

Lesson plans & CPD training on Health Improvement Topics (early level to senior phase)

East Dunbartonshire HSCP Public Health Improvement Team has developed a range of CPD sessions to support health and wellbeing for children and young people. Please see below for training dates, course descriptors and details of resources currently available. Resources are listed by topic: Alcohol & Drugs, Health & Wellbeing (includes sexual health), Nutrition & Physical Activity and Tobacco.

ALCOHOL & DRUGS			
Resource	Suitable for	Descriptor	CPD Session Dates
Oh Lila	Early Years	Oh Lila is a flexible resource which aims to build resilience and protective factors in young children, helping them to explore their emotions, develop social skills and identify trusted adults. It encourages children to communicate and ask for help when they are scared or worried. These skills are particularly helpful for the thousands of children across Scotland who are living with a problem drinking parent/carer. More info: www.ohlila.org.uk	Provided by Alcohol Focus Scotland. Dates circulated when available
Rory	Primary (early, first and second level)	Based on the Rory storybook, the resource pack aims to build resilience and protective factors in children. The pack comes with a range of age appropriate lesson plans and activities which focus on exploring relationships, development of problem solving and communication skills and introducing the topic of alcohol in a safe and sensitive way. More info: www.roryresource.org.uk	Provided by Alcohol Focus Scotland. Dates circulated when available
Substance Misuse Toolkit	Early level to Senior Phase	A web based resource containing quality assured resources (e.g. lesson plans) that can be used to aid learning around alcohol, drugs and tobacco. The toolkit is the work of the Greater Glasgow and Clyde Substance Misuse Education Working Group consisting NHS and Education staff. Available online at: www.nhsqgc.org.uk/substancemisusetoolkit	Tues 22nd Oct 2019 3.30-5.30pm Kirkintilloch Health & Care Centre Tues 17th Mar 2020 3.30-5.30pm Kirkintilloch Health & Care Centre

HEALTH & WELLBEING RESOURCES (includes sexual health)			
Resource	Suitable for	Descriptor	CPD Session Dates
Detect Cancer Early	primary and secondary	A session aiming to improve knowledge around risk reduction through healthier lifestyle choices and participation in vaccination and screening programmes.	13th Nov 2019 3.30-5pm Milngavie clinic 4th Feb 2020 5.30-7pm Kirkintilloch Health & Care Centre

Resource	Suitable for	Descriptor	CPD Session Dates
HPV Vaccination Lesson Plans	Secondary	Teenage Cancer Trust have developed lesson plans to support the HPV Vaccination programme in schools. https://www.teenagecancertrust.org/about-us/what-we-do/cancer-awareness	Available on request. Sessions last approx 45 mins
Sun Awareness	Early years, primary and secondary	Childhood burning from sun exposure is a risk factor for skin cancer. This CPD session has been developed to promote good practice and showcase sun safety policies for educational establishments.	26th Mar 2020 3.30-5pm Milngavie Clinic 29th Apr 2020 5.30-7pm Kirkintilloch Health & Care Centre
Keeping Myself Safe	Secondary	Teacher support pack focusing on personal safety for teenagers; looking at issues such as knife crime, grooming and peer pressure and use of drugs. Lesson plans and short animated stories available on DVD.	
Health Matters: Conversations about Change	Early Years	Lifestyle choices have a significant impact on the health of individuals and communities. Many of us in our day to day work have the opportunity to talk with our client group about lifestyle choices and how they impact on health and wellbeing. NHS Greater Glasgow and Clyde have developed a range of health behaviour change training to support person centred methods of talking about and supporting health behaviour change.	29 th January 2020 9am – 1.30pm Enterprise House, Kirkintilloch

NUTRITION & PHYSICAL ACTIVITY RESOURCES

Resource	Suitable for	Descriptor	CPD Session Dates
Breastfeeding Friendly Approach	Early Years	Breastfeeding Friendly Nursery (BFFN) aims to contribute to social and cultural change by promoting an environment where breastfeeding is seen as the normal way to feed infants and young children. It is the first step in becoming a Breastfeeding Friendly Nursery and achieving accreditation.	2hr interactive session, available on request

TOBACCO

Resource	Suitable for	Descriptor	CPD Session Dates
Jenny and The Bear	Primary (P1)	Programme addressing effects of second hand smoke on children with take home resource for parents and carers. The programme consists of a story being read to the class followed by a classroom activity to agree a name for the bear in the story, which is then entered into the competition to win a Teddy Bear mascot for their classroom. Access online at: www.nhsqgc.org.uk/jennyandthebear	n/a

Resource	Suitable for	Descriptor	CPD Session Dates
Tradewinds: Learning about tobacco	Primary (second level)	Interdisciplinary pack covering all curriculum areas designed to enable children to extend their learning beyond the health impacts of tobacco to a consideration of broader tobacco issues. Access online at: www.nhsqgc.org.uk/jennyandthebear	Tues 21st Jan 2020 3.30-5.30pm Kirkintilloch Health & Care Centre
Tobacco-free Resource (replaces Smokefree4Me)	Secondary (third & fourth level and senior phase)	Funded by the Scottish Government and designed by Ash Scotland in consultation with teachers across Scotland, the pack includes a range of practical tools and resources and is arranged into 2 parts that can be used independently or together: I - Guide to becoming a Tobacco-free School II - Tobacco-free Schools Teaching Pack: The teaching materials offer 23 different activities over 10 topic areas. It is not necessary for all activities or topics to be used – teachers are free to “pick and mix”. Access online at: www.nhsqgc.org.uk/tobaccofreesecondaryschools	Tues 28th Jan 2020 3.30-5.30pm, Kirkintilloch Health & Care Centre

Health Improvement Resource Library

We have a variety of resources available for you to borrow free of charge for use with your learners. We are also happy to provide guidance on how to get the best use out of the resources you use and provide support for new staff.

You can access the library catalogue from our website: www.eastdunbarton.gov.uk/PHIT

Contact details

For more information on any of the resources above, training or to borrow from our library please contact: ED.HealthImprovementTeam@ggc.scot.nhs.uk