

Yorkshire and the Humber - Physical activity 'brief conversation' workforce training offer

The purpose of this resource is to provide professionals from across the Yorkshire and the Humber region who are working to increase levels of physical activity with a comprehensive list of training available to the healthcare and non-healthcare workforce. Training will be specific for 'brief conversations' .

Nb. The non-healthcare workforce includes community champions, health champions, social/wellbeing prescribers and volunteers etc.



Workforce training contacts -

Area	Name	Contact
Yorkshire and the Humber	Office of Health Improvement and Disparities	yhphworkforce@dhsc.gov.uk
South Yorkshire and West Yorkshire	Yorkshire Sport Foundation	lauren.havercroft@yorkshiresport.org
North Yorkshire and York	North Yorkshire Sport	Jane@northyorkshiresport.co.uk
		Garth@northyorkshiresport.co.uk
East Yorkshire and the Humber	Active Humber	Garth@northyorkshiresport.co.uk

If there is a gap in physical activity knowledge and training then please make contact with your relevant person/team above who will be happy to help.

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Healthcare professionals

Training provider	Details	More info	Length	Cost	Restrictions
Office for Health Improvement and Disparities	Physical Activity Clinical Champions (PACC) Training Programme	Peer to peer training delivered by a national network of GPs, nurses, midwives and allied healthcare professionals. There are local champions available to deliver training specifically in Yorkshire. Contact timothy.howells@dhsc.gov.uk	1-3 hrs	Free	Minimum of 12 healthcare professionals on each session. Virtual or Face to Face
Moving Medicine	Online resources to help healthcare professionals integrate physical activity conversations into routine clinical care	https://movingmedicine.ac.uk/activeconversations/	Various	£90-150	Healthcare professionals
British Medical Journal	Nine e-learning modules for health care professionals (and wider partners) available on the British Medical Journal E-learning website. For treatment of long term conditions	Physical activity in the treatment of long term conditions (bmj.com)	Various	Free	These are available for health professionals and wider partners to access and can be promoted as part of the local training offer to clinicians and health care professionals
HEE	elearning course prepares GPs, nurses and other healthcare professionals to champion the benefits of physical activity with their patients	https://www.e-lfh.org.uk/programmes/physical-activity-and-health/	N/A	Free	Clinically focused for medical professionals
Royal College of General Practitioners (RCGP)	Physical Activity Hub for GPs and GP Practices to support patients and staff get more active. Includes Active Practice Charter, Parkrun practice info and physical activity resources	https://elearning.rcgp.org.uk/course/view.php?id=536	N/A	Free	

Non-healthcare professionals

Training provider	Details	More info	Length	Cost	Restrictions
Locally adaptable	'Helping People Become More Active' training (Delivered inhouse, based on Motivational Interviewing and MECC)	James.Brown@yorkshiresport.org	1-2hrs	Free	Training programme adapted from Get Berkshire Active. Speak to James for further information.
Moving Medicine	Active Conversation training (Clinical focused) but adapted in Calderdale	https://active.calderdale.gov.uk/blog/power-active-conversations Online course - Moving Medicine	1.5hrs	£90-£150	Clinical focused unless adapted
Activity Alliance	'Inclusive Activity Programme' eLearning module offers a fun and interactive introduction to making physical activity inclusive and accessible to everyone.	https://www.activityalliance.org.uk/new-online-learning-opportunities or 01509 227753 or IAP@activityalliance.org.uk	45min	Free (Limited time)	Ideal for healthcare professionals, sports coaches, volunteers and community leaders
Activity Alliance	The Inclusive Activity Programme will equip you with the skills to engage disabled people and people with long-term health conditions more effectively in physical activity.	https://www.activityalliance.org.uk/how-we-help/training/inclusive-activity-programme 01509 227753 or IAP@activityalliance.org.uk	2-3hrs	Face to Face £20 per person, Online classroom £15 per person (Limited Time)	Face to Face or online classroom
UK:Coaching	'Promoting behaviour change' - Online Classroom to help people learn useful strategies to help people get active	https://www.ukcoaching.org/courses/workshops/promoting-behaviour-change-online-classroom	90-120min	£250 up to 15 people	Any

Non-healthcare professionals

MIND	'Mental Health Awareness for Sport and Physical Activity+' - online course to support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active	https://www.ukcoaching.org/courses/elearning-courses/mental-health-awareness-for-sport-plus	2-3hrs	£12pp	Any
Workplace Movement	Training for workplaces around physical activity champions	https://www.workplacemovement.co.uk/workplace-physical-activity-cham	2-3hrs	Various	Workplaces

Resources

<p>This section provides links to useful resources that will help volunteers, health champions etc.. with further information about getting people active.</p>	
Name	Detail
Being Active Guide	Everyday guide to for people living withing an impairment or health condition to support them to become active and build more activity into their life.
Let's Get Active	A guide for physical activity and sport for people with a Learning Disability.
On the Road	This roadmap provides more information for those who support, work and live with disabled people. When supporting disabled people to be active, there is a lot for you to learn and find out. Also, knowing where to start can be tricky because there are many organisations, opportunities and resources out there. This roadmap helps you to access some of the right people, places and resources.
Active Employee Toolkit	Sport England toolkit to support employees to be active. It's primarily aimed at HR professionals and line mangers but can be used by anyone looking to promote or experience a more physically active working day.
Sport England / NHS social prescribing resources	Accredited Social Prescribing Link Worker training opportunities. Online and face-to-face training opportunities to increase knowledge and awareness of physical activity to support link workers.
Leeds Activity Dial	Leeds have developed a Physical Activity 'Dial' to help support conversations about physical activity - linked to We Are Undefeatable funding. Happy to share. Speak to Martin.Lee@leeds.gov.uk
Disability Rights UK	Support tools, resources and information on helping disabled people get active.

Other

Training provider	Details	More info	Length	Cost	Restrictions
HEE	Health Weight Coach	https://www.e-lfh.org.uk/programmes/healthy-weight-coach/	8 sessions	Free	Aimed at Obesity but includes Physical Activity. Healthcare professionals (Primary Care and PCNs)
Sheffield Hallam	Motivational Interviewing and behaviour change	https://www.shu.ac.uk/study-here/options/health-and-social-care/short-courses-and-modules/motivational-interviewing-and-behaviour-change-short-course	Various	£530	Formal course based on motivational interviewing and behaviour change, not specific to physical activity
Yorkshire and the Humber Active Partnerships	Various virtual training sessions for club and community providers to increase physical activity, including; Active Communities, Engaging women and girls in Sport and Physical Activity, Understanding Young People and getting them active, and Mental Health friendly organisation	https://www.yhlearn.org.co.uk/collections?category=clubs	Various	Free	Virtual training open to all
Sport England - Club Matters resources	Understanding and engaging with your community workshop	https://www.sportenglandclubmatters.com/club-matters-workshops/engaging-your-community-workshops/	2hrs	Free	Virtual training aimed at clubs and organisations