



# Health Living Optical Practices Training workshops

**The HLOP initiative will encourage optical practices to be seen as part of the wider public health system alongside other healthcare professionals. We believe that improving the signposting and referral processes we have to other healthcare professionals and agencies will lead to increased reciprocal referrals to optical practices.**

This will bring a number of benefits;

- Increased professional satisfaction
- Increased acknowledgement by the public that optical practices are part of the primary healthcare team
- Increased footfall into optical practices
- The opportunity to positively engage with CCGs, STPs and public health departments locally, and
- The opportunity to engage with health promotion services as an income stream in the future

In order to become an HLOP the practice must have

- Someone who has completed some leadership training to lead the changes involved in becoming an HLOP
- At least one FTE team member who has been trained to become a Health Champion
- Be a health promoting environment, including the premises, through providing public health messages and health promotion materials, and the attitude and approach of the team, and
- Engagement with the local community, both the public and other health care professionals.

## Health Champions for HLOP

The key role of a Health Champion is to provide customers with information about their health and signpost them to other community services (such as commissioned NHS Enhanced Services) that will help them to adopt healthier lifestyles and access the support they need to do so. To become a Health Champions the team member must have completed the Royal Society for Public Health (RPSH) Understanding Health Improvement Level 2 award (you can find more information [here](#)).

Ideally a Health Champion will be passionate about helping individuals, be prepared to engage in proactive conversations about an individual's health, want to develop their role further and is prepared to take a lead in activities such as health promotional activities.

The RSPH course consists of four modules that cover

- Health and health inequalities
- Effective communication
- Promotion of health and wellbeing, and
- Impact of behaviour change on health and wellbeing.

At the end of the workshop there will be an MCQ assessment which is marked by the RSPH.

### **Workshop details**

Date Tuesday 26<sup>th</sup> March 2019

Time 9am - 5pm

Venue The Temple Centre, Nottingham Road, Nottingham, NG16 1DP

[To register for the Champions course click this button](#)

## Leadership for HLOP

Leadership is important if we want to change and developing leadership is key to the success of HLOP. This workshop is interactive and enjoyable and will help anyone involved in the leadership of the practice develop their skills.

The workshop focuses on three key areas

- What leadership really is,
- Managing Change, and
- Building the team

### **Workshop details**

Date Monday 25<sup>th</sup> March 2019

Time 9.30am - 4.30pm

Venue The Temple Centre, Nottingham Road, Nottingham, NG16 1DP

[To register for the Leadership workshop click this button](#)

Both these workshops are free to team members working in practices wishing to become HLOPs in Derbyshire and Nottinghamshire and have been supported by a grant from NHS England.

Further information can be obtained by contacting [info@metaphordevelopment.co.uk](mailto:info@metaphordevelopment.co.uk)