

Health Literacy Awareness Workshops across Midlands and East

Why Health Literacy?

Those with low levels of literacy and numeracy, and by definition therefore those likely to be most affected by health inequalities, also have a lower level of health literacy. **Up to 61% of working age adults do not have adequate literacy skills to routinely understand health information** (Rowlands et al 2015).

Individuals with poor health literacy will find it more difficult to manage their health and wellbeing on a day to day basis. They also have the poorest health outcomes, are more likely to be ill more often and to die younger.

Being able to understand health information, and make subsequent decisions based on this understanding, and engage with health and care structures and systems, is therefore vital to a person's wellbeing and their ability to take positive action.

Health literacy is central to delivering a range of key health policy priorities including STPs (Sustainability and Transformation Plans) and the Next steps in the NHS Five Year Forward View.

To support colleagues across the health and care system, Health Education England has commissioned **Health Literacy Awareness training sessions** which will provide participants with enhanced understanding of the impact of health literacy on patients / service users, and provide practical tools to help address such issues.

Workshop content

This workshop will increase participants' knowledge of what health literacy is and why it is important. By the end of the session, participants will:

- Have increased understanding of what health literacy is, and how it might impact on everyday practice
- Have increased awareness of the impact of low health literacy on individuals' everyday lives, and on the services that support them
- Understand what low health literacy looks and feels like
- Be familiar with tools and techniques that they can use in practice
- Understand how effective health literacy approaches can support person centred care, positive behavioural / lifestyle changes, and enhance shared decision making
- Be eligible to attend forthcoming Train the Trainer.

Who is it for?

This workshop is suitable for anyone working within health and care organisations, and/or who has a responsibility for informing, improving and protecting people's health and wellbeing.

What previous participants have said about the course

"A wake-up call...I'm more sympathetic and understanding of patient difficulties"

"Provided me with the rationale backed up by evidence to influence others"

"Has given me confidence to actually discuss these issues sensitively, allowing me to support people effectively"

"Really made me "experience" how it would feel to have low levels of literacy"

Duration

These one-day workshops will run from 10:00 to 4:00pm at a range of locations across the Midlands and East (see booking links overleaf).

Other training coming soon

Further information about the following additional workshops will be distributed in due course:

- ✓ *Health Literacy: Train the Trainer* (please note: only participants who have attended the Health Literacy Awareness training will be eligible to attend the Train the Trainer sessions)
- ✓ *Health Literacy Friendly Scheme for organisations*

Contact

For more information email info@chlfoundation.org.uk or phone 01509 768081. Alternatively contact Sally James, Health Education England West Midlands (sally.james@hee.nhs.uk tel. 0121 695 2481)

Booking links

To book your place on a Health Literacy Awareness Workshop, please click on a link overleaf.

Date	Venue	Click here to book:
Fri 9th Feb	Northamptonshire Carers, 123 Midland Road, Wellingborough, Northants NN8 1LU	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-090218-tickets-42508915310
Mon 12th Feb	Odames Meeting Room in the library, Leicester Royal Infirmary, Infirmary Square, Leicester LE1 5WW	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-120218-tickets-42508797959
Mon 19th Feb	Hospitals of North Midlands County Hospital, Weston Road, Stafford ST16 3SA	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-19218-tickets-42508230261
Thur 22nd Feb	Hospitals of North Midlands County Hospital, Weston Road, Stafford ST16 3SA	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-22218-tickets-42508337582
Thur 1st March	Lionel Munby Room, Hertfordshire Archives & Local Studies Library, Register Office Block, CHR 002, County Hall, Pegs Lane, Hertfordshire SG13 8EJ	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-010318-hertfordshire-tickets-42529128769
Mon 5th March	The Barberry, National Centre for Mental Health, 25 Vincent Dr, Birmingham B15 2SJ	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-tickets-42507821037
Mon 5th March	Loughborough Library, Granby St, Loughborough LE11 3DZ	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-050318-loughborough-tickets-42509053724
Tue 13th March	Seaton House, City Link, Nottingham NG2 4LA	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-130318-nottingham-tickets-42509119922
Fri 16th March	The Barberry, National Centre for Mental Health, 25 Vincent Dr, Birmingham B15 2SJ	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-16318-tickets-42508183120
Mon 19th March	Odames Meeting Room in the library, Leicester Royal Infirmary, Infirmary Square, Leicester LE1 5WW	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-190318-tickets-42508705683
Wed 21st March	North Staffordshire Clinical Commissioning Group, Stoke-on-Trent Clinical Commissioning Group, Smithfield One Building, Leonard Coates Way, Stoke -on-Trent ST1 4FA	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-210318-tickets-42508433870
Thur 29th March	Cambridge Central Library, 7 Lion Yard, Cambridge CB2 3QD	https://www.eventbrite.co.uk/e/health-literacy-awareness-training-session-290318-tickets-42508612404