**Would you like to know more about Health Literacy?**

**This training will explain why it matters to you and the people who you provide services for**

**Have you ever wondered why some people don’t:**

* turn up for their appointments?
* take their medication as directed?
* Manage to follow healthy eating advice?
* Understand the information on food labels?
* Find it easy to follow guidance on healthy behaviours such as physical activity or alcohol?
* Follow clinical advice on self-care and self-management for long term conditions?

Often the reason is because they don’t have the health literacy levels to understand and act on the information being shared with them

This is particularly crucial as we move towards post pandemic recovery – a key element of which will be to ensure that people are self-managing their existing conditions while waiting for treatment

In this training session you will learn:

* Practical and easy to use health literacy techniques to help you communicate more effectively with your service users and patients
* Why health literacy is an important factor in understanding and tackling health inequalities
* How health literacy underpins all conversations between professionals and service users/patients
* How you, your team and your organisation can make things easier for people to interact with you

This interactive and engaging course is delivered by 2 of the UK’s leading health literacy practitioners, both of whom are passionate about the subject.

This course is suitable for just about anyone who plays a role in supporting the health and wellbeing of the public.  This could be people and organisations with direct contact with the public such as

* Care coordinators, social prescribers, health coaches, nurses working in the acute, community and primary care setting, allied health professionals, support workers, Healthwatch members and officers, VCSE organisations , and more.

It is also suitable for commissioners, managers and providers within the NHS and Public Health who want to understand how health literacy can support recovery and tackle health inequalities.