

**Do you want to develop an understanding of the principles of promoting health and wellbeing issues, both nationally and locally, and at the same time gain an accredited Level 2 Award?**

**The accreditation:**

The accreditation is the Level 2 RSPH Award in:

- Understanding Health Improvement (UHI)
- Understanding the Misuse of Substances (UMS)
- Understanding the Misuse of Alcohol (UMA)
- Understanding Sexual Health (USH)

The accreditation is gained through sitting a short multiple choice questionnaire at the end of the programme for the UHI, and workbooks for UMS, UMA and USH.

**Who should attend?**

Individuals with an interest in health and wellbeing who are also interested in helping others develop a healthier lifestyle.

**For Further information please email:**

[publichealthperformance@lincolnshire.gov.uk](mailto:publichealthperformance@lincolnshire.gov.uk) or call on: 01522 550523

**Please note:** Refreshments will be available over the course duration, but lunch will not be provided.

# 2017

Run by the  
**PUBLIC HEALTH DIVISION**

**Accredited Centre:**

Public Health  
Lincolnshire County Council

## Public Health is an accredited centre to deliver the following qualifications;

- RSPH Level 2 Award in Understanding Health Improvement
- RSPH Level 2 Award in Understanding the Misuse of Substances
- RSPH Level 2 Award in Understanding Alcohol Misuse
- RSPH Level 2 Award in Understanding Sexual Health

**RSPH**  
ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE

**Lincolnshire**  
COUNTY COUNCIL  
*Working for a better future*

## Level 2 Award in Understanding Health Improvement

### 8 Guided Learning Hours

Credit Value 1

Ofqual Qualification Number 603/0655/5

#### Description:

The aim of this qualification is to provide candidates with an understanding of the principles of promoting health and wellbeing and enable them to direct individuals towards further practical support in their efforts to attain a healthier lifestyle.

The qualification covers examples of inequalities in health within the UK, their possible causes and current approaches to tackling these inequalities. Candidates will learn how effective communication can support health messages, how to promote improvements in the health and wellbeing of others and understand the impact of behaviour change on improving an individual's health and wellbeing.

The qualification is for existing or aspiring health champions and volunteers who wish to improve the health and wellbeing of people in their local community by motivating and encouraging them to make positive lifestyle choices. Community workers, health advisors, pharmacy assistants and anyone in the wider public health workforce will also benefit from this qualification. The qualification also provides a foundation for those considering a Health Trainer role. It is mapped to National Occupational Standards and functions of the Public Health Skills and Knowledge Framework (PHSKF) and Making Every Contact Count (MECC) guidelines.

#### 2 Day course

##### Dates for 2017:

- 24<sup>th</sup> & 28<sup>th</sup> April
- 12<sup>th</sup> & 19<sup>th</sup> June
- 6<sup>th</sup> & 13<sup>th</sup> September
- 8<sup>th</sup> & 15<sup>th</sup> November

#### Location:

Newland Room, LCC Campus, Lincoln.

#### Cost:

Public Health Staff - no cost.

£25 for LCC staff, & external applicants (subject to change)

## Level 2 Award in Understanding the Misuse of Substances

### 7 Guided Learning Hours

Credit Value 1

Ofqual Qualification Number 600/9959/8

#### Description:

This qualification is for individuals with an interest in health who are also interested in helping others develop a healthier lifestyle by stopping or reducing their misuse of substances. Learners will increase their knowledge and understanding of why people misuse substances, the personal and social consequences of this and how individuals can be helped and supported with regard to substance misuse.

#### 1 Day course

##### Dates for 2017:

- 29<sup>th</sup> June
- 1<sup>st</sup> September

#### Location:

Newland Room, LCC Campus, Lincoln

#### Cost:

Public Health Staff - no cost.

£25 for LCC staff, & external applicants (subject to change)

## Level 2 Award in Understanding Alcohol Mis-use

### 7 Guided Learning Hours

Credit Value 1

Ofqual Qualification Number 600/9949/5

#### Description:

This qualification is for individuals with an interest in health who are also interested in helping others develop a healthier lifestyle by addressing the issue of alcohol misuse. Learners will increase their knowledge and understanding of why individuals may misuse alcohol, the effects of alcohol misuse and how individuals can be helped and supported to improve their health by reducing their alcohol consumption.

#### 1 Day course

##### Dates for 2017:

- 15<sup>th</sup> May
- 5<sup>th</sup> October

#### Location:

Newland Room, LCC Campus, Lincoln

#### Cost:

Public Health Staff - no cost.

£25 for LCC staff, & external applicants (subject to change)

## Level 2 Award in Understanding Sexual Health

### 7 Guided Learning Hours

Credit Value 1

Ofqual Qualification Number 600/9957/4

#### Description:

This qualification is for individuals with an interest in health who are also interested in helping others develop a healthier lifestyle by encouraging people to improve their sexual health or to ensure that their sexual activity does not adversely affect their general health and wellbeing. Learners will increase their knowledge and understanding of factors that may result in high risk sexual activity, the personal and social consequences of this and how individuals can be helped and supported regarding their sexual health.

THIS COURSE IS RUN BY  
LINCOLNSHIRE COMMUNITY HEALTH  
SERVICES ON BEHALF OF PUBLIC  
HEALTH LCC

#### 2 Day course

##### Dates for 2017:

- 25<sup>th</sup> May & 1<sup>st</sup> June
- 18<sup>th</sup> & 24<sup>th</sup> October

#### Location:

Newland Room, LCC Campus, Lincoln

#### Cost:

Public Health Staff - no cost.

£25 for LCC staff, & external applicants (subject to change)

