

Health Influencers Welcome pack



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Introduction

About the course

The Health Influencers training programme has been running at the Bromley by Bow Centre since 2013. The four weeks accredited course is designed to give participants the knowledge, skills and confidence to become more physically and socially active within their communities. Having increased health awareness empowers individuals to make healthy changes to their diet and exercise, helping to build self-esteem and an overall sense of wellbeing.

Participants will gain a Level 1 Award in influencing health and wellbeing, certificated by Active IQ on successful completion of the training and assessment. The qualification may encourage progress onto further training, following other educational pathways, volunteering, peer mentoring or employment.

The opportunity

The Health Influencers course will not only provide a qualification, but it will also enable you to make positive changes and progress into other opportunities that can benefit you. Below are some examples of the skills and knowledge you will gain and how we can support you.

Knowledge

You will gain an understanding of:

- How lifestyle factors can positively and negatively affect our health.
- Sleep and our mental wellbeing.
- Positive lifestyle influences including health-related fitness and adopting and maintaining a healthy diet.
- Behaviour change theory including self-change and helping others to change.

Skills

You will learn how to:

- Engage in supportive conversations about health.
- Form SMART goals.
- Keep a reflective health diary.
- Communication skills - speaking and active listening.
- Implementing positive behaviour changes and organisation skills.

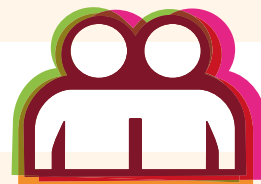
Ad-Lib Training



“We collaborate with our customers to design and develop innovative physical activity training solutions that drive financial and social impact. We promote inclusion and address health inequality across all strands of our work. Delivering quality education and create aspiring physical activity role models within the community and workplace.

Our tutor team has a wealth of experience within the leisure and fitness industry. Our team continue to practise within the industry as well as providing a quality service on all our courses.”

The team



Marica - Health Development Coordinator. ELFT

“I have worked in the NHS for 25 years specialising in mental health and community health services. My passion is to improve access of inclusive physical activity, implementing recovery pathways and holistic approaches for prevention of chronic disease and improved health outcomes. I hope I can help others to thrive and be an inclusive part of their local community.”



Colin - Sports Manager. Bromley by Bow Centre

“I have been involved in the sport and physical activity environment for over 20 years. During my time at the centre, this training has become a key and valuable element of our offer. I myself try to stay as physically active as possible, regularly playing football running and cycling. I am really looking forward to working alongside and supporting you through this program.”



Alison - Coordinator. Bromley by Bow Centre

“I have worked on both the Health Champions and Health Influencers programmes and am a strong advocate for finding a healthy and realistic balance in our lives. I love walking, running and cycling, cooking, eating exciting food and being creative. I love my job and feel so inspired and grateful to working with so many interesting people from different backgrounds.”



Robin - Course Trainer. Ad-Lib Training

“I have over 40 years’ experience within the industry. My main focus is on community activation, outdoor training and mental health awareness. I believe that feeling good is an unquestionable truth; looking good is always a matter of opinion. There is no greater job in the world than teaching exercise, fitness and activity for health.”



James - Course Trainer. Ad-Lib Training

“I have been working in the industry for 18 years and specialises in exercise referral, personal training and community activation. My best fitness tip is to find time every day to exercise. It is important to keep moving. One of my industry highlights is running circuit classes for cardiac rehab patients. I feel that exercise is suitable for everyone, you just need to work within your limitations.”

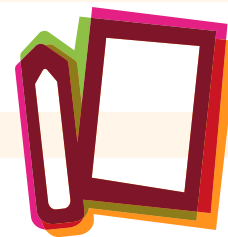
How we support you

You are more likely to get the best experience when fully supported before, during and after training. Alison and Colin are here to support you day-to-day through regular communication and guidance throughout your time on the programme.

Upon completion of the course we will support you to put your new knowledge and skills into practice, including pathways into volunteering, peer mentoring, further education and becoming more physically and socially active within your community.

Most importantly, we want you to enjoy the training, meet new people and have fun!

Course information



Assessment and accreditation

Active IQ Level 1 Award in Influencing health and wellbeing

Active IQ is recognised and regulated by Ofqual, Qualifications Wales and CCEA. They design qualifications that support clearly defined career pathways for the active leisure sector.

You will be assessed using the following methods:

1. **eWorksheet** - This online assessment is non invigilated and consists of 12 multiple-choice questions. A pass mark of 80% is required and three attempts are provided to achieve this.
2. **Personal lifestyle log** - You will be asked to log a record of your daily routine including food, drink, sleep and activity and reflect on your findings.
3. **Conversation record** - You be asked to have a five-to-ten-minute conversation with a friend, family member or peer using basic communication skills to influence your chosen individual to improve their health. Following your conversation, you will need to complete a conversation record summarising your conversation including any actions suggested.

What you need to take part

All course activities will take place online and will take place on Zoom. You will have the best experience when joining and using a tablet, laptop or computer, especially for the eAssessment. If this is not possible, please let Colin or Alison know and they will do their best to support you via your smartphone.

When in a Zoom meeting, you might find it easier to listen using earphones or find a quiet place to work from. You will receive the Zoom link by email before the training starts. Colin and Alison can take you through Zoom if needed before the course starts.

Time commitment

This course is free for everyone and as there are a select number of places available, we ask for the commitment of all participants throughout the programme.

- The awarding body Active IQ will grant qualifications based on the **full completion** of the 7-day course. They will allow for special circumstances that are out of the participant's control and that have been communicated beforehand.
- Please notify Colin or Alison if you think that you will be late for or cannot attend a session.
- Please log-in to the Zoom meeting 10-15 minutes before the session is due to start. You will then wait in the virtual waiting room until the class is ready to start.

Course itinerary

Day 1

Introductions, Course Aims, Ground Rules, Zoom Orientation
 What is Health? WHO Definition and Models of Health
 The Broad Determinants of Health
 The Health of the Nation
 Introduction to Lifestyle Factors Affecting Health



Benefits of Physical Activity for Health
 Chief Medical Officer's Guidelines for Physical Activity 2019
 Sleep and Wellbeing

Day 2

Day 3

Diet and its Effect on Health
 Why do People Adopt and Maintain an Unhealthy Diet?
 Guidelines for a Healthy Diet
 Health Benefits of Adopting and Maintaining a Healthy Diet
 Introducing the Seven Day Lifestyle Diary



Smoking and its Effects on Health
 Health Benefits of Quitting
 Alcohol and its Effect on Health
 Guidelines for Alcohol Consumption
 Legal and Illegal Drug Use: An Overview

Day 4

Day 5

Lifestyle and its Effect on Mental Health
 Barriers and Motivations for Adopting a Healthier Lifestyle
 Introduction to eAssessment



Likely Strategies to Support and Maintain Behaviour change - Self-efficacy,
 Behaviour Change Theory
 Self-change
 Helping Others Change
 SMART Goals
 Communication Skills

Day 6

Day 7

Helpful Conversation Workshop
 Introduction to Helpful Conversation Record



Zoom pre-course preparation

We highly encourage you to download and install the Zoom application beforehand to prevent any issues from happening as the course begins.

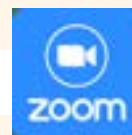
● To download and install the Zoom application on to a computer:
Go to <https://zoom.us/download> and from the **Download Centre**, click on the **Download button** under **“Zoom client for meetings”**.

● To download and install the Zoom application on to a mobile or tablet:
Go to <https://zoom.us/download> and from the **Download Centre**, click on the **Download button** under **“Zoom for mobile apps”**.

The application will automatically download when you start your first Zoom meeting.
Once the download is complete, proceed with installing the Zoom application onto your device and begin registration

Alternatively, you can watch a video on how to download and register if you would prefer to do it that way - please click on this link [How to sign up & download Zoom](#)

Zoom meeting what's what...



YOU MIGHT NOT HAVE THESE OR THEY MIGHT BE DIFFERENT
They allow you to do stuff with the page
RED - close the page
YELLOW - minimise the page
GREEN - Make the page fit to screen

It's not showing the right thing here but in this corner you can change the **VIEW** to be of either just the person who is speaking (**SPEAKER**) or to a view of all the people in the meeting (**GALLERY**).

MUTE BUTTON
Showing as un-muted. People can hear you when it is like this. To **MUTE** yourself, click on here and a red line will appear to show that you are muted.

YOUR VIDEO
Showing as being on. People can see you when it's like this. To switch it off so people can non see you, click on here and a red line will appear to show that it's off.

PARTICIPANTS
Click on here to see who is in the meeting.

CHAT
Clicking on here will open a chat box so you can type something in rather than saying it.

SHARE SCREEN
Click on here to share your screen with people in the meeting. It will bring up some options in a separate window.

REACTIONS
Not sure if you have this in here or on **"MORE"**. Basically, you can do a thumbs up or put your hand up to ask something. This one isn't that important.

END
To leave the meeting, press this and then select **'LEAVE MEETING'**

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Participant journey plan

Recruitment via ELFT

Initial contact via phone or email
Registration and initial lifestyle assessment
Introduction booklet (digital)

Active IQ Level 1 Award in Influencing Health and Wellbeing

7 x 2 hour sessions, twice weekly
Workbook and course content (digital)
Course assessment and level 1 qualification

End of training

Level 1 assessment on Influencing health and wellbeing
Post-course lifestyle assessment and pathway planning
Access to the online programme and initiatives

Peer groups and courses through ELFT and local services

Access to the online fitness programme initiatives in a new mindfulness course and 1-1 Lifestyle assessment over 4 weeks

ELFT walking group
(Opportunity to train as walk leaders)
Inclusive cycling programmes
Bike ability courses
ELFT sports groups
ELFT gardening group

Idea store health and fitness courses
Poplar Harca community centres
Communities Driving Change
Mindful photography walks
Skill share groups

Further training, volunteering and employment with ELFT

Complete a L1 Course
Influencing health and wellbeing

Apply and complete the ELFT
Volunteer Programme

Apply for the physical activity
volunteer roles

When you have some experience of volunteering, you can become a Peer Lead. This will lead to further training opportunities and possible paid sessions

Receive peer support worker accreditation and apply for paid Peer Support Worker roles

Exit assessment

Useful links



For ELFT, please contact Marica at marica.wainner@nhs.net

Further training

Poplar Harca Training & Courses	Tower-Hamlets-Recovery-College	ELFT People Participation Including Peer Support Working
Bikeworks Cycle Lessons		ELFT Physical Activity Volunteer Including train as a walk leader

Physical activity

ELFT Fitness & Recovery Programme	OurParks	Inclusive Cycling Programmes
ELFT Walking Group	Better (gyms) Fitness	Sports England
Poplar Harca Centres Unlocked	NHS Fitness Studio Exercise	NHS Live Well

Healthy eating

NHS Eat Well	British Heart Foundation Healthy Eating	Healum app
AgeUK Health & Wellbeing	My Fitness Pal	Healthy balanced diet guidelines
Diabetes UK Healthy Eating		

Volunteering and employment

Bromley by Bow Centre	ELFT Benefits Of Volunteering	Poplar Harca job opportunities
The Tower Project	ELFT Physical Activity Volunteer	Poplar Harca volunteering
Volunteer Centre Hackney	Team London Volunteering	

Mental wellbeing

TH Talking Therapies	Mind - Tower Hamlets & Newham	Action for Happiness
NHS Mental Health	Inspire Wellbeing	5 Steps to Mental Wellbeing

Previous participant's journeys



Barry's story



“By putting the work rate in you see the benefits”

“I first came across the Health Influencer course through ELFT. It was a really interesting course that then inspired me to train as a Community Activator and a Peer Support worker at ELFT. I used the training from the Community Activator course to help me complete my first half marathon last year.

One of my biggest inspirations has been working with different types of health professionals.”



Matt's story

“The Health Influencers course gave a friendly sense of structure that helped me start to address the depression that I had been experiencing. **After completing the course, I became a valued volunteer in the activities team. When funding became available, I was offered part-time employment.**

As my confidence grew and I returned to full health, I then joined a mental health social work graduate programme and started a new career as a qualified mental health social worker. This gave me the opportunity to use my own experience to empower individuals with mental illness, and their families, carers, and communities, to lead fulfilling, independent lives.”



Kelly's story



“Completing the eight-session course has given me more confidence. I'm now speaking to people I would never normally speak to. It's been great learning more about nutrition and exercise.

I'm now watching what I eat and after exercise, I feel great. The Bromley by Bow Centre team has been amazing and brought me out of my shell, without that help, I'd still be isolated and sitting indoors. These days I am so much happier.”