

# BE WELL TAMESIDE TRAINING PROSPECTUS

FREE training for people or volunteers who work with residents in Tameside.

# Alongside training Be Well Tameside also offer face to face client support services:

Pennine Care   
NHS Foundation Trust

## Free NHS Community Health Checks

For those aged 40 to 74 who  
live or work in Tameside

**Call us on: 0161 716 2000  
to book your appointment**

 Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

Pennine Care   
NHS Foundation Trust

# BE WELL TAMESIDE

Being well is important to us all. We all want to  
feel good, healthy and happy.

Are you wanting to;

-  **BE SMOKEFREE**
-  **MOVE MORE**
-  **DRINK LESS**
-  **EAT WELL**
-  **SLEEP BETTER**
-  **STRESS LESS**

The Be Well service can support **YOU** to make  
those small changes that can have big benefits to  
your health and wellbeing.

BECAUSE THERE'S ONLY  
**ONE YOU**

These are FREE services for anyone living or working in Tameside.

\*\*The Be Well Client Service is for people over 16 years, with the exception of smoking clients where we can see people under 16 years old.

# Contents

		Page
What can Be Well Tameside Offer?		2
Contents		3
About Be Well Training		4/5
Training Offer		6
Bespoke Training	Making Every Contact Count (MECC)	7
	Cancer Awareness	7
	Take 7 Steps Out (Reducing Second-Hand Smoke)	8
	Stop Smoking – Very Brief Advice	8
	Mouth Matters (Oral Health)	8
	Everyone’s Mouth Matters (Oral Health)	8
RSPH Understanding Health Improvement		9
RSPH Encouraging Physical Activity		10
RSPH Understanding Mental Wellbeing		11
Connect 5 Mental Health		12
RSPH Encouraging Healthy Weight & Healthy Eating		13
RSPH Understanding Behaviour Change		14
RSPH Understanding Misuse of Substances		15
Stop Smoking – Brief Intervention Training		16
Stop Smoking Advisor Training		16
Stop Smoking Advisor Update Training		17
Be a Cancer Champion		17
Weight Management in Practice		18
Weight Management Update Training		18
Personal and Pressure Care (Provider: Tameside Arts)		19
Epilepsy Awareness & Recovery Drug Buccal (Provider: Tameside Arts)		19
Learning Disability and Autism Awareness (Provider: Tameside Arts)		20

## Welcome

Welcome to the 2019-20 training prospectus from Be Well Tameside. We hope you find the prospectus suitable for your training needs, please contact us if you need any further guidance or want to talk to us about training you feel we can support you with.

## What do we offer?

Be Well Tameside offers a health and wellbeing training programme to enhance and develop the competencies and skills of the wider public health workforce across organisations and the community within Tameside including our business workforce. We also design and deliver bespoke training packages and sessions for specific topics with our local partner organisations (please contact us for further details). Our training programme includes Making Every Contact Count, Brief Advice/Intervention, Stop Smoking, Weight Management, Oral Health, and Various Royal Society for Public Health courses and other health and wellbeing related subjects.

## Why learn with us

Last year we delivered over 120 formal training courses/workshops/sessions and bespoke sessions throughout the borough for both professionals, local business and the public to access, and with more than 600 people attending from over 80 different organisations and groups in Tameside you can be assured that you will be with one of the biggest providers of health and wellbeing training locally.

All our training is based around a robust evidence base and updated in line with new guidance from DH and NICE regularly. We have staff training and delivering who are highly skilled and qualified in their fields, from formally qualified lectures and teachers in the higher adult and further education sectors, to staff who are multi skilled and experienced practitioners in their own areas who develop and evaluate training programmes.

Be Well Tameside also co-ordinates and delivers training and peer support for the level 2 stop smoking and the Level 3 weight management in practice to predominately primary care staff for the Local Enhanced Service (LES) in GP Practices and Pharmacy, and for appropriate staff within other areas of Health and Social Care.

All staff that deliver our sessions are assessed regularly against minimum standards, and several of our staff are Members of the Royal Society for Public Health (MRSPH) and are a Member of Society for Education and Training (MSET).

## What do people say about our training?

### Cancer awareness

Q: 'Was the content at the right level'? No ...This isn't really a negative - just that the session was so interesting I would have liked the opportunity to learn more

### **Comments on session overall**

*Interactive and right pace - Informative and participative*

*Because I felt comfortable, informed and as though the deliverers were professional and presented the information effectively despite technical difficulty.*

### RSPH Understanding Health Improvement

*I particularly enjoyed the interactive activities - I felt the course was very well delivered and it will be very relevant to my role.*

*I've really enjoyed the course - The information was excellent and interesting –*

*Awareness of services in Tameside*

### Feedback for session run on healthy eating to students at Tameside College

*It was a great session yesterday both the students and the staff really enjoyed it and learnt a lot.*

*Really friendly and nice lady*

*Funny and helpful*

*I learnt how to help myself be healthier and how much fats and sugars are in foods I like to eat*

*Good props helped me to learn*

*Interesting session with good information and books to help me be healthy*

*I enjoyed the discussions*

*I learnt how to eat more healthy foods and portion sizes I should be eating*

*I enjoyed getting my blood pressure checked and I feel I would like to work with them to be healthier in the long run*

*I learnt about alcohol levels and think about how much I drink*

*This is going to help me to choose a healthy diet to keep my heart good*

## What Training Can Be Well Tameside Offer?

### MECC / Brief Advice

Make Every Contact Count - These training sessions enable people to be confident in giving very brief advice health advice.

MECC is suitable for those in a role where they have the opportunity to discuss lifestyle issues, give information or signpost into other services. We train participants to use the 3 A's model of Ask, Advise and Act.

Suitable for larger numbers of staff, usually lasting between 1 -3 hours depending on the session.

### MECC +

These training sessions are those who have the opportunity to discuss lifestyle in more detail.

The training can last from 3 hours up to 2 days. Continued support and equipment is offered for Weight Management Advisor and Stop Smoking Advisor Training

Some of the training in this category is accredited by the Royal Society of Public Health or Open Awards – look out for the logos.



### Bespoke Training

**We have a number of training courses that are *currently* delivered on request only. These training courses can be tailored to your requirements.**

To discuss your requirements please contact [bewell.training@nhs.net](mailto:bewell.training@nhs.net)

## \*Making Every Contact Count MECC (3 hrs)\*

Making Every Contact Count (MECC) is an approach that uses the day-to-day interactions that organisations and people have with other people to support them in making positive changes to their physical and mental health and wellbeing.

This training will enable you to take any opportunity that presents itself to deliver consistent and concise healthy lifestyle information and promote conversations with individuals about their health.

MECC training will give awareness of the basic health messages including stopping smoking, healthy eating, physical activity, alcohol consumption and mental health awareness. MECC will help you to identify when and where to provide individuals with health information, advice and guidance.

## \*Cancer Awareness\* (1 hr)

1 in 2 people will be affected by cancer at some point in their lives and **Early Diagnosis** is the key for treatment and survival.

This session promotes awareness of the signs and symptoms of cancer, the taking up of screening programmes and how to reduce the 'risk' for cancer by small changes in lifestyle. This session is suitable for community groups or organisations.

## **\*Take 7 Steps Out\* (T7SO) – Reducing Second-hand Smoke (1 hr)**



This Brief Advice training is for anyone who is able to give opportunistic advice to clients or patients about taking 7 steps out in order to reduce second-hand smoke exposure.

The training will help you to understand what second-hand smoke is, the evidence around second-hand smoke exposure, the benefits to having a 'Smokefree' environment and the importance of offering brief advice.

The training will help you to consider ways to raise the issue of second-hand smoke with a range of clients in different situations and how to develop a helping relationship in order to encourage them to sign up to T7SO.

## **\*Stop Smoking- Very Brief Advice Training\* (1 hr.)**

The Brief Intervention training allows staff, to engage with clients or patients to discuss the idea of lifestyle, behaviour change and motivate clients or patients to consider receiving stop smoking support.

This training will help you to raise the issue of smoking with a variety of clients or patients in different situations and support you to develop a helping relationship. The training will give you the skill to deliver brief advice in an empathetic and non-confrontational manner, with an understanding of the harmful effects of smoking and the benefits of quitting.

## **\*Mouths Matter\* (Oral Health) 1.5hrs**

Over the session you will learn why oral health is important for health and wellbeing. This session will equip you to be able to give basic evidence informed advice on the main aspects of oral health. The session includes the cause and prevention of dental disease, a brief overview of oral health conditions and the common risk factors that lead to oral disease

## **\*Everyone's Mouths Matter\* (Oral Health) 2hrs**

This session is suitable for any staff working in care homes, nursing homes or who provide home-care services where they carry out oral hygiene. It includes: the cause and prevention of dental problems, fluoride, dry mouth and accessing dental service



## Understanding Health Improvement MECC +

(Accredited with the Royal Society of Public Health, Level 2)

This qualification is aimed at organisations with an interest in the health and wellbeing of their workforce and customer/client groups. It provides an ideal way of equipping key staff with basic health advice and methods of support which they can then use to inform and assist colleagues and/or customers.

This award covers:

- Inequalities in health
- How effective communication can support health messages
- Importance of promoting improvements in health and wellbeing
- Impact of behaviour change on health and wellbeing

The programme is delivered over 1 day or 2 half days including a 45 minute multiple-choice examination. Holders of this qualification will have the underpinning knowledge and understanding necessary to work effectively in helping people who need support and encouragement to make positive changes in their lives.

**This training is assessed by a multiple choice exam.**

### **Ofqual Qualification Number 600/0592/0**

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

Unit HT1 *Make relationships with communities*

Unit HT2 *Communicate with individuals about promoting their health and wellbeing*

Unit HT3 *Enable individuals to change their behaviour to improve their own health and wellbeing*

## Encouraging Physical Activity <sup>MECC +</sup>

(Accredited with the Royal Society of Public Health, Level 2)

**Devised and delivered in partnership with Active Tameside**

This training is for individuals with an interest in health who are also interested in helping others develop a healthier lifestyle by encouraging physical activity.

It will help you to understand the health benefits of physical activity, what helps or stops people from becoming more active and how you can support individuals to an active lifestyle.

This training covers

- The health benefits of physical activity.
- Understanding the factors that affect an individual's participation in physical activity.
- How to encourage individuals to increase their level of physical activity.

**This training is assessed by the completion of a workbook on the day.**

### **Ofqual Qualification Number 600/9950/1**

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

*CHD ED3 Encourage behaviour and activities that reduce the risk of Coronary Heart Disease (CHD)*

*HT3 Enable individuals to change their behaviour to improve their own health and wellbeing*

## Understanding Mental Wellbeing

MECC +

(Accredited with the Royal Society of Public Health, Level 2)

**Devised and delivered in partnership with Tameside and Glossop Healthy Minds**

There is a growing recognition that good mental health underpins everything we do, how we think, feel, act and behave. Therefore positive mental wellbeing is very important for overall health; it is a critical ingredient in making healthy lifestyle choices. In spite of this, mental health and wellbeing is often overlooked or treated with less importance than physical health issues and services.

The aim of this qualification is to provide candidates with a knowledge and understanding of the principles of mental wellbeing, the effect of mental wellbeing on the individual and community, and how mental wellbeing can be maintained or improved.

This training covers:

- How mental wellbeing affects individuals and communities.
- How to promote mental wellbeing and practical ways to improve mental wellbeing in everyday life.

**This training is assessed by a multiple choice exam**

### **Ofqual Qualification Number 601/3116/0**

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

SFHMH39 *Enable individuals and families to identify factors affecting and options for optimising their mental health and wellbeing.*

SFHMH62 *Determine the concerns and priorities of individuals and families in relation to their mental health and mental health needs*

SFHMH77 *Raise stakeholders' awareness of the value of leisure activities for people with mental health needs*



## Connect 5 Mental Health Promotion

Connect 5 is a mental health promotion training programme that is designed to increase the confidence and skills of front line staff about mental health and wellbeing, it has three levels and you can choose to progress through the stages depending on the requirements of your role.

**Session 1.** Brief Mental Health and Wellbeing Advice (1/2 day 3.5hours):  
Aims to raise awareness of how you can support mental health and wellbeing within your everyday practice.

**Session 2.** Brief Mental Health and Wellbeing Intervention (full day) Aims to develop your skills and confidence to recognise mental health and wellbeing needs and to make effective interventions to improve mental health and wellbeing.

**Session 3.** Extended Mental Health and Wellbeing intervention (full day) aims to develop your knowledge, skills and confidence to use a range of strategies and interventions which effectively support people to take positive steps to improve their mental health and wellbeing.



## Encouraging Healthy Weight and Healthy Eating <sup>MECC +</sup>

(Accredited with the Royal Society of Public Health, Level 2)

This qualification is for individuals who are interested in helping others develop a healthier lifestyle by encouraging people to eat healthily and maintain a healthy weight.

Learners will increase their knowledge and understanding of why individuals may not be at a healthy weight, the effect on health of this, the principles of healthy eating and how individuals can be helped and supported to achieve a healthy weight and eat healthily.

This training covers:

- The factors that result in people being under or over a healthy weight.
- The personal consequences of being under or over a healthy weight.
- The principles of healthy eating.
- How to provide help and support to the individual.

**This training is assessed by completing a workbook on the day.**

### **Ofqual Qualification Number 600/9956/2**

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

*CHD ED3 Encourage behaviour and activities that reduce the risk of Coronary Heart Disease (CHD)*

*CHS145 Provide support to individuals to manage their body weight*

*HT3 Enable individuals to change their behaviour to improve their own health and wellbeing*



## Supporting Behaviour Change (Health and Wellbeing) Level 2

This training is ideal for those with an interest in health and want to support people develop a healthier lifestyle by supporting behaviour change. The objective of this qualification is to provide learners with the knowledge, confidence and skills to support individuals who are thinking of making a health behaviour change.

It will enable learners to understand the importance of effective communication in building rapport with individuals. It will also help learners to understand how to work with individuals to increase their motivation to make a behaviour change and explore the factors that hinder and facilitate that change. Learners will be able to –

- Identify models of behaviour change
- Outline ways in which models of behaviour change can be used to support health behaviour change conversations
- Explore motivation to change
- Identify barriers which can prevent behaviour change
- Understand how to communicate effectively and build rapport with an individual and respecting individual needs
- Know how to support an individual to plan for a behaviour change, using a variety of strategies and tools
- Identify what self-efficacy is and how to support a client to build their self-efficacy

Assessment is through a multiple choice examination.

### **Ofqual Qualification Number 600/0592/0**

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

Unit HT1 *Make relationships with communities*

Unit HT2 *Communicate with individuals about promoting their health and wellbeing*

Unit HT3 *Enable individuals to change their behaviour to improve their own health and wellbeing*

## Understanding Alcohol Misuse Level 2 <sup>MECC +</sup>

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.

The training covers:

- Understand factors that result in people misusing alcohol
- Understand the personal and social consequences of alcohol misuse
- Know how to provide help and support to the individual

This single unit qualification is a standalone individual qualification,

**This training is assessed by completing a workbook on the day**

### **Ofqual Qualification Number 600/9949/5**

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

*AH10 Employ techniques to help individuals to adopt sensible drinking behaviour*

*AJ2 Enable individuals to change their offending behaviour*

*ED3 Encourage behaviour and activities that reduce the risk of Coronary Heart Disease (CHD)*

*HA3 Provide support for individuals who express a wish to reduce their alcohol consumption*

*HT3 Enable individuals to change their behaviour to improve their own health and wellbeing*

## Stop Smoking - Brief Intervention Training (3hrs) Level 1

The Brief Intervention provides staff a means of identifying those smokers who are contemplating stopping smoking and who would like further information, advice and support. Brief interventions have been shown to be effective in encouraging smokers to take the first step towards quitting.

This training covers:

- The behaviour change model as an aid to assess which stage of the change cycle a smoker is at.
- The appropriate information and advice for each stage of the change cycle.
- The current smoking priorities and the strategies and policies (both national and local) that aim to address these priorities.

## Stop Smoking Advisor Training (2 full days\*) Level 2

The level 2 training equips staff with the skills and knowledge needed to provide intensive one-to-one stop smoking support and advice to clients or patients who would like to stop smoking. With the evidence based training you will be able to offer a combination of behavioural support and pharmacotherapy treatments.

This level of training is aimed at those working in primary, secondary and social cares that are able to support clients or patients in 'quitting smoking'.

This training covers:

- The complex nature of tobacco use and the barriers people face when trying to give up.
- The theories of behaviour change
- The evidence base on the effectiveness of different treatment available on the NHS.

\*The duration of the training is two full days, with the commitment to implement the stop smoking delivery within your job role. Every qualified intermediate advisor is expected to shadow other advisors currently delivering, in order to give you a better understanding and confidence in the role.



## Stop Smoking Advisor Update Training (2hrs)

This update training is for staff already trained to deliver level 2 intermediate stop smoking support on behalf of Be Well Tameside.

This training covers:

- Information needed to keep intermediate smoking advisors up to date with changes that will impact on the delivery of the stop smoking service, for example; new pharmacotherapies, new evidence and guidance.
- It is also a chance to refresh on the required paperwork and get a general service update. All trained intermediate advisors are highly recommended to attend in order to continue to deliver.

## Be a Cancer Champion (3.5hrs)

This training is aimed at individuals in organisations or community settings who have the opportunity to raise awareness or promote the early detection message around cancer. This training aims to equip the Cancer Champion with the knowledge and skills to promote the early detection of cancer. The training will cover -

- Signs and Symptoms of the most common cancers
- Cancer Risk Factors / Reducing the Risk
- NHS Cancer Screening Programmes
- The role of the Cancer Champion
- Delivering brief advice and the key messages for promoting early detection, early treatment.
- Identifying the communication skills needed and how to handle any difficult conversations.
- Supporting a colleague with cancer



## Weight Management in Practice (8 x 3hr sessions)

(Accredited with Open Awards, Level 3)

This training is aimed at GP practice staff or others who would be able to offer Weight Management support to people within their role. The course is organised into three units-

**Unit 1 – A healthy eating and lifestyle approach to losing weight** (here we focus on the government messages around healthy weight loss).

**Unit 2 – The client centred approach** (this is all about good communication and taking a Motivational Interviewing approach to support behaviour change).

**Unit 3 – Practicing weight loss facilitation skills** (putting your knowledge and skills into practice with real clients)

This course involves attending 8 x 3 hour sessions. To meet the requirements of Open Awards, a portfolio of evidence is built up over the 3 units. You will be required to work on your portfolios outside of these sessions.

During the last module you will engage 3 people to become clients supporting them over a number of sessions. You will be asked to summarise your conversations and submit reflections on your practice.

## Weight Management Update (3hrs)

This training is aimed at those people working in weight management or health/wellbeing and who want to stay informed with current guidelines and practice relating to weight management.

Open to all with an interest in this subject.

# Multi agency training

2 Day Workshop in Person Centred Coaching:

Free Skills Development for the frontline workforce in Tameside & Glossop

Excited by the prospect of having a different kind of conversation with individuals that leads to better outcomes for the person?

Interested in how person centred coaching can lead to more satisfying contacts for both individuals and practitioners?

Join us for this stimulating tried, tested and evidence based 2 day workshop, developed by TPC Health (leaders in UK coaching).

## Focus:

This two day workshop will enable you to understand how person centred coaching can be used in 1:1 conversations and consultations to enhance personalised care. It will support you to use a range of approaches, techniques and practical skills that facilitate more person centred, goal orientated conversations. Person centred coaching sees people as truly resourceful, as an equal, and as the holders of the solutions to the challenges that they face.

## Who is it for?

The course is provided **free of charge** by Tameside and Glossop Integrated Care NHS Foundation Trust and is open to anyone working or volunteering in Tameside and Glossop who has a 1:1 person facing role. Those with roles in health or social care settings, working in the statutory or voluntary sectors will find it particularly useful, e.g. key workers, peer supporters, clinicians, social workers, care workers and care co-ordinators, nurses, social prescribers, HCAs, advice and support roles.

## What is Person Centred Coaching?

Person centred coaching describes many different interventions that ‘coach’ or actively support people to self-care and take control of their lives. It involves a move away from a dependent model to one that is person centred, empowering, and based around a person’s own aspirations and goals. It aims to raise awareness and responsibility of the person for their own health and wellbeing, achieved through a

transformation in the practitioner/service user relationship.

Person centred coaching is based on strong provider communication and negotiation skills, informed, service user-defined goals, conscious choices, exploration of the consequences of decisions, & service user accountability for decisions made. Person centred coaching shifts the practitioner's role to one of facilitator or guide, rather than expert or 'fixer'.

### ***Workshop Content***

*The programme aims to build on the many skills you already possess in order to enhance the quality of conversations that you have with people through using a person centred coaching approach.*

The workshop will be highly experiential with many opportunities to practice skills, share experience, develop relationships and network with others working in Tameside and Glossop. It will cover:

- The foundations of coaching and how coaching can be used
- Principles of behaviour change and use of behavioural health coaching for brief interventions
- Setting effective goals that encourage self care
- Trust and rapport and the implications for behaviour change
- Listening Questioning and Challenging skills
- Encouraging activation and self-responsibility
- The use of motivational interviewing and solution focused coaching

## How to register

Registrations for the Spring/Summer 2019 programme is now open. Places are free, but you must be able to attend both days. There are a number of dates available. Please register via Eventbrite below.

Cohort	Dates	Time	Location	Register
Cohort 1	30th April & 7th May	9am-5pm	Stalybridge	<a href="#">Sign me up</a>
Cohort 2	1st May & 8th May	9am-5pm	Stalybridge	<a href="#">Sign me up</a>
Cohort 3	2nd May & 9th May	9am-5pm	Hattersley	<a href="#">Sign me up</a>
Cohort 4	14th May & 22nd May	9am-5pm	Stalybridge	<a href="#">Sign me up</a>
Cohort 5	15th May & 23rd May	9am-5pm	Stalybridge	<a href="#">Sign me up</a>
Cohort 6	4th June & 11th June	9am-5pm	Hattersley	<a href="#">Sign me up</a>
Cohort 7	5 <sup>th</sup> June & 12 <sup>th</sup> June	9am-5pm	Stalybridge	<a href="#">Sign me up</a>

For more information please contact:

[Nicola.wood@tgh.nhs.uk](mailto:Nicola.wood@tgh.nhs.uk)

# Training delivered by Tameside Arts

## Personal and Pressure Care (2 hours)

The course 'Personal and Pressure Care' looks at the role of the carer when assisting a service user to the toilet and how to support people experiencing incontinence. It will also cover the importance of personal hygiene procedures and pressure sores and how they can be avoided.

This course is aimed at professionals and costs £20 per person including a certificate and refreshments.

For more details and dates please call Alex at Tameside Arts on 0161 367 3422 or email [alex@tamesideartsltd.co.uk](mailto:alex@tamesideartsltd.co.uk)

## Epilepsy Awareness and Recovery Drug Buccal – For Professionals

This course will give a basic awareness of epilepsy and its causes, diagnosis, treatment and will look at seizure classification. We will also demonstrate when Midazolam (Buccal) should be administered, why and how to administer.

This course is aimed at professionals and costs £20 per person including a certificate and refreshments.

For more details and dates please call Alex at Tameside Arts on 0161 367 3422 or email [alex@tamesideartsltd.co.uk](mailto:alex@tamesideartsltd.co.uk)

## Learning Disability and Autism Awareness– For Professionals

This course is a must for anyone working with people with Autism and/or Learning Disabilities. It will look at how Autism and Learning Disability affect the individual and how people caring for them can do so effectively.

This course is aimed at professionals and costs £20 per person including a certificate and refreshments.

For more details and dates please call Alex at Tameside Arts on 0161 367 3422 or email [alex@tamesideartsltd.co.uk](mailto:alex@tamesideartsltd.co.uk)

## Learning Disability and Autism Awareness– For Parents and Carers

This course is a must for anyone caring for people with Autism and/or Learning Disabilities. It will look at how Autism and Learning Disability affect the individual and how people caring for them can do so effectively.

This course is aimed at parents/carers/families and friends of anyone with additional needs and costs £20 per person including a certificate and refreshments.

For more details and dates please call Alex at Tameside Arts on 0161 367 3422 or email [alex@tamesideartsltd.co.uk](mailto:alex@tamesideartsltd.co.uk)

## Be Well Training Dates and Booking Details

Visit: <https://www.eventbrite.co.uk/o/be-well-tameside-15835470751>

Tel. 0161 716 2000  
[bewell.training@nhs.net](mailto:bewell.training@nhs.net)

Please cancel if you can no longer attend training booked with us. Failure to do so may exclude you from future training opportunities with Be Well Tameside.

Be Well Tameside  
Pennine Care NHS Foundation  
Acre House  
51a Manchester Road  
Denton  
M34 2AF