

Helping People to Move More

30th July 2024 – 10:00 to 13:00



We are delighted to offer this three-hour training programme, in partnership with Yorkshire Sport Foundation, open to all staff working or volunteering in Kirklees and Calderdale Health and Care Services.

Objectives of Session

This free of charge training programme focuses on enhancing the skills and knowledge of our Health and Care workforce. It aims to help them understand how Physical Activity can contribute to preventing, treating and aiding the recovery of people with long-term health conditions.

We recognise that adopting a more active lifestyle not only improves health outcomes, but brings wider economic, social and organisational benefits too. The Health and Care workforce play a crucial role in guiding their patients and service users to recognise these benefits through the trusted relationships they build.

Outcomes of Session

- Participants will develop a comprehensive understanding of the research and statistics related to Physical Activity, highlighting the advantages in increased movement.
- They will feel confident in starting conversations and empowering their patients and service users to recognise necessary changes, take responsibility and discover solutions.
- Additionally, learners will be introduced to local organisations that promote opportunities for guidance and signposting.

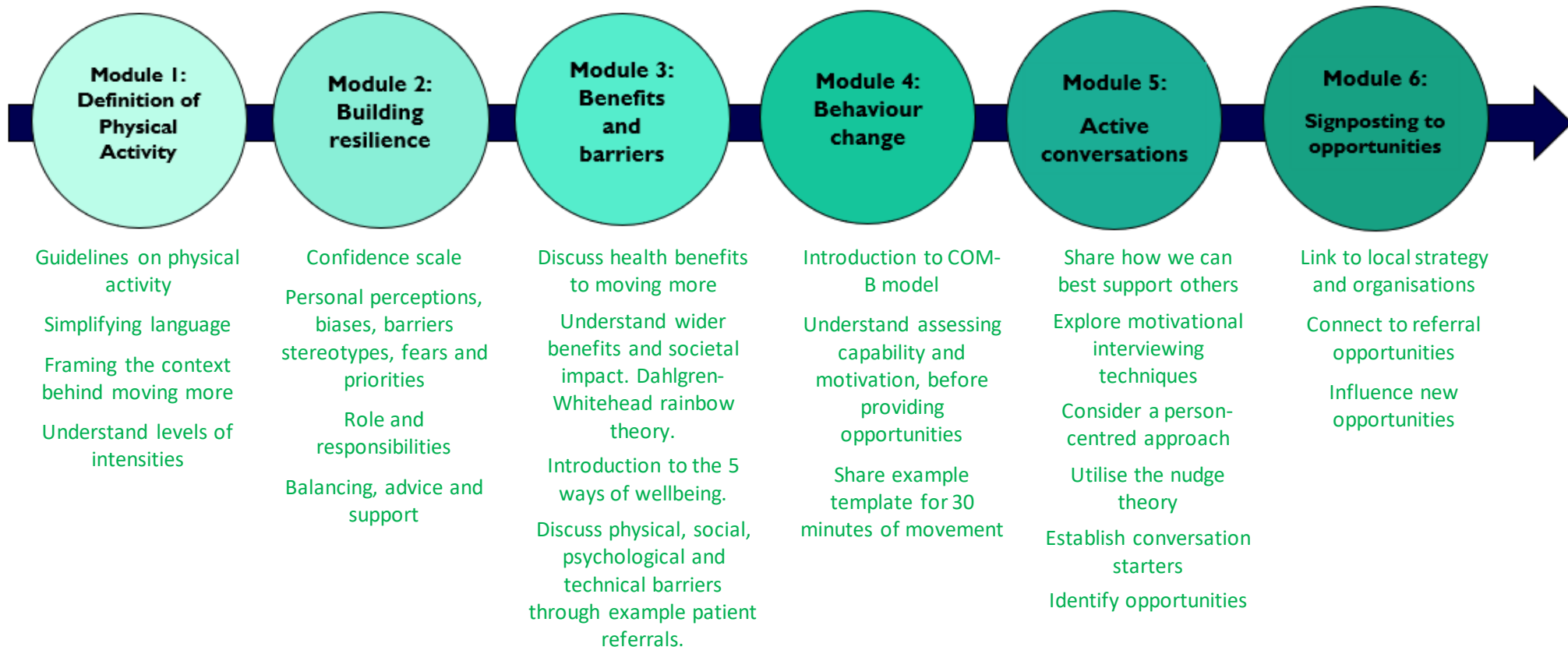
Please note this course is limited to 30 places, book early to avoid missing out, please contact katy.fillingham@yorkshiresport.org for further information



This workshop will be held at The Zone, Huddersfield

To book please use the QR code or go to <https://bookwhen.com/kc-staff-dev>





About Yorkshire Sport Foundation

- Helping people to move more training for Health and Care workforce. We are a National Lottery funded charity working across the nine districts of South Yorkshire and West Yorkshire, and part of a network of England-wide Active Partnerships.
- Our vision is to create a vibrant, healthy and prosperous Yorkshire through everyone moving more.
- We believe in the power of movement, physical activity and sport to change people's lives, bring us together and tackle inequalities. We want as many people as possible to enjoy all the benefits being active can bring.
- We work to deliver Sport England's 2021-2025 Uniting the Movement strategy by connecting, influencing and providing opportunities to be active across South Yorkshire and West Yorkshire.
- We believe movement, physical activity and sport has a big role to play in improving the physical and mental health of the region, supporting the economy, connecting communities and rebuilding a stronger society for all. All these themes matter, all are interconnected, and require a relentless focus to provide the step change needed to increase activity levels and reduce sedentary behaviours. Now is the time to accelerate our work with partners from all sectors to make a step change in the inequalities that limit physical activities. We know that doing this will also help to address wider inequalities in society.