

How to Stop Smoking Time: 45 mins -1 hour

Aim: To raise the issue of stopping smoking in a non-confrontational manner with those smokers who are considering stopping and would like further information and support.

At the end of this session, smokers will have an understanding of their smoking habit, the physical addiction, and the psychological dependence caused by nicotine and also the strategies that can be used to quit smoking.

Smoking Policy Development Time: 1 day

Aim: To inform those responsible for workplace health about tobacco issues and smokefree workplace policy.

By the end of the course participants will:

- Understand tobacco issues
- Address policy development and implementation
- Understand the importance of smoking cessation support in the workplace.

All Ulster Cancer Foundation Smoking Cessation Training Courses meet the DHSSPS Regional Training Framework (N.I.) requirements.

Cancer Education & Awareness

Cancer Awareness Session Time: 1 hour

Aim: To address cancer prevention and early detection issues.

At the end of this session, participants will have an understanding of risk factors and key issues in cancer prevention strategies. Early signs and symptoms will be addressed and support mechanisms identified.

Vision Health Training - Cancer Awareness

Time: 2 days

Aim: To raise awareness of cancer in the community.

The course will:

- Examine personal and public attitudes to cancer
- Raise awareness of cancer – including prevention, treatment and control
- Introduce the 'Vision Health' resource.*
- Outline how to promote cancer awareness in the community

This is a general course designed to encourage people to use the 'Vision Health' resource within their community.

Cancer in the Workplace Time: 2 days

Aim: To raise awareness of cancer issues in the workplace.

The course will:

- Examine personal and public attitudes to cancer
- Provide information on all aspects of cancer
- Examine support mechanisms for employees
- Increase awareness of workplace health promotion programmes
- Enable programme planning.

Need2Know Time: 1 day or 5 x 2 hours

Aim: To introduce cancer prevention into schools, the youth and community sectors.

The course covers 5 health issues:

- Healthy eating and physical activity
- Smoking cessation and prevention
- Alcohol misuse
- Sun awareness
- Body awareness and sexual health

The course is based on the Need2Know resource pack*, which is provided to all participants. Course participants will be trained to use the resource as a basis for discussing health education messages with young people.

* Funded by the Big Lottery Fund.

The Cancer Prevention Department also provides the following services

- Lobbying and Advocacy
- Health Policy Development
- Against Bowel Cancer Campaign
- Breast Cancer Awareness Campaign
- Care in the Sun Campaign
- Men's and Women's Health Campaigns
- Public Education
- Cancer Information and Support
- Smoking Cessation Services
- School Smokebusters Programme
- Quit and Win Programme
- No Smoking Day
- Cancer Prevention Research

For further information contact:

traininginfo@ulstercancer.org



40-44 Eglantine Avenue,
Belfast BT9 6DX
Tel: 028 9066 3281
Fax: 028 9066 0081

Freefone Helpline: 0800 783 33 39

Donate Online: www.ulstercancer.org

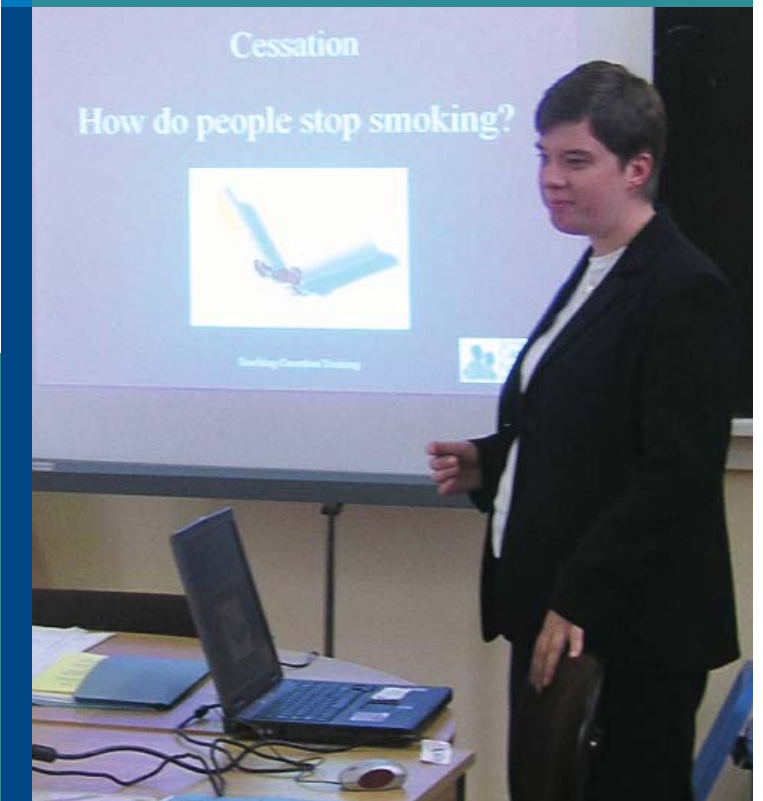
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Professional Education

Training courses to:

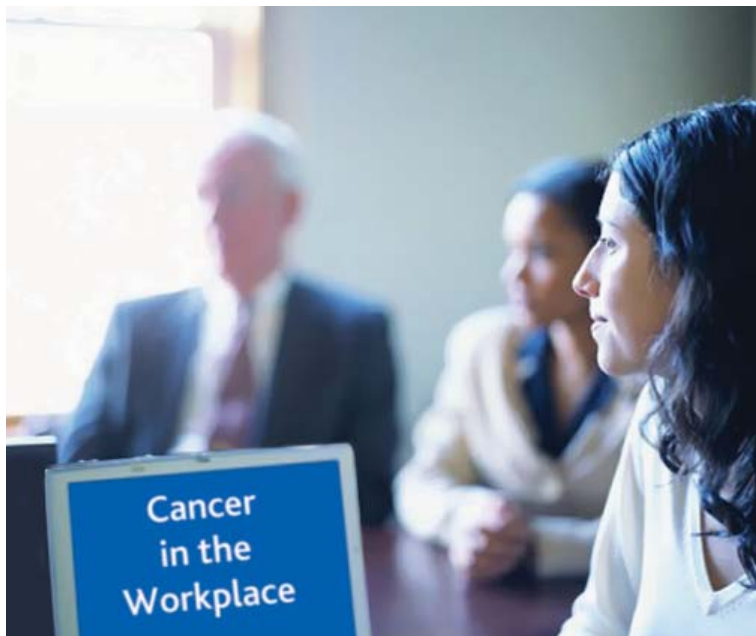
- Raise awareness of cancer
- Help smokers stop
- Develop health policy



Welcome to the Ulster Cancer Foundation's Training Portfolio.

The Ulster Cancer Foundation has been providing cancer prevention services in Northern Ireland for over 30 years, building up extensive expertise in the fields of tobacco control and cancer education awareness. Our training courses will enable you to provide support and information for your clients or group members, whether they want to stop smoking or be more aware of cancer issues and how they can protect themselves.

Please browse through this brochure and remember training courses can be tailored to meet your needs.



Tobacco Control

Brief Intervention Awareness Raising Smoking Cessation

Time: 1 hour

Aim: To raise awareness of brief opportunistic support for smokers who want to stop.

By the end of the course participants will have:

- An awareness of the current prevalence of smoking
- Explored the health effects of smoking
- An understanding of the complex nature of tobacco use
- Examined the 'Stages of Change' approach by Prochaska and DiClemente
- Received information on the 4A's and 2R's approach to assessing smokers and providing appropriate guidance and support
- An awareness of the current aids to smoking cessation, how they work and how to access them
- Knowledge of referral mechanisms to specialist support.

This course is a short introduction to smoking cessation.

Brief Intervention Training Smoking Cessation

Time: 3 hours

Aim: To help participants provide effective brief opportunistic support for smokers who want to stop.

By the end of the course participants will have:

- An awareness of the current prevalence of smoking
- Explored the health effects of smoking
- An understanding of the complex nature of tobacco use
- Explored the of reasons why people start to smoke and why they want to stop
- Examined the 'Stages of Change' approach by Prochaska and DiClemente and applied it for use in changing smoking behaviour
- Practical experience of using the 4A's and 2R's approach to assessing smokers and providing appropriate guidance and support for their stage of smoking cessation

- Knowledge of the current aids to smoking cessation, how they work and how to access them
- Knowledge of referral mechanisms to specialist support.

This course gives participants the opportunity to practice their skills and have a fuller understanding of the smoker's perspective.

Helping People Stop Smoking Specialist Cessation Training

Time: 2 days

Aim: To train participants as Specialists in helping smokers stop.

This course enables the participant to:

- Examine the smoking habit
- Explore smoking cessation strategies
- Practise interpersonal communication skills
- Discuss how to set up and run a stop smoking clinic
- Examine group dynamics
- Discuss available resources and support mechanisms.

This course addresses the content of the Regional Training Framework and is recognised as the appropriate course for those wishing to provide Specialist Smoking Cessation services in the NHS, workplace or community.

Training for Trainers

Time: 1 day

Aim: To train experienced smoking cessation specialists to deliver 'Brief Intervention Awareness Raising' sessions to colleagues.

By the end of this course participants will be able to:

- Have a working knowledge of the 'Brief Intervention Awareness Raising' pack
- Address recruitment and organisational issues
- Learn basic presentation skills and use of audio-visual and other resources
- Help their teams use evaluation and follow-up tools
- Have practiced their training skills.

Adolescent Smoking Cessation Training

Time: 2 days

Aim: To train those working with young people to organise and run a stop smoking service.

By the end of this course, participants will:

- Know how to initiate and promote a Stop Smoking Programme in their setting
- Be able to provide group and individual support
- Understand teenage smoking
- Understand the effects of smoking
- Understand the nature of the smoking habit
- Be able to communicate well to help smokers to stop
- Have examined group dynamics
- Have a knowledge of available support mechanisms.

Smokebusters Training

Time: 2 hours

Aim: To enable teachers to use the Smokebusters Resource pack in Primary 6 and 7.

The session trains teachers to:

- Provide information to young people about the harmful effects of smoking.
- Address part of the Health Education section of the school curriculum
- Understand the complex nature of tobacco use
- Encourage young people to reject the smoking habit by reinforcing their defences against pressures to experiment with cigarettes.

Smokebusters Teachers' Pack

