

# Training Courses

**Healthworks is a charity based in Newcastle working with local communities and organisations across the North East to improve health, wellbeing and life outcomes.**

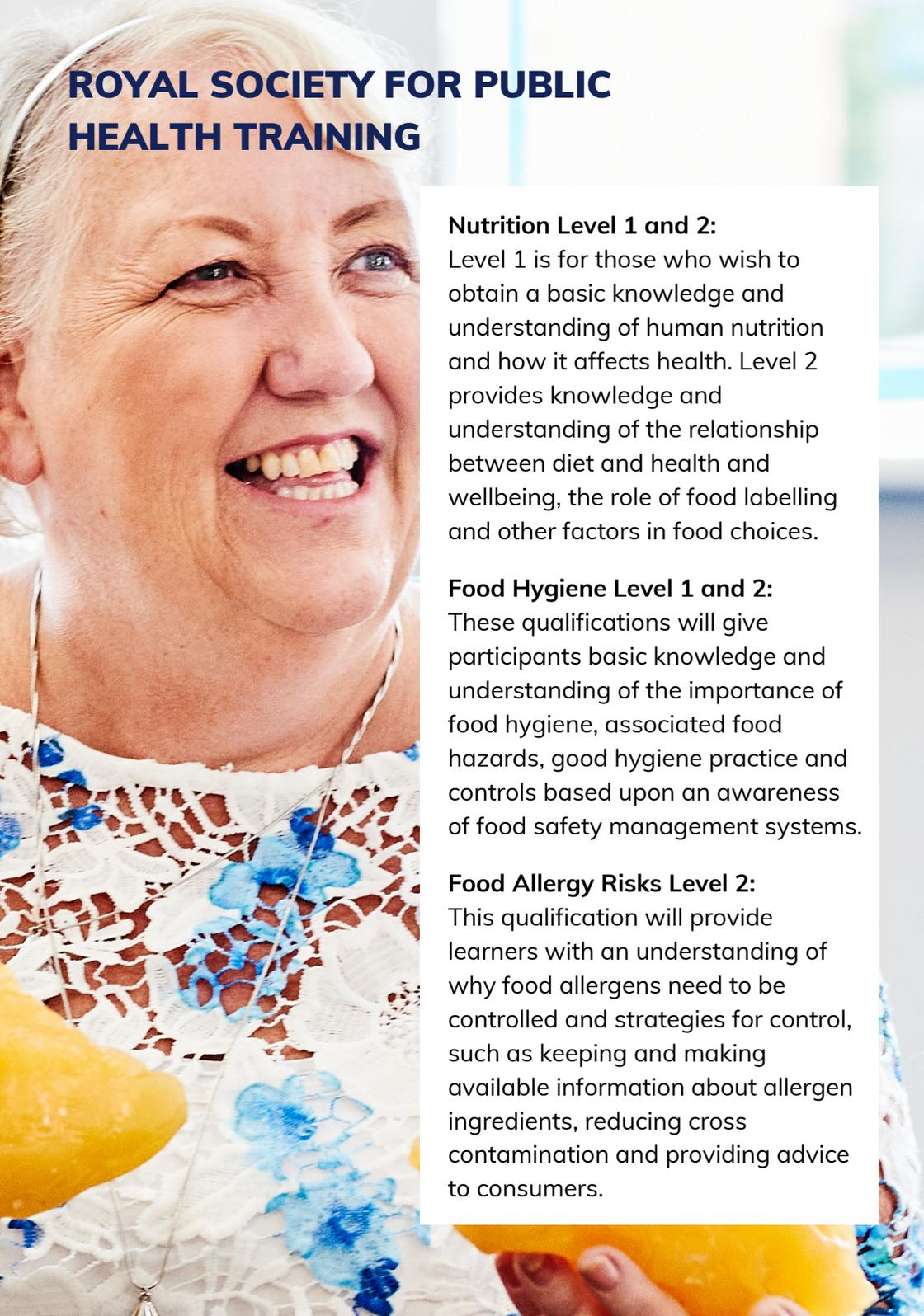
We offer a range of training, including the following Royal Society For Public Health training courses:

- Nutrition Level 1 and 2
- Food Hygiene Level 1 and 2
- Food Allergy Risks Level 2
- Encouraging A Healthy Weight and Healthy Eating Level 2
- Understanding Health Improvement Online Learning Level 2

Our team can also offer bespoke workplace training and free Cancer Awareness sessions in the workplace or virtually.



**Healthworks**  
the community health charity



# ROYAL SOCIETY FOR PUBLIC HEALTH TRAINING

## **Nutrition Level 1 and 2:**

Level 1 is for those who wish to obtain a basic knowledge and understanding of human nutrition and how it affects health. Level 2 provides knowledge and understanding of the relationship between diet and health and wellbeing, the role of food labelling and other factors in food choices.

## **Food Hygiene Level 1 and 2:**

These qualifications will give participants basic knowledge and understanding of the importance of food hygiene, associated food hazards, good hygiene practice and controls based upon an awareness of food safety management systems.

## **Food Allergy Risks Level 2:**

This qualification will provide learners with an understanding of why food allergens need to be controlled and strategies for control, such as keeping and making available information about allergen ingredients, reducing cross contamination and providing advice to consumers.

# ROYAL SOCIETY FOR PUBLIC HEALTH TRAINING



## Encouraging a Healthy Weight and Healthy Eating Level 2:

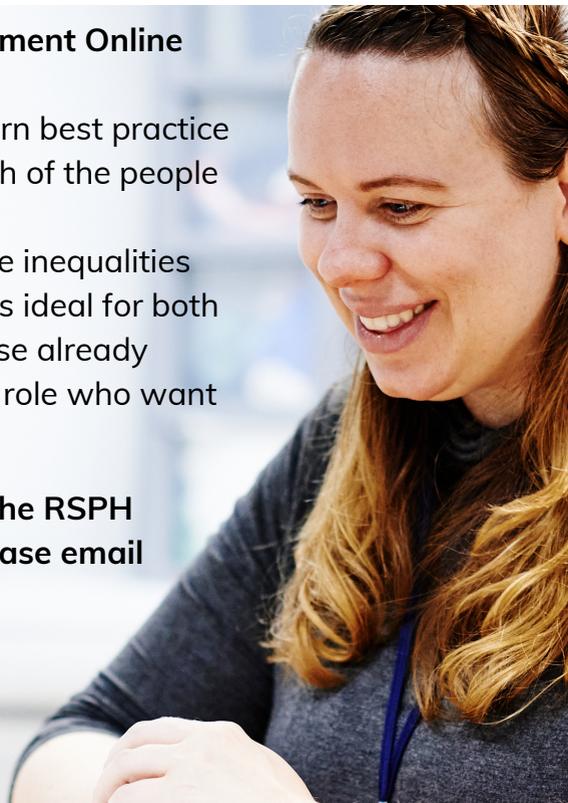
For individuals with an interest in health and in helping others develop a healthier lifestyle. Learners will increase their knowledge and understanding of why individuals may not be at a healthy weight, the effect on health of this, the principles of healthy eating and how individuals can be helped and supported to achieve a healthy weight and eat healthily.

## Understanding Health Improvement Online Learning Course Level 2:

This course helps individuals learn best practice methods for improving the health of the people around them. It uses the most up-to-date reviews of healthcare inequalities and policies within the UK, and is ideal for both those new to the sector and those already working in a health care related role who want to top-up their knowledge.

**For further information about the RSPH courses we offer and costs, please email [enquiries@hwn.org.uk](mailto:enquiries@hwn.org.uk)**

**RSPH**  
ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE



# BESPOKE WORKPLACE TRAINING

## **Breastfeeding Friendly Business:**

The training will inform participants of the value of breastfeeding, the barriers that mothers face and give staff and volunteers knowledge and tools to enable a Breastfeeding Friendly environment.

## **Information Governance:**

This course is for people who require an introduction to confidentiality, handling information, record keeping and GDPR. Exploring who needs to access information, who is responsible for it, and how to keep it safe.

## **Equality and Diversity:**

A fun introduction course to help learners understand the importance of the Equality Act, diversity and protected characteristics, the concept of equity and how bias can affect the services we deliver.

## **Personal Safety:**

An essential training course for staff and volunteers that carry out lone working. This course covers how to prepare for and assess risks to personal safety and what steps to take in the event of an incident.

## **Free Cancer Awareness sessions**

Available to anyone in a workplace or community group that is based in Newcastle or Gateshead.

With information learnt through Cancer Research UK's training programme, *Talk Cancer*, these sessions teach people how to raise awareness of cancer and have impactful cancer conversations with others in their workplaces and networks.



**For further information visit**  
[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)  
or email us at [enquiries@hwn.org.uk](mailto:enquiries@hwn.org.uk)



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