

Free autumn training programme

For community and voluntary sector staff and volunteers in Greenwich



Find out more about local health and wellbeing support services



Get tips to improve the health and wellbeing of yourself and others




Improve service quality & professional development

“This free training offers a fantastic opportunity to improve the health and wellbeing of service users, as well as your staff and volunteers. It will add value to your work and further develop your team. It also shows you have skilled staff which will help with funding bids.” Naomi Goldberg, Director of Strategy at METRO.



Make Every Opportunity Count in Greenwich

This free, **two hour, interactive, introductory training** has been developed locally for Greenwich staff and volunteers of all levels and experience.

 Explore key issues affecting the health and wellbeing of local people, as well as the Live Well Greenwich resources available to support them.

 Build confidence in knowing when and how to best signpost to these resources in everyday conversations.


Receive a certificate and Live Well Greenwich resources on completion. Contact Sonia.sharma@royalgreenwich.gov.uk to book one of the slots below at the Woolwich Centre:





For more information or to complete the one hour e-learning version of this training, either independently or in an e-learning workshop, visit [Live Well Greenwich](#).

RSPH 'Understanding Health Improvement'

This **two day, free training accredited by the Royal Society of Public Health offers a recognised qualification** and includes theory, practical activities and a brief test.

 Explore examples of inequalities in health within Greenwich, how they develop, their impacts and current approaches to tackling these.

 Understand the impact of behaviour change on improving people's health and wellbeing and how effective communication can support health messages.

 Find out how and where to direct individuals towards further practical support for better health and wellbeing.

For more information and to book onto the training date below contact vitta.curtis@royalgreenwich.gov.uk.

