

**Do you work or volunteer in Sunderland?**

If so you are invited to sign up to any of the following courses.

**Understanding Health improvement (1 day course) Accredited**  
**FULL**  
 25<sup>th</sup> Mar (Saturday) Washington Millennium Centre 9.15am to 4.30pm  
 27<sup>th</sup> Apr

**Tobacco Brief Intervention (1/2 day course)**  
 20<sup>th</sup> Mar Live Life Well, Sunderland City Centre 6pm to 9pm  
 29<sup>th</sup> Mar The Quaker Meeting House (Roker) 1pm to 4pm  
 26<sup>th</sup> Apr Easington Lane Community Access Point 1pm to 4pm  
 24<sup>th</sup> May Pallion Action Group 1pm to 4pm  
 28<sup>th</sup> June Live Life Well 1pm to 4pm

**Brief Intervention Alcohol & Novel Psychoactive Substances (Legal Highs)**  
**(1/2 day course)**  
 22<sup>nd</sup> Mar Bethany Centre 1pm to 4.30pm  
 27<sup>th</sup> Apr Pallion Action Group 12.30pm to 4.30pm  
 25<sup>th</sup> May Southwick Community Project 9.30am to 1pm  
 22<sup>nd</sup> June Connect (Hendon) 9.30am to 1pm

**Promoting Emotional Resilience Training (1/2 day course)**  
 15<sup>th</sup> Mar Bethany Centre 1pm to 4.30pm

**Healthy Money Healthy You Training (1/2 day course)**  
 16<sup>th</sup> Mar Bethany Centre 12.30pm to 3.30pm

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For further details contact: [cdda-tr.HealthChampions@nhs.net](mailto:cdda-tr.HealthChampions@nhs.net)

Updated: SE 15/03/2017

**Terms and conditions: We reserve the right to amend course details as necessary, or cancel in the event of unforeseen circumstances. Should this occur, we will endeavour to re-run this course at a later date. Cancellations from delegates may be subject to a £50 admin charge if not received within 5 working days of the course.**