York Teaching Hospital NHS foundation Trust

Wellbeing Team

**Make a positive impact to your Health and Wellbeing**

**Step Into Health**

**Distance learning course run by Loughborough College – free to Trust Staff**

**Closing date for applications – 6th February 2017**

**What is Step Into Health?**

This is a 13 week distance learning course in health, lifestyle and fitness.

Step into health is a nationally recognised qualification in health, lifestyle and fitness. It aims to help people of differing health and fitness levels to improve their wellbeing and empower them to achieve their own personal health objectives.

**What does the course involve?**

It covers Physical Activity, Stress Management, Nutrition and Weight Management through a 13 week distance learning programme, so you never have to attend college.

You will receive a theory manual, three workbooks and a DVD.

The DVD provided is based on physical exercise that you can do at home with minimal equipment and you can keep this and the other materials when you have finished the course.

The workbooks simply check that you have understood the content of the units and enable you to pass the course and achieve an entry level 3 AIM Award.

You will submit your workbooks to the college after each module and they will be assessed by them.

You will be assigned your own tutor who will be on hand to answer any questions you might have.

If you have any queries about the course content, please contact Linda York at Loughborough College on 01509 515438 or e mail [linda.york@loucoll.ac.uk](mailto:linda.york@loucoll.ac.uk)

**Entry criteria**

* You must be an employee of York Teaching Hospital NHS Foundation Trust
* You will have had a free Health Check provided by the Wellbeing Team.
* Take part in course evaluation

If you have any queries about the entry criteria, please contact Carol Dickinson.

e mail: [carol.dickinson@york.nhs.uk](mailto:carol.dickinson@york.nhs.uk) or ring Carol on 01904 725085.

**Cost**

This course is free of charge to Trust staff. However, once you have started the course and may then decide not to complete it, there may be an administration fee charged by Loughborough College which you would be responsible for. The Trust does not have any liability in regard to payment for non-completion of this course.

**Evaluation**

The College will do their own evaluation of those taking part and the Trust will receive an overall evaluation report. This will not contain details of individuals, just general feedback.

The Wellbeing Team will also send an evaluation questionnaire to participants at the end of the course, as we are interested to find out how this course has helped you to improve your health and wellbeing.

**What you need to do if you would like to take part**

There are only 20 places available so applicants who meet the entry criteria will be accepted on a ‘first come first served basis.’

Please complete the application form and e mail it to: [carol.dickinson@york.nhs.uk](mailto:carol.dickinson@york.nhs.uk) or send it to:

Carol Dickinson, Wellbeing Team, Occupational Health, Centurian House, Centurian Park, Tribune Way, Clifton Moor, York, YO3O 4RY

**The closing date for applications is Monday 6th February 2017**

**Important dates**

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| Applications to be submitted to Carol Dickinson | Monday 6th February 2017 |
| Places to be confirmed | Thursday 9th February 2017 |
| Loughborough College will send out course resource packs to all those taking part | Monday 20th February 2017 |
| Course starts | Monday 27th February 2017 |