Health Trainers – Conference & Workshop

Improving Health and Wellbeing across the NHS area of the South Central Strategic Health Authority

Shaw House, Newbury on 25th September 2008

A FREE one day conference for anybody involved in improving the health and wellbeing of individuals in the community or in their organisation.

Health Trainers work with individuals to help meet personal health goals. They may wish to stop smoking, increase physical activity, change their diet, or otherwise improve their health, which may include accessing other services.

Health trainers come from local communities, are visible, accessible and can engage local people wherever they are to be found, such as customers at the local pharmacy, in community groups, general practice, hospitals, healthy living centres or workplaces.

What is the conference about?
This conference will give you the national and local picture about the development of the Health Trainer programme including:

- sharing practical experiences of this role in action
- setting up a Health Trainer service and supporting Health Trainers in practice
- enhancing current roles with Health Trainer competence
- presenting the findings from the evaluation of HT service development

Who is this conference for?
Anyone interested in or responsible for improving health and reducing health inequalities, whether they work with patients, service clients or individuals in the community.

Anyone responsible for improving the health and wellbeing of their own workforce.

Why Health Trainers?
Changing behaviour is difficult – particularly if you are already at a disadvantage.

The Department of Health/NHS funds the development of Health Trainer services across the country through Primary Care Trusts (PCTs) supported by Regional Health Trainer “Hubs”.

We know that people want to be treated personally and individually and that there are many links between health and social factors affecting their health.

Health trainers have been tried out in some challenging areas, with considerable success and they are making a difference.

Take action now to help improve the health of the people you work with – come to the Health Trainer Conference!

The conference is provided by the South Central Health Trainer Hub with NHS Education South Central.
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## PROGRAMME

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<th>Time</th>
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<tr>
<td>09.30</td>
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| 10.00 | Welcome by Chair                                                        | Dr. Paul Edmondson-Jones  
Director of Health and Wellbeing  
Portsmouth City PCT |
| 10.05 | The National Health Trainer Programme                                  | Rachel Carse  
National HT Programme Lead  
Department of Health |
|       | The Health Trainer Hub – or how we co-ordinate Health Trainer work in South Central | Joanna Chapman-Andrews  
South Central Health Trainer Hub Lead |
| 10.35 | Tackling Health Inequalities locally                                    | Dr. Paul Edmondson-Jones |
| 10.50 | Initiating a Health Trainer Service                                    | Lee Dawson  
Health Improvement Practitioner,  
Hampshire PCT |
| 11.05 | Break and refreshments                                                 |                                                                           |
| 11.35 | PCT and Probation Partnership for Health Trainers                      | Brian Leigh  
Health Trainer Project Manager  
Probation Service  
James Mc Nally & Sarah Biddlecombe  
Health Trainers |
| 11.50 | Engaging the Voluntary Sector in another way                           | Jan Rothwell  
Reading CAB |
| 12.00 | Enhancing existing roles – developing existing staff                   | Ruth Monger  
Head of Workforce Strategy  
South Central Strategic Health Authority |
| 12.10 | Panel for questions and answers                                         |                                                                           |
| 12.30 | Lunch and networking                                                   |                                                                           |
| 1.30  | What works, what doesn’t work – Evaluation of Health Trainer Development across South Central | Sue Crane  
Education Consultant  
Tricia Harper  
Health Promotion Consultant |
| 2.00  | What happens next?                                                     | Workshops |
| 3.00  | Evaluation & Close                                                     |                                                                           |