



An opportunity to update and enhance your public health skills and competencies in order to better understand and deliver the challenging public health agenda

For further information please contact the
Yorkshire and Humber Teaching Public Health Network

Telephone: **0113 343 8113**

Email: **tphn@leeds.ac.uk**

Website: **<http://www.yhtphn.co.uk/win.html>**



yorkshire & humber teaching public health network

Programme Content

It is widely acknowledged that staff working within the statutory sector, and community and voluntary sectors, need to better understand their contribution to improving health and wellbeing.

The Wellbeing in Health (Win) programme is designed to provide employees and employers with an opportunity to enhance their work in improving the health and wellbeing of the population and tackling health inequalities. The programme is open to all those whose work involves improving the health and well being of people and communities, including health service staff, council employees (include elected members, Council's Leadership and the council's partners), the police authority and the voluntary sector. The intention of the programme is to raise awareness and understanding across all service areas, encouraging thinking on how these particular services can contribute to the health improvement agenda.

The programme is based on the national public health competencies framework and has been written to encompass six workshops which are delivered in sequence, monthly, over a six month period. An additional full day Master Class event will take place approximately three months after the programme conclusion and will give participants an opportunity to celebrate their learning as well as attending a Leadership and Empowerment seminar in the afternoon. A final piece of work will be displayed at a 'market place' event during the morning of the Master Class which will be shared with other course participants and guests. Certification will be based on attendance of a minimum of 5 of the 6 workshops and there will also be the opportunity to gain credits for your learning from the Open College Network (levels 1, 2 & 3). In addition to this, developments are currently underway with Sheffield Hallam University to create a work based learning module for under/post graduate credits.

Delivery of the Programme

The aims of the programme are to:

1. Increase the level of understanding and awareness in relation to reducing health inequalities.
2. Ensure all partners are engaged with and understand the local and national health agenda and their potential contribution to addressing these.
3. Capture information about current/ongoing work and identify opportunities to strengthen both the links to the health and wellbeing priorities, and the impact on these priorities within existing resources.
4. Highlight links within individual service areas activities and plans to the District's health priorities.
5. Look at how health and wellbeing focussed actions could be incorporated into service plans and strategies.

The delivery of the Win programme is a collaboration of partner organisations, with each cohort attracting between 20 – 25 participants. Learners are expected to participate and contribute to each session and will be assessed throughout the programme. The programme is introductory and has been devised as a spring-board to further studies in public health and information on further courses on most of the topics covered are available from university websites.

Workshop 1

Public Health; Past, present...and future?

Workshop Aim

For participants to develop a consistent definition and understanding of public health concepts and, using a historical to current day perspective, to develop an understanding of the influence of social policy on public health.

Workshop Overview

This workshop is intended to help practitioners consider health and its wider determinants and further develop the concept of public health and public health practice. Participants will be provided with the opportunity to explore the origins and history of public health, and critically examine government policy that aims to improve health and well-being.

Outline of the Workshop

- What is health?
- What is health inequality?
- Defining public health
- Defining public health practice.
- The history of public health and public health practice.
- The here and now – current public health, social policy and strategy.

Learning Outcomes

- Participants will have developed a common understanding of the concepts of health and public health and their history and background.
- Participants will have developed a better understanding of current social policy and the ideologies of public health, and how they influence service development.
- Participants will have a greater understanding of their role in public health.

Evaluation Methods

1. List current partnerships (to be re-evaluated at the end of the programme).
2. Session evaluation forms.

Public Health Competencies

- Promoting and protecting the population's health and well-being
- Policy and strategy development and implementation

Workshop 2

What does partnership working mean?

Workshop Aim

For participants to obtain an understanding of public health and public health practice, to determine how their roles can be developed and enhanced by working in partnership with others, and for them to identify inhibitors and enablers to changing practice.

Workshop Overview

This workshop is intended to demystify public health for practitioners. The importance of working in partnership with others in order to enhance and develop their public health role will be introduced as well as the promotion of an understanding of equality and diversity and how they impact on communities.

Outline of the Workshop

- Why is partnership working important?
- What has/hasn't worked before?
- What makes a good partnership?
- Who are the key stakeholders and what is their contribution?
- Blocks and barriers to partnership working.
- Potential solutions to blocks and barriers.

Learning Outcomes

- Participants will have identified potential inhibitors and enablers to developing their public health practice and begun to address how they could be overcome.
- Participants will have identified ways of working with local people, other agencies and sectors to plan services and promote well-being.
- Participants will have a better understanding of partners and potential partners for collaborative working.
- Will know who to approach in their area for advice and support on this topic.

Evaluation Methods

1. Session evaluation forms.

Public Health Competencies

- Collaborative working for health
- Ethically managing self, people and resources (including education and continuing professional development)

Workshop 3

What is health needs assessment?

Workshop Aim

To help participants understand the importance and benefits of assessing needs prior to planning and delivering services and have an understanding of the skills and abilities needed to carry out a Health Needs Assessment.

Workshop Overview

This workshop is intended to introduce the concept of need and how it is defined. Participants will learn how to systematically look at the needs of a population by using Health Needs Assessment tools. This includes using data and the perceptions of the population and those working with them. This will involve exploring ways to engage and support populations.

Outline of the Workshop

- What is need?
- What is inequality?
- The purpose of Health Needs Assessment.
- The process of Health Needs Assessment.
- Empowering, engaging and involving communities in Health Needs Assessment.

Learning Outcomes

- Participants will have an understanding of how to carry out a Health Needs Assessment.
- Participants will have a better understanding of the concept of need and how it is defined.
- Participants will have a better understanding of how to strengthen involvement in community Health Needs Assessment.
- Will know who to approach in their area for advice and support on this topic.

Evaluation Methods

1. Participants will identify one area in their practice where health needs assessment could be used.
2. Session evaluation forms.

Public Health Competencies

- Surveillance and assessment of the population's health and well-being.
- Developing health programmes and services and reducing inequalities.

Workshop 4

How to understand information and interpret data

Workshop Aim

For participants to have the knowledge, skills and ability to search for, understand and utilise data to undertake their public health role using epidemiology, the profiling of populations and information technology.

Workshop Overview

This workshop is intended to help participants find information to aid the profiling of populations and to help them to inform the Health Needs Assessment process. This will include developing critical appraisal skills using information technology and other resources. Participants will begin to work with data, epidemiology and demographic studies to understand how to usefully interpret the information.

Outline of the Workshop

- How to access data.
- How to find and appraise evidence.
- Profiling populations.
- Understanding patterns of health, disease and wider factors.
- Understanding demographic information.
- How to access support to understand data.
- How to utilise information technology.

Learning Outcome

- Participants will gain the skills to be able to understand how to access data and information that will support them in their role.
- Participants will gain a broader understanding of the importance of measuring patterns of disease and health.
- Participants will understand the broad principles of critical appraisal.
- Participants will review a range of annual reports.
- Will know who to approach in their area for advice and support on this topic.

Evaluation Methods

1. Session evaluation forms.

Public Health Competencies

- Surveillance and assessment of the population's health and well-being
- Research and development

Workshop 5

How do you effect change?

Workshop Aim

To empower practitioners to be able to respond to identified health needs by developing their understanding of change management, behavioural change, influencing and negotiation.

Workshop Overview

This workshop is intended to give practitioners the understanding to be able to respond to different ways of working following the identification of health needs. Theories of behaviour, change management, influencing and negotiation will be explored.

Outline of the Workshop

- What is change?
- Managing personal change.
- The theories of change and change management.
- Behavioural models of change.
- Influencing people and understanding organisations.
- Negotiating skills.

Learning Outcomes

- Participants will understand how change affects us and how to make change long lasting and effective through influencing people and using negotiating skills.
- Participants will feel more confident in influencing change in the delivery of identified health problems.
- Will know who to approach in their area for advice and support on this topic.

Evaluation Methods

1. Participants will be given a personal change objective.
2. Session evaluation forms.

Public Health Competencies

- Strategic leadership for health

Workshop 6

How do you measure outcomes?

Workshop Aim

To promote a quality improvement approach in the development and evaluation of practice.

Workshop Overview

This workshop builds on and consolidates the skills developed in previous Workshops and helps practitioners discover ways in which they can use evidence to change and prioritise their practice. It helps them understand the meaning and purpose of evaluation in the Health Needs Assessment process and consider the different methods that might be used to evaluate public health activity.

Outline of the Workshop

- What is the purpose of evaluation?
- Evaluation methods, including reflective practice.

Learning Outcomes

- Participants will have an appreciation of evaluation methods.
- Participants will have the skills to evaluate their practice or any changes to practices they have implemented.
- Will know who to approach in their area for advice and support on this topic.

Evaluation Methods

1. Participants will identify an area in their practice which require evaluation and the most appropriate evaluation method to use.
2. Session evaluation forms.

Public Health Competencies

- Surveillance and assessment of the population's health and well-being
- Developing quality and risk management within an evaluative culture
- Ethically managing self, people and resources (including education and continuing professional development)

Master Class

A Celebration of Learning & Leadership and Empowerment

Workshop Aim: To celebrate the learning of the participants and share with others, the successes and challenges of integrating this learning into their own practice. To inspire and equip participants to become effective & empowered leaders in their public health role.

Workshop Overview

This workshop celebrates the work of the participants by allowing them to share the public health practices which they have learned and incorporated into their work since the course began. Using one theme or a combination of topics, practitioners use a display-board format or other display method to illustrate their practice, and provide a short talk to a small group of fellow participants, line managers and guests.

The leadership and empowerment seminar aims to inspire and equip practitioners to become effective leaders in their public health role, through the development of personal skills and abilities.

Outline of the Workshop

- Forum-style displays of public health work (1/2 day)
- Leadership and empowerment seminar (1/2 day)
- Presentation of certificates & what next?

Learning Outcomes

- Participants will reflect on how they have used the learning throughout the course in their practice.
- Participants will share ideas and good practice with colleagues, line managers and guests.
- Participants will gain skills and knowledge about being an effective leader and champion for public health promotion.
- Participants will know who to approach in their area for advice and support in the future.

Evaluation Methods

1. Participants will identify an area in their practice which has developed from using learning from the programme and share this practice.
2. Session evaluation forms.

Public Health Competencies

- Strategic leadership for health.
- Ethically managing self, people and resources (including education and continuing professional development)