

Health Promotion Short Course for



Aboriginal Health Practitioners

Do you have an interest in health and want to contribute towards closing the gap in your community? Health promotion provides a framework to engage and create community orientated health approaches.

The Australian Health Promotion Association (AHPA®) (WA Branch) is conducting a FREE short course that will yarn about health promotion to share knowledge, skills and ideas that will support health promotion within Aboriginal and Torres Strait Islander Communities. The course is suitable for Aboriginal and Torres Strait Islander people already working in the health sector, those wanting to move into the area and those wanting to incorporate health promotion principles into their role.

Course Details

Dates: Monday 28 November to Friday 2 December 2022 (5 days)
9:00am – 4:00pm daily (finish 2pm Friday)

Location: Curtin University, Bentley Campus

Cost: FREE. The value of the course being offered is usually \$1450.

Course Facilitators:

Ms Cheryl Davis, BHSc, MPH, Yuat Ballardong Noongar woman, former Director of Indigenous Engagement, Faculty of Health Sciences, Curtin University. Cheryl has more than 20 years of experience working in varied roles in Indigenous health.

Dr Linda Portsmouth, Senior Lecturer, Health Promotion, School of Public Health, Curtin University. Linda has more than 30 years working in health communication, 25 of these as a health promotion practitioner. Linda enjoys working in partnership with Aboriginal health practitioners.

Catering: Morning tea, lunch and afternoon tea will be provided

Applications: To register, please fill out an Expression of Interest (EOI) form also attached to this email and return to scholarshipswa@healthpromotion.org.au by **Friday 11 November 2022**. Places are limited (maximum 25 registrations) so please apply ASAP.

Course Overview

All subjects will have an Aboriginal health focus.

Day 1

- Introductions, Yarning to get to know one another, share experiences & plan the course
- Describing health, strength based approaches, describing health promotion
- Ottawa Charter, health determinants, healthy & unhealthy behaviours
- Group work: Choosing your community, target group, health issue & overall aim

Day 2

- Needs assessment: Knowing your community: knowledge, motivation, values, attitudes & beliefs
- Influencing thinking, feeling, believing & behaviour
- Group work: What do you know about your community? How can they be involved? How might change happen?
- Group work: What has been done before? What has worked/not worked?
- Searching online: Australian Indigenous HealthInfoNet

Day 3

- Planning your program
- Group work: Setting goals & objectives. Identifying stakeholders & partners
- Group work: Choosing your strategies, methods & activities

Day 4

- Evaluation: Measuring change
- Planning for sustainability and Dissemination of your project
- Group work: Planning how you will measure achievement
- Group work: Working on your program plan

Day 5

- Group work: Finalising and presenting your project plans
- Evaluation – Yarning about this course

Participants can apply for Credit of Recognised Learning (CRL) for elective units within Curtin health promotion courses, following successful completion of an additional assessment.

To register or for more information contact Myra at the AHPA® (WA Branch) on scholarshipswa@healthpromotion.org.au

This Health Promotion Short Course for Aboriginal Health Practitioners is an initiative of the AHPA® (WA Branch) and is proudly funded by Healthway as part of the Health Promotion Scholarships Program. This course is supported by:

