

Would you like to learn new approaches and techniques for supporting children and families in achieving a healthy lifestyle?

NHS Cambridgeshire is hosting a series of **free** one –day training events to support you to develop and build confidence in using the evidence–based approach of motivational interviewing to achieve positive behaviour changes that promote a healthy weight.

Places limited, register today.



Weight Management Coaching – Level 1

AVAILABLE TRAINING

• HUNTINGDON

14th February 2011
10.00am – 5.00pm

WISBECH

• 14th February 2011
9.30am – 4.30pm

SOUTH CAMBS

• 29TH March 2011
9.30am – 4.30pm

**ATTENDANCE IS FREE BUT
REGISTRATION IS REQUIRED**

COURSE TAUGHT BY JUDITH
CARPENTER, DIETITIAN AND DR TIM
ANSTISS, LECTURER AT THAMES
VALLEY UNIVERSITY

OBJECTIVES

Using this approach attendees will:

- Achieve better results with clients and improve their own wellbeing at work
- Have confidence to raise the conversation of healthy lifestyles
- Engage clients in behaviour change – without triggering resistance and defensiveness
- Builds client's readiness and confidence to make healthy lifestyle changes
- When appropriate be able to signpost clients towards additional sources of help and support
- Receive a certificate of attendance and Continuing Professional Development credits

WHO SHOULD ATTEND?

- All professionals working with children, young people and their families.
- Locality team and Children's Centre staff, Early years foundation stage practitioners
- School staff and support staff.
- Midwives, Health Visitors, School/District/Practice Nurses, Dietitians, Weight management practitioners/facilitators
- Leisure service/sports development staff, community development staff, play workers and sports coaches.
- Voluntary organisations, 16+ and Looked After Children Teams

For more information contact Nadine Hirst on 01223 725296 or email nadine.hirst@cambridgeshire.nhs.uk. Fax completed forms to 01223 725401.

To reserve your place on an upcoming Weight Management Coaching Course, please complete and return the booking form below.

You will receive confirmation along with venue details.

This training is offered at no charge however, registration is required. Lunch and training materials will be provided.

Name: _____

Job Title: _____

Organisation: _____

Address: _____

Postcode: _____

Telephone: _____

Email Address: _____

Dietary Requirements: _____

Other Requirements (Hearing, Visual, Mobility Access): _____

I will be attending the following (please tick):

- 14th February 2011, Huntingdon**
- 14th February 2011, Wisbech**
- 29th March 2011, South Cambridgeshire**
- I cannot attend these dates but would like to receive information about any future Weight Management training**

RETURN YOUR BOOKING FORM TO NADINE HIRST:

fax 01223 725401

or post: Lockton House, Public Health, Nadine Hirst, Clarendon Road, Cambridge CB2 8FH