

Associate Health Trainers Agreement

Before attending the course this form needs signing by your line manager and returning to the Health Trainer Programme Administrator to enable you to attend. This is an agreement between your line manager, you and the Care Trust Plus Health Trainer Programme.

Dear Line Manager / Supervisor

As an Associate Health Trainer I would take on the role of adopting and promoting healthy lifestyles to the team I work with and to the general public I come into contact with.

In return for you allowing time for attendance on the 2 day course the Care Trust Plus agrees to supporting me with this training and offer the following:

- Funding for the Royal Institute of Public Health Level 2 course (2 days).
- Confirmation of passing the course.
- Ongoing telephone support and resource file.
- Administration of attendance, evaluation sheets and report writing.
- Provide annual Associate Health Trainer updates.
- Copies of reports written supporting the Health Trainer Programme.

I have read and understand the guidance above for accessing this training course and both my line manager and myself agree with the terms.

Organisation:

Line Manager Signature:

Date:

Proposed Associate Health Trainer's Signature:

Current Role:

Date:

Contact

Telephone Number:

**We will contact you regarding your request. Please note the Care Trust Plus will not pay expenses. This needs to be negotiated with your employer.*

For more information contact the Health Trainer Programme



Tel: 0845 450 6712
E-mail: health.trainers@nelctp.nhs.uk
Text: 07797 805 731

Please return form to:

Health Trainers
Olympia House
Saxon Way
Gilbey Road
Grimsby
North East Lincolnshire
DN31 2UH

North East Lincolnshire 
Care Trust Plus



North East Lincolnshire 
Care Trust Plus

Could you be an Associate Health Trainer?



Why become an Associate Health Trainer?

Health Improvement is everyone's responsibility and for this message to be effective information needs to be cascaded among the general population.

The aim of this course is to train Associate Health Trainers workforce across North East Lincolnshire to achieve the aim and objectives outlined below:

Aim

To improve health and reduce health inequalities.

Objectives

- Engage with members of the public to raise awareness of healthy choices and signpost to evidence based information.
- Make contact with the people, especially those who may be isolated.
- Signpost to core Health Trainers if support is required in making healthy choices.
- Signpost people to other services and schemes such as Specialist Stop Smoking Service, STEPS and weight management, Walkwell etc.
- Improve the individual Associate Health Trainer's Health.
- Improve the health of their family.
- Improve the health of work colleagues.

It provides an ideal way of equipping key staff with basic health information and methods of support which they can then use to inform and assist colleagues and/or customers.

Employers may wish to use this award as core modular training, to which they could add further training specific to their workplace needs.



The Royal Institute of Public Health

The RIPH Level 2 Award provides an introduction to the fundamentals of health and well-being. It reviews barriers to making a change of lifestyle and how to help people make changes to improve their health. It is relevant to people across a range of community and organisational settings. Organisations with an interest in the health and well-being of their workforce and customer / client groups will find the RIPH Level 2 Award valuable.



The aim of this award is to equip candidates with a knowledge and understanding of the principles of promoting health and well-being and how to direct individuals towards further practical support in their efforts to attain a healthier lifestyle.

Overview

This award provides individuals with the underpinning knowledge and understanding necessary to work effectively in helping people who need support and encouragement to make positive changes in their lives.

Outcomes Summary

2 day course over 2 weeks held in a local venue. Candidates will know and understand:

- The importance and benefits to public health of promoting health and well-being in the workplace and community settings.
- The factors that facilitate and create barriers to health improvement.
- The principles of behaviour change and maintenance and of how to apply them in helping people to make changes.
- The responsibilities associated with handling confidential and sensitive information.
- Methods that may be used to evaluate a programme to promote healthier lifestyles.

