: 1, 2, 3

Aim

To explore different aspects of cannabis and cannabis use, paying particular attention to young people's use of cannabis.

Attending this course will help you to be familiar with:

- cannabis the drug – its history, science and culture
- cannabis and mental health
- cannabis and young people
- the short term & long term effects of Cannabis
- the signs and symptoms of use
- harm reduction in relation to Cannabis Use
- cannabis and the law
- services available locally.

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

Mental health, dual diagnosis and substance misuse

Course duration One day
Course date Tuesday 19 May 2020 Time: 9.30am–4.30pm
Venue TBC
Course organiser Lisa Fannon
Course trainer CGL New Direction

Lewisham Way competencies covered <ul style="list-style-type: none">• Customer focus.• Improving performance.• One council.
KSF dimensions covered Core: 1, 2, 6 HWB: 1, 2, 3

Aim

- To provide participants with a basic awareness of mental health and mental illness.
- To raise awareness of the issues related to dual diagnosis and improve working with those clients who have a mental health issue/ substance misuse issue.

Attending this course will help you to:

- understand the concept of mental health
- demonstrate a sensitivity to needs of clients experiencing psychosis, depression, anxiety or personality disorder
- gain awareness of risk issues experienced by mental health service users
- gain awareness of the different types of treatment offered to client with mental health issues
- gain awareness of the impact of substance use on an individual's mental health
- define dual diagnosis and have an understanding of prevalence
- explore experiences in working with this client group
- demonstrate a sensitivity to needs of dual diagnosis clients and understand issues pertaining to risk
- gain an awareness of methods of working with dual diagnosis clients
- gain an understanding of local mental health services and care pathways for dual diagnosis clients.

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

Chem sex, MSM and substance misuse

Course duration

One day

Course date

Tuesday 4 February 2019

Time: 9.30am–4.30pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

CGL New Direction

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6

HWB: 1, 2, 3

Aim

To explore the issues around sexuality and substance misuse, examining drugs of choice, health aspects and other issues that affect the LGBTQ community.

Attending this course will help you to:

- define what sexuality is and gain an understanding of the issues that members of the LGBTQ community face
- have an understanding of substances used
- gain increased awareness of attitudes towards drug use within that community
- understand the health needs relating to sexuality/substance abuse, i.e. blood borne viruses, depression and Stimulant Induced Ischemic Myocardial Disease.

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

Naloxone and harm reduction

Course duration

One day

Course date one

Tuesday 22 October 2019

Time: 9.30am–1.00pm

Course date two

Tuesday 17 March 2020

Time: 9.30am–1.00pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

CGL New Direction

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6

HWB: 1, 2, 3

Aim

To provide participants with practical training on administering naloxone, and discuss reducing harm in substance users.

Attending this course will help you to:

- How do you respond to an overdose
- Introduction to naloxone
- How do you administer naloxone
- Provide and explore sets of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

Effective aftercare and relapse prevention

Course duration

One day

Course date

Tuesday 21 January 2020

Time 9.30am–4.30pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

Blenheim CDP

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6

HWB: 1, 2, 3

Aim

To provide participants with the opportunity to explore relapse prevention and aftercare relating to the needs of service users including both the theory and evidence base of practical applications within finite resources.

Attending this course will help you to:

- define and understand the concepts of relapse prevention and aftercare
- explore the evidence base for both relapse prevention and aftercare
- be familiar with relapse prevention techniques
- gain an increased understanding of holistic models of aftercare in real life settings.

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

Culture and substance misuse

Course duration

One day

Course date Tuesday 29

October 2019

Time: 9.30am–4.30pm

Venue

TBC

Course organiser

Lisa Fannon

Course trainer

Blenheim CDP

Lewisham Way**competencies covered**

- Customer focus.
- Improving performance.
- One council.

KSF dimensions covered

Core: 1, 2, 6

HWB: 1, 2, 3

Aim

A training workshop to explore the issues around culture and substance misuse, examining drugs of choice, health aspects and other issues that affect the BAME community.

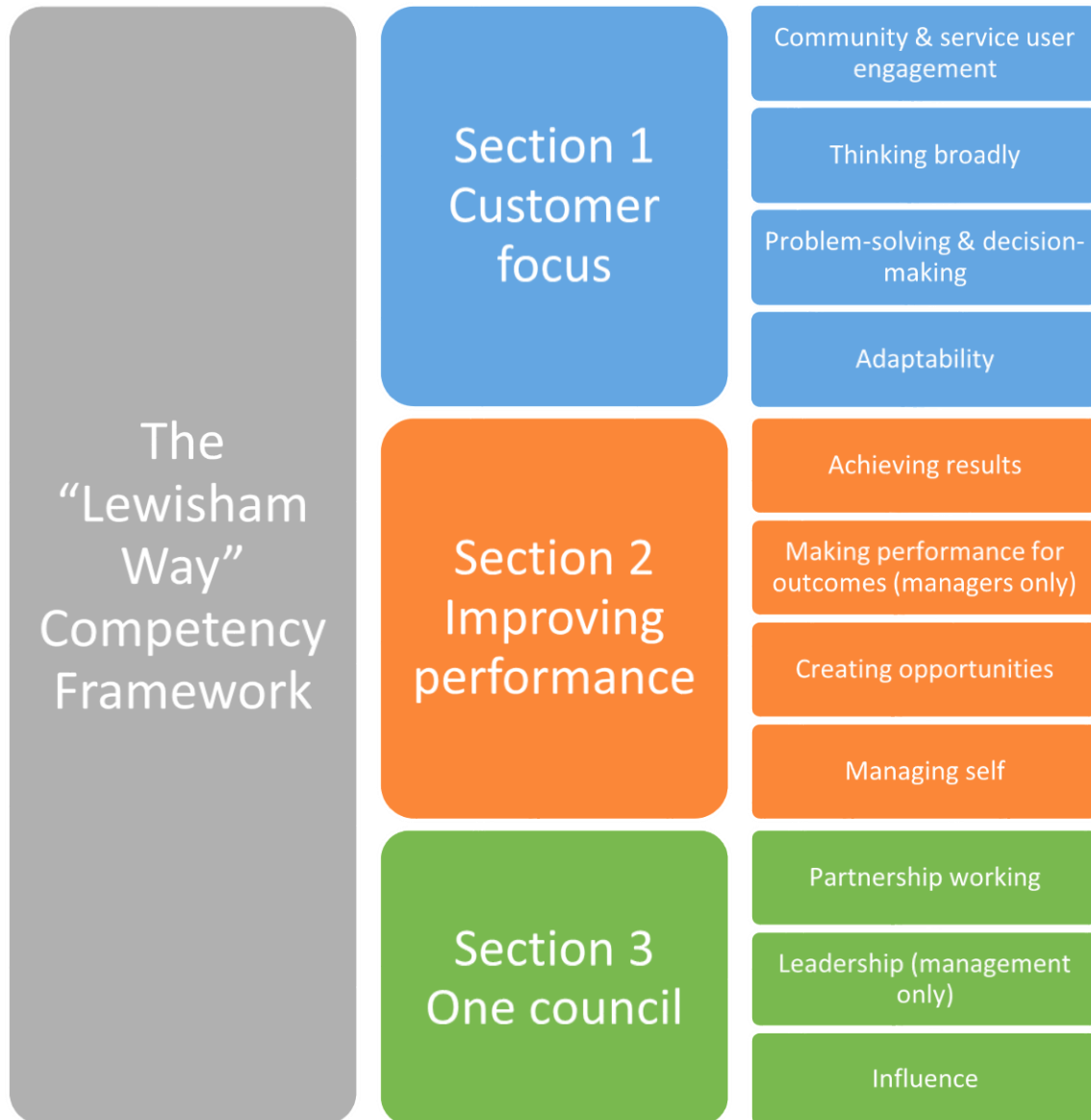
Attending this course will help you to:

- define what culture is and gain an understanding of the issues that members of the BME communities face
- familiarise participants with terminology
- explore different cultural attitudes towards drugs and alcohol
- identify common issues within communities
- provide an overview of the physical, emotional and cultural consequences and wider implications of drug use
- develop confidence in addressing drug issues with BME communities
- have an understanding of barriers of accessing services
- gain increased awareness of attitudes towards drug use within BME communities.

This course is suitable for frontline staff working or volunteering in the London Borough of Lewisham.

8 The Lewisham Way competency framework

The Lewisham competency framework is divided into three sections used to identify and develop the behaviours needed to apply to work and manage in the Lewisham Way.



9 NHS knowledge and skills framework (NHS)

CORE DIMENSION	LEVEL DESCRIPTORS			
	1	2	3	4
1. Communication	Communicate with a limited range of people on day-to-day matters	Communicate with a range of people on a range of matters	Develop and maintain communication with people about difficult matters and/or in difficult situations	Develop and maintain communication with people on complex matters, issues and ideas and/or in complex situations
2. Personal and people development	Contribute to own personal development	Develop own skills and knowledge and provide information to others to help their development	Develop oneself and contribute to the development of others	Develop oneself and others in areas of practice
3. Health, safety and security	Assist in maintaining own and others' health, safety and security	Monitor and maintain health, safety and security of self and others	Promote, monitor and maintain best practice in health, safety and security	Maintain and develop an environment and culture that improves health, safety and security
4. Service improvement	Make changes in own practice and offer suggestions for improving services	Contribute to the improvement of services	Appraise, interpret and apply suggestions, recommendations and directives to improve services	Work in partnership with others to develop, take forward and evaluate direction, policies and strategies
5. Quality	Maintain the quality of own work	Maintain quality in own work and encourage others to do so	Contribute to improving quality	Develop a culture that improves quality
6. Equality and diversity	Act in ways that support equality and value diversity	Support equality and value diversity	Promote equality and value diversity	Develop a culture that promotes equality and values diversity

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