



TALK ABOUT HEALTH

COMMUNITY INTEREST COMPANY

The whole-school approach to staff and student wellbeing

Mental health

- Decrease stress
- Reduce presenteeism
- Lower absenteeism
- Promote wellbeing
- Communicate better
- Build resilient and high performing staff and students



Health promotion

- Prevent burnout
- Raise productivity
- Enhance work quality
- Boost morale
- Attract and retain the best talent
- Support academic success

WWW.TALKABOUTHEALTH.CO.UK



Why Talk About Health CIC was created

39% of staff
have
experienced
poor mental
health due to
work

59% of UK staff
do not feel their
employer does
enough to
support health &
wellbeing

There is a 12%
higher
productivity rate
in employees
who are happy
at work

One in six
children aged
five to 16 is
experiencing
mental ill health

There are unfair
and avoidable
differences in the
health of young
people across the
population

We believe people
of all ages deserve
access to the
information they
need to improve
their health



If you would like to find out more
please get in touch.

Our email address is
contact@talkabouthealth.co.uk
or call us on 07597419535

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Welcome

ABOUT US

Talk About Health is a Community Interest Company. We believe that people of all ages deserve access to the information they need to improve their mental and physical health, which is why we take a whole-school approach to wellbeing.

We invest in all levels of staff to enable you to create resilient and high performing teams. We provide courses for young people to help tackle health inequalities. **Our programmes for young people are free for secondary schools.**

We know your school is unique which is why we offer different methods of delivery to suit your needs. Our courses are developed and delivered by qualified and licensed professionals.

OUR HISTORY

Before launching Talk About Health CIC our founder gained 14 years of experience supporting schools nationwide through the NHS, Public Health England and the Royal Society of Public Health. This included:

- Enhancing and developing health curriculums from year 7 to year 13
- Supporting schools in Gloucestershire, London and Oxford to improve wellbeing outcomes
- Delivering health and wellbeing events
- Piloting student led health promotion programmes
- Supporting school senior leaders
- She also delivered wellness initiatives for staff in prisons, supermarkets, government departments and private organisations.

This experience gave her a unique insight into the challenges that schools faced and she wanted to provide a solution that was affordable, practical and effective. Talk About Health CIC was launched to provide training that is evidence based, effective, affordable and practical.



Staff courses



Mental health and wellbeing courses

TRAINING FOR MANAGERS

Supporting staff and reducing stress in your teams

This workshop is designed to support managers in improving staff wellbeing outcomes. Managers will have time to think about their own health too, so that they can be in the best possible position to lead and support their team. In this course we will cover topics such as mental health awareness, reducing stigma surrounding mental ill health, identifying and reducing stress, understanding managerial duty of care, reasonable adjustments, how to have sensitive conversations and how to create a supportive and inclusive culture in the workplace.

Effective change management

33% of people who experience mental ill health due to work cite the cause as organisational change being handled poorly. Employers often have to implement changes to improve their service and stay relevant in today's fast moving society, however change is not always easy for staff.

This workshop aims to equip managers with the tools they need to support their team during periods of transition. They will understand why staff can have a negative response to change and implement changes in a more constructive way. We will cover MI techniques and positive behaviour change support to engage and motivate your team.

TRAINING FOR ALL LEVELS OF STAFF

Mental health awareness

Only 13% of staff feel confident that they can disclose their mental ill health to their managers.

This workshop enables employees to understand what mental health is and to create an action plan for promoting their own wellbeing. It aims to reduce the stigma associated with mental health problems by raising awareness of common conditions.

On this course we will discuss topics like having sensitive conversations, how to engage with support when it is required, how to reduce stress and build resilience and the evidence based effective coping mechanisms we can use to promote our wellbeing.

Reducing stress and building resilience

Only 7% of employees have received training on understanding workplace stressors.

If we experience too much stress it has a negative impact on our mental and physical health and work performance. Uncover how stress affects our body systems, develop helpful coping strategies and manage stress in a positive way. Understand the link between lifestyle choices and stress. We will practice resilience building techniques that can be used during the working day.

Prevention and recovery from burnout

Burnout can have long-term health impacts with studies even suggesting that intense burnout alters long-term brain function, altering reaction time and processing skills.

Understand the causes of burnout, spot the signs and symptoms of it and create an action plan within your teams to prevent, reduce and recover from this condition.



Health Promotion courses

TRAINING FOR ALL LEVELS OF STAFF

Increasing physical activity at work

Physical activity has been proven as an effective strategy for preventing and treating numerous physical and mental health issues as well as work performance outcomes. Discover how you can create a more active, engaged and productive workforce.

Nutrition for healthy weight management

Obesity has been linked to chronic long term health conditions that can lead to increased sickness and absence. In this workshop we support staff to lose weight in a healthy and sustainable way that promotes optimum health and wellbeing long term.

Eating for how we feel, think and function

What we eat has a huge impact on how we think and feel. In this workshop we will share how you can use nutrition to enhance your memory and productivity. We will be looking at a variety of topics such as how to improve mood, increase energy and get more sleep.

Men's health

This workshop provides men with the opportunity to find out how to improve their mental and physical health. You can reflect on the pressures men face in modern society and consider how we can support each other in the workplace.

We cover a range of topics including emotional wellbeing, cancer awareness, nutrition, exercise, body confidence and healthy ageing. We hope to leave attendees feeling comfortable to seek help when they need it and motivated to make healthy choices.

Women's health and menopause awareness

Only 70% of women know what to expect when they reach the menopause and many women struggle in silence with a range of unpleasant symptoms that affect their wellbeing and performance at work. In these two courses we cover coping strategies for symptoms of menopause, body confidence, mental health and cancer awareness. These courses enable employers to understand the challenges faced in the menopausal years and to consider how staff can be supported in the workplace.

Improving your sleep, rest and repair

1 in 3 UK adults struggle with insomnia, affecting work performance and absence levels. Sleep deprivation is a cause of stress, low resilience and poor health that affects work quality. What happens when we sleep? Why is sleep so important? Understand common sleep disorders and take home practical tips so you can sleep better and wake up feeling refreshed and energised.

Ageing well

As we age the risk of experiencing health conditions increases. Find out how you can slow the ageing process and look after your physical health and cognitive function.



Health Promotion courses

TRAINING FOR ALL LEVELS OF STAFF

Smoking awareness

Smokers have significantly greater absenteeism than non smokers however absenteeism significantly declines following cessation. This course supports your employees to understand the health consequences of smoking, the benefits of quitting and to know where to go for support which will increase their chances of success.

Alcohol awareness

Even small amounts of alcohol can impact sleep, metabolism and cognitive function, all of which affect work performance. This course enables your staff to stay up to date with the key public health messages surrounding alcohol and to know how to access support if they require it.

The science of mindfulness

Mindfulness is an evidence based effective coping mechanism that can reduce stress, build resilience and improve both mental and physical health. This course introduces staff to what it is, it provides the science of why and how it is effective and demonstrates techniques they can practice within the working day.

Health through the season of winter

Sickness and absence often increase during the winter months. On this course staff learn how to enhance the immune system to stay well and will understand mental health changes like seasonal affective disorder. It can become harder to make healthy lifestyle choices in winter so in this workshop we share our top tips for staying motivated.

Working better at home

More organisations are offering flexible working days and the option to work from home. This workshop equips staff to create a healthy work environment at home, know how to increase their productivity and how to stay connected with your team.

We add new courses to our site regularly.
We update our courses in line with current research.



Individual e-learning:

Induction training for new staff members
Staff development



Small group training:

Team meetings
Group workshops



Larger events:

Conferences
Wellbeing days



Trainer feedback

The facilitator was AMAZING. She had a wonderful style of delivery. Even spending the hour with her teaching us about stress management was great for my stress levels itself! She was very calming, informative and friendly presenter, who used elements of humour and honesty to keep us engaged. I had preconceptions about what the session would be like but it by far exceeded them- it was the best wellbeing workshop I have been to.

She was so cheery and frankly, quite inspiring. The kind of person you would love to go for a coffee and a good old chinwag with. I felt so much better after the workshop, she cheered me up. This session provided really good handy hints in bite sized bits that could be practiced and internalised.

The trainer delivered one of the best presentations I have ever had. I am well into my 40s, so have had a few. She came across as enthusiastic, upbeat and full of positivity which contributed greatly to keeping me engaged with the session. She asked appropriate questions, picking up on as many replies as she could, clarifying points and offering positive responses.

Our trainer was eloquent and energised in the delivery of the material with a rare talent for getting people engaged and involved in a virtual space. Very interesting and useful session, really enjoyed! I also appreciated that the trainer had her camera on -gave the workshop more of a human touch.



Frequently asked questions

PURCHASING THE COURSE

How are courses delivered?

We offer different methods of delivery to suit your needs. We have an online membership site with pre recorded training videos. We can also deliver courses live remotely or face to face onsite.

What are the benefits of purchasing the subscription service and accessing your online courses?

Our courses get regular updates so that all the information is correct and in line with current research. With our subscription service you can access all our training content and run the courses as often as you like at the time that suits you. We add new courses regularly and you will have instant access to these at no extra cost.

How do I purchase courses for my school?

To purchase or find out more contact us via email or telephone. We will take the time to understand your requirements and if you wish to proceed then we will get everything you need set up for you.

Can courses be purchased separately?

Absolutely! You do not need to purchase a subscription, you can book any course that is of interest to you. We can deliver live sessions remotely using programmes like Microsoft Teams or we can come to deliver face to face onsite. Our courses are suitable for small groups up to large scale events. To find out more or make a purchase email or call us and we can help to get everything set up for you.

How can we use the staff courses?

- New staff induction training
- Individual e-learning
- Team meetings
- Group workshops
- Health and wellbeing events
- Conferences
- Teacher training days



Youth Health Ambassadors



The Youth Health Ambassadors course

IMPROVING THE HEALTH AND WELLBEING OF YOUNG PEOPLE

What is the Youth Health Ambassadors scheme?

The Youth Health Ambassadors scheme is a student led health promotion programme for secondary schools. It offers young people the opportunity to learn about a wide variety of health topics. The students complete our training then act as positive role models and complete activities (such as leading assemblies and running health awareness events) for their peers.

What are the benefits for young people?

- Students volunteer to become Health Ambassadors.
- They will learn how to improve their health, they will grow in confidence and develop skills in leadership, team work and public speaking.
- They can use the experience when applying to future study and work opportunities.
- In the training they will cover topics such as mental wellbeing, resilience, nutrition, body confidence, physical activity, smoking and alcohol awareness.

What are the benefits to the school?

- The programme supports schools in prioritising student welfare alongside academic success.
- It can be used as evidence for awards like the Healthy Schools award.
- It can be showcased at open days and parents evenings.
- It improves the health and wellbeing outcomes for your young people.
- The scheme helps to tackle health inequalities.

What will the you receive?

We will provide all the tools, training and resources that your school needs to create a team of Health Ambassadors. We provide student marketing materials, training videos, activity ideas and a handbook for the school staff member that will be overseeing the scheme. Students are awarded certificates for completing the course.

This programme is FREE for secondary schools! To receive the courses simply email us or give us a call and we will set everything up for you.



Students lead health activities in their school



There is the opportunity to develop leadership skills and grow in confidence



The peer led approach can help create a healthy positive culture for the whole school



The scheme can help improve wellbeing outcomes for young people

The Youth Health Ambassadors course

IMPROVING THE HEALTH AND WELLBEING OF YOUNG PEOPLE

What are the topics covered in the programme?



Reducing stress and building resilience



Physical activity



Sleep, rest and repair



Alcohol awareness



Mental wellbeing



Body confidence and self esteem



Nutrition



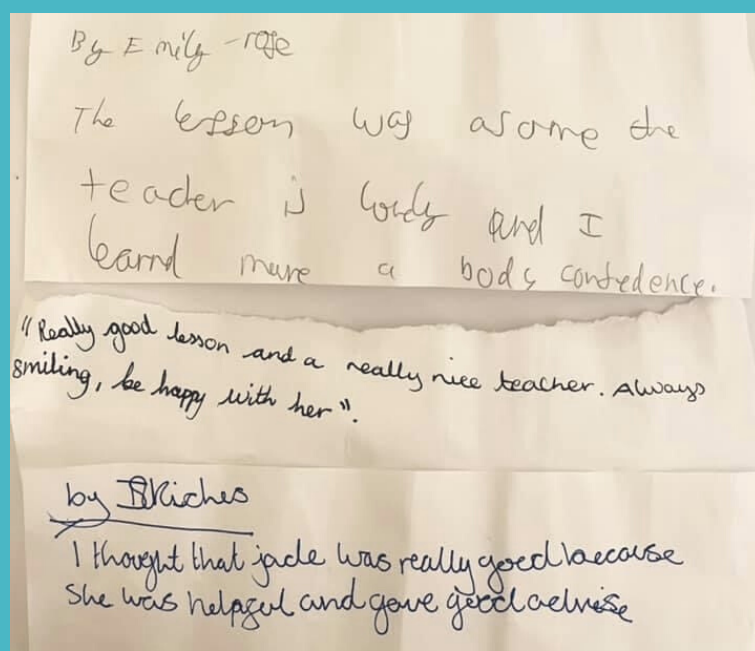
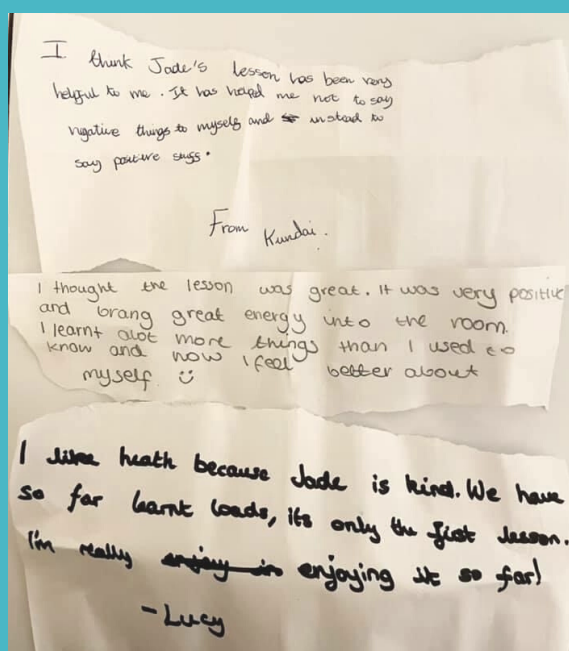
Smoking awareness

How can we use the programme?

The course can be used to create a team of Health Ambassadors or alternatively the training videos can be integrated into your school community in other ways. For example:

- All students can complete the course as part of the health curriculum
- Students in leadership positions may wish to complete the course (for example, prefects, heads of house or sports team leads) to complement their roles within the school
- More senior students may complete the course to support their younger peers

Student feedback



**Contact us:**

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