



## Promoting Healthy Lifestyles

**When: Tuesday 26 September *or* Tuesday 21 November, 2017**

**Time: 10.30am – 4.30pm (lunch not provided)**

**Where: Wandsworth Town Hall, Room 145 (access via Marble Hall entrance)**

**Hosted by: Lifetimes Charity, commissioned by Wandsworth Council**

Target audience: Wandsworth council frontline staff and representatives from the voluntary sector who engage with the local population

### **Course objectives:**

To provide an overview of the different areas of health and wellbeing, health inequalities and how to promote healthy living activities in the community

### **Content**

#### **morning session**

- Factors which affect health and wellbeing – diet, exercise, smoking, drugs and alcohol misuse
- Link between mental health and wellbeing, physical health and diet/nutrition
- Barriers for engaging in healthy lifestyle activities
- Recognising risk and protective factors and the impact on the individual and the community
- Policies for reducing health inequalities-locally and nationally
- Strategies for engaging people in healthy lifestyle activities
  - Models of behaviour change and realistic goal setting
  - Raising the topic/issue and effective conversations
  - Improving access to healthcare resources
  - Promoting interventions that support healthy lifestyles
- Encourage appropriate professional support and self- help strategies
- Signposting/referring individuals to appropriate services
- Overview of local and national organisations
- Further resources and keeping your knowledge up to date



## afternoon session

- Continuing knowledge of the factors which may affect health and wellbeing including health inequalities - factors to include diet, exercise, smoking, drug and alcohol misuse, sexual health, mental health and emotional wellbeing.
- Policies for reducing health inequalities – locally and nationally
- Barriers to engaging in healthy lifestyle activities (e.g. access, resources, age, education)
- Strategies for engaging people in healthy lifestyle activities – including raising the topic/issue, improving access to healthcare resources, interventions that support healthy lifestyles (increase in physical activity, nutrition, mental wellbeing, use of open spaces). This includes actively identifying assets within the community that can help improve lifestyles e.g. sources of healthy foods, use of green spaces and cycle paths for physical activity
- Identify risk factors of loneliness and social isolation, the consequences and impact on mental and physical wellbeing and supporting individuals to engage in services that reduce loneliness and isolation
- Impact of drug and alcohol misuse on mental and physical health
- Brief overview of consequences of alcohol/drug use, dependence, relapse and withdrawal
- Sexual health awareness – risk taking behaviour, facts about STIs, support services available in the borough
- Models of behaviour change, maintaining behavioural change and realistic goal setting in order to make small lifestyle changes
- Role of effective communication in promoting healthy lifestyles/behaviour changes and strategies for implementing it (in particular providing brief opportunistic advice)
- Encourage appropriate professional support and self- help strategies
- Signposting/referring individuals to appropriate services
- Overview of local and national organisations
- Further resources and keeping your knowledge up to date