

Practical skills to increase motivation for behaviour change in hard to reach Clients

RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

Thursday 31 May 2018 09:30 –16:30
28 Portland Place, London W1B 1LY



Chair: Graham Rushbrook, Development Advisor and Lead Assessor, RSPH Health & Wellbeing Awards and Chair of the RSPH Behaviour Change Special Interest Group.



This conference will be for health professionals who work with clients on a daily basis, who are looking for new and innovative ways to motivate their clients, and themselves. Delegates will hear from expert speakers discussing the challenges now faced by services and consider their needs going forward in a climate of budget cuts.

5 CPD
CREDITS
AVAILABLE
FOR
ATTENDEES

Topics will include:

- Changes in services over time
- Mental health
- How to motivate yourself to motivate others
- Health interventions
- The future of behaviour change
- Supporting low income families
- Working with young people
- Weight-loss management
- Behaviour change in the workforce

Who should attend?

This conference is a must attend for health champions, health trainers, IAPTs, weight managers, commissioners, public health service leads, healthy living pharmacies and allied health professionals.

FEES: (No VAT payable)

RSPH Members £99 / Early bird £79

Public Sector and Charities £125 / Early bird £99

Public Sector £150 / Early bird £125

Early bird fees end Friday 13 April 2018

All public sector, charity and private sector bookings include one-year Associate membership with the Royal Society for Public Health. The RSPH membership team will be in contact after the conference to arrange this.

Book online at www.rsph.org.uk/events or return this form to: Joely Campbell, Courses and Conference Department, RSPH, John Snow House, 59 Mansell Street, London E1 8AN

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PROGRAMME

TIME	SESSION	SPEAKER
09:30	Registration and refreshments	
10:00	Opening remarks	Graham Rushbrook, chair, RSPH Behaviour Change Special Interest Group
10:30	Health trainers and behaviour change 15 years on	Maggie Rae, Consultant in Healthcare, Public Health England South West
11:00	Supporting low income communities to access a healthy diet	Lisa Williams, All Wales Nutrition Training Facilitator, Cardiff and Vale University Health Board
11:30	Refreshment break	
12:00	Breakout session (attend one):	
	7 steps to designing and delivering successful arts in health interventions	Dr Daisy Fancourt, Senior Research Associate & Wellcome Research Fellow, University College London
	Working with young people	Aaron Mansfield, Project manager, Young Health Movement, RSPH
13:00	Lunch	
14:00	Afternoon introduction	Graham Rushbrook, chair, RSPH Behaviour Change Special Interest Group
14:05	Motivating the motivator	Neal Gething, Registered Practitioner Psychologist, Empowerment Training Consultancy
14:45	Utilizing services: weight loss management	Amanda Avery, Slimming World
15:00	Breakout session (attend one):	
	How to have meaningful conversations around mental health – Connect 5 programme	Kiran Kenth, Director of Development, RSPH
	Behaviour change and the workforce	TBC
16:00	RSPH and the future of behaviour change	Shirley Cramer, Chief Executive, RSPH
16:30	Close	

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BOOKING

Book online at www.rsph.org.uk/events.html or alternatively please complete and return this form to: Joely Campbell, Courses and Conference Department, RSPH, John Snow House, 59 Mansell Street, London E1 8AN. 5 CPD points available for this course.

Programme information Registration from 09.30.
Conference starts at 10.00 and closes at 16:30.

Enquiries Please call Joely Campbell on 020 7265 7378
or email jcampbell@rsph.org.uk

Fees (no VAT payable)

- ☐ RSPH Members £99 / Early Bird £79
☐ Public Sector and Charities £125 / Early Bird £99
☐ Private Sector £150 / Early Bird £125

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Special dietary requirements:

- ☐ Vegetarian ☐ Gluten free ☐ Lactose free
☐ Other (please specify)

Cheques must be made payable to RSPH. Please note, places are guaranteed only upon receipt of payment and payments must be received by RSPH 4 weeks prior to the conference.

Cancellation: Substitutions can be made at any time. If notification is received 8 weeks prior to the course, a full refund will be made minus an administration charge of £40. Cancellations received after this time will receive no refund. Please note that notification of cancellation must be made in writing. The organisers reserve the right to change the timings and/or identity of the speakers.

How did you hear about this event?

Thank you for your booking. Confirmation will follow shortly.

Royal Society for Public Health

John Snow House, 59 Mansell Street, London E1 8AN.

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