

Remote access/face to face learning opportunities

NEW 1 Dec 25	CMO Report – Health and Justice This webinar from the South West Population and Public Health Academy has the following learning outcomes: <ul style="list-style-type: none"> • Understand the importance of the CMO: Health & Justice Report • Understand how the report was compiled and the key content, objectives, and recommendations • Be aware of how the report may influence regional workstreams and the call to action • Understand how the report may influence activity at local level 	13:00-14:15 Online	Register here
4 Dec 25	The benefits of evidence-based decision making In this webinar organised by NIHR RSS Specialist Centre for Public Health, Dr Susan Hampshaw explains and give examples of the benefits of evidence informed decision making and how evidence can be used to create policies that work best for the residents of a local authority.	10:00-11:00 Online	Register here
NEW 9 Dec 25	Spotlight on the work and health regional data explorer This LKIS webinar will provide an overview of the work and health regional data explorer , now available via the public health local area statistics page .	10:00-11:00 Online	Find out more and register here
10 Dec 25	Introduction to Fingertips The session is aimed at beginners who would like to build their confidence using the Fingertips public health profiles .	13:30-15:00 Online	Reserve a place here

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	<p>The session will take place on MS Teams and will include:</p> <ul style="list-style-type: none"> • An introduction to Fingertips – what it is and where to find it • A demo of the tool – how to navigate around, plus tips and tricks for finding what you need • Interactive exercises to give you hands-on experience with the tool <p>There will also be opportunities to ask questions.</p>		<p>Fingertips is designed to work in a browser on a desktop computer or laptop, and we do not recommend attending the session using a tablet or smartphone.</p> <p>Please note that this Introduction training (or equivalent experience) is a prerequisite for the Fingertips Plus training session.</p>
<p>NEW</p> <p>11 Dec 25</p>	<p>The Filter Fraud Fresh and the NENC Smokefree NHS Taskforce are delighted to offer this free seminar featuring Dr Katie East which aims to provide insight into the harms caused by cigarette filters.</p> <p>Despite what their name suggests cigarette filters do not filter the toxic chemicals found in cigarettes, in fact, they have been dubbed the 'deadliest fraud in human civilisation'. In addition, cigarette filters are also the most littered item on the planet and 3 million are littered every day in the UK.</p> <p>During this session Dr East will discuss a recent publication on the topic of cigarette filters, including public misperceptions of the health harms of filters and how the UK government could ban them in the interests of public health and the environment.</p>	12:30-13:30	<p>This is a highly recommended session for ANYONE who works with those who smoke and support them to stop, or manage their dependency (including commissioners, Stop Smoking Services, NHS Tobacco Dependency Treatment Services & other Public Health / Healthcare professionals), or anyone across the region with a genuine interest to help us achieve our vision for a smokefree future.</p> <p>To register to attend please click the link below – this seminar will be recorded and made available on our Khub page: https://events.teams.microsoft.com/event/4947b5c8-811e-461c-9396-edb4f8d6b253@37c354b2-85b0-47f5-b222-07b48d774ee3</p>
11 Dec 25	<p>Designing ethical research In this webinar organised by NIHR RSS Specialist Centre for Public Health, Dr Deborah Harrison will outline key principles of ethical research including informed consent, confidentiality and avoidance of harm. Deborah's</p>	<p>11:00-12:00</p> <p>Online</p>	<p>Register here</p>

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	background is in applied public services research. She has worked with local authorities, VCSE organisations, social care providers, NHS and emergency services.		
NEW 11 Dec 25	PHINE Continuing Professional Development (CPD) network event The December PHINE CPD network event is themed around celebrations in public health intelligence for the year which will include; key updates, a chance to showcase work during 2025 from LAs, ICBs and OHID as well as Christmas quiz on public health in our region.	10:00-12:00 Online	PHINE CPD Network events are aimed at those working in, or who have an interest in public health intelligence in the North East and Yorkshire regions. Please register for the event to receive the MS Teams link: Register for the event – PHINE CPD Network Event - Celebrating public health intelligence in 2025 – Microsoft Teams
14 Jan 26	Introduction to mixed methods research In this webinar organised by NIHR RSS Specialist Centre for Public Health, Dr Deborah Harrison will provide an introduction to mixed methods research including different study designs, challenges and considerations.	14:00-14:45 Online	Register here
Save the Date 18 Mar 26	North East Practitioner Showcase Event This event will celebrate the work of practitioners and those working towards registration through the UKPHR practitioner scheme and the Level 6 Public Health Practitioner Apprenticeship route. It will also contribute to continuing professional development and provide a valuable networking opportunity. A series of presentations and interactive sessions will give delegates an insight into the public health career pathway and the breadth and impact of the contribution practitioners make to the public health system.	9:30-15:30 Sunderland City Council City Hall Plater Way Sunderland SR1 3AA	This event will be of interest to: <ul style="list-style-type: none"> • Practitioner scheme development group • Current practitioner scheme cohorts • Current Public Health Practitioner apprentices • Registered practitioners • People interested in registration by either route • Senior leaders Registration is expected to open in January 2026 for this in-person event and places will be limited, so please hold the date in your diary and await further details.

The Learning Academy

The [learning academy](#) is open to everyone working or volunteering in the North East and North Cumbria health and care system. This includes people working in the NHS, local authorities, public health, the voluntary sector, private care providers, and more.

It offers a wide range of learning opportunities from leadership and improvement courses to programmes on health inequalities and prevention across topics such as alcohol, tobacco, mental health, poverty and more. Plus, there's the opportunity to connect and learn together with like-minded people from across the region.

You will have your own individual account which will store your learning record, keep your certificates safe and help you plan other learning that you are interested in.

Examples of available learning

Leading together: creating solutions through system leadership - North East and Yorkshire Leadership Academy (NEYLA)

This consists of five concise, stand-alone masterclasses, tailored for individuals whose work involves collaboration across teams, organisations, or system boundaries. See [here](#) for further details and registration. **Nb. Local Authority colleagues are eligible to attend and should use the 'other' category for their organisation.**

Oliver McGowan Training on Learning Disability and Autism. [Oliver's Training](#) is the government's preferred and recommended programme. Those working in the North East and North Cumbria can now access this training which is mandatory for staff in CQC regulated services but also supports the ambition to upskill the wider health and care workforce to provide appropriately adjusted care for people with a learning disability and autistic people to reduce health inequality.

Building our anti-racist commitment

As part of our ongoing anti-racist commitment in the North East and Yorkshire region, the ICB has recently launched an Anti-Racism Hub on the Boost Learning Academy.

This hub is a free, accessible to all and designed to provide colleagues across the system with the resources, knowledge, and practical tools to actively challenge racism and promote equity in the workplace.

Within the hub, you'll find a wide range of toolkits, training videos, frameworks, and practical guides. These are designed not just for awareness, but to help us all take meaningful, informed action.

To highlight just a few:

- [Managers' guidance for dealing with a racist incident](#) – practical steps to support managers in responding effectively.
- [Being an Ally toolkit](#)
- [Developing a collective understanding of racism and discrimination](#)
- [Bystander toolkit](#) – practical guidance for bystanders who witness racism
- [How to report a hate crime](#) – clear guidance on routes for reporting and accessing support

NIHR RSS Specialist Centre for Public Health – catch up on previous research webinars

[Writing a grant application](#)

[Evaluating public and community involvement](#)

[Introduction to research methods](#)

[How do we use lived experience to create research?](#)

[Public and community involvement](#)

[Introduction to health economics](#)

[Introduction to qualitative methods](#)

Understanding Mental Health Research – Free NIHR E-Learning Course

Are you working in public health, mental health, or primary care and want to build your confidence in shaping and delivering impactful research? This free e-learning module from NIHR is designed to develop your knowledge and skills in public mental health research. Whether you're new to research or looking to take your ideas further, this course offers practical guidance and inspiration.

What you'll gain:

- A deeper understanding of why evidence matters in public mental health commissioning, policy, and practice
- Increase your knowledge of public mental health research and project development
- Confidence to shape research priorities, generate ideas, design studies, and seek funding
- A shared vision for tackling public mental health challenges collaboratively across disciplines

Course structure:

5 interactive sessions with self-testing questions and links to further resources.

Sessions 1–3: Introductions to public mental health research, research development, and study design.

Sessions 4–5: Practical guides to writing a research proposal and applying for funding — ideal if you already have a research question in mind.

Each session can be completed independently, with the full course taking around 5 hours.

The E-Learning module is available through NIHR learn. You can access the course using this link:

<https://learn.nihr.ac.uk/course/view.php?id=1322>

You will need to create an NIHR Learn account to access and enrol onto the course.

Public Health Intelligence Online ([PHI/Online](#)) from the Office for Health Improvement and Disparities (OHID) brings together the public health intelligence community of England to connect with their Local Knowledge and Intelligence Service and the wider public health intelligence (PHI) community, discover the resources open to them and learn and develop their analytical skills.

PHI/Online aims to become a one-stop-resource for public health intelligence content, including:

- News and events
- Training
- National discussion forum
- Tools and resources
- Regional areas for local resources and local discussion

If you are not already registered with FutureNHS you will be required to sign up and then navigate to the Public Health Intelligence Online workspace. By joining this group, you will be added to the LKIS national member database held centrally by LKIS. This database is used as a secondary resource to send out information on events, updates and training opportunities related to LKIS and other related stakeholders. If you do not wish to be part of this list, please email LKISNorthEastandYorkshire@dhsc.gov.uk

Foundation Programme in Public Health

Are you looking to enhance your ability to improve public health and tackle health inequalities? The **Foundation Programme in Public Health**, accredited by the Royal Society for Public Health, offers you the chance to gain essential core public health skills to drive meaningful health initiatives in your community.

Available for professionals across **Yorkshire and the Humber** and the **North East regions**, this flexible online programme provides you with the knowledge and tools needed to make a real impact.

The programme is structured into **two levels**, each consisting of four interactive sessions, lasting just **three hours each**—perfect for fitting around your busy schedule. Delivered by experienced public health specialists, it's the ideal way to strengthen your expertise in a supportive online environment.

No prior qualifications are needed to join, although you should be working in a role where you can influence public health.

This is a fantastic opportunity to develop your skills and expand your capacity to improve population health. For more information and to register visit this webpage: <https://sway.cloud.microsoft/rMyGw3Ox3inkPnJq?ref=Link&loc=mysways>

e-learning for healthcare (e-LfH)

[e-LfH](#) is an award winning programme offering e-learning to support the health and care workforce, with hundreds of learning opportunities, including many related to [public health](#). For example, the Population Health Management Programme includes:

[Introduction to Population Health Management](#) – what it is, why it's important and what you need to get started

[Assessing Needs](#) - this session describes the main stages in the process to assess needs of a population

[A Practical Introduction to Population Segmentation](#) - a practical step by step run through of the methods needed to undertake population segmentation as part of a population health management approach, with signposting to complementary resources, examples and user stories

[Risk Stratification](#) - a practical run through of the methods needed to undertake risk stratification as part of a population health management approach

[Introduction to Population Health Surveillance](#) - this session describes the concept of population health surveillance and how it can be used to identify and monitor threats to the health of the population, so that actions can be taken.

[Public Health Ethics](#) including an introduction, basic theoretical underpinnings, frameworks and case studies

[Health Equity Assessment Tool \(HEAT\)](#) e-learning goes step by step through this tool to systematically identify and address health inequalities and equity in work programmes or services.

Population Health Academy

The Population Health Academy on [FutureNHS](#) is for anyone using data and insights to improve patient care, drive collaboration and prioritise prevention through place-based partnerships and integrated neighbourhood teams.

A suite of PHM communications assets is now available to help systems promote local and national eLearning offers.

These [assets](#) bring together messaging on health inequalities, PHM, personalised care and prevention. They include a messaging framework '**Know, Connect, Prevent**', a short explainer film **[PHM: proactive, targeted healthcare for your community](#)** and three short films showing 'what PHM means to me' as a GP, public health specialist and voluntary sector worker. There are also social media clips, infographics, screen savers and e mail signatures. The assets were co-produced with system communication and engagement leads.

Population Wellbeing Portal

Health Education England (HEE) worked with Public Health England (PHE), the Academy for Public Health for London and Kent, Surrey and Sussex and the Faculty of Public Health to develop a [Population Wellbeing Portal](#) within e-LfH.

The portal offers free e-learning resources, training and education in population health, wellbeing and prevention. It provides a central location for free training and education resources relating to the health and wellbeing of the public including links to e-learning, toolkits, videos, webinars and various publications. Whatever your involvement with the public, these resources will support you in expanding your knowledge and skills to enable you to influence the health of the population.

Highlights:

- [Public Health Professionals](#) which includes learning on Literature Searching, Public Health Intelligence and Health Economics and Prioritisation in Public Health
- [Health Inequalities](#) - to learn about health inequalities, the effect of these on the quality and length of life of our populations and how sectors and communities can work together to tackle these

Health Protection modules now available: Fundamentals of Health Protection

These sessions have been developed to introduce the foundation skills required for people working within health protection teams.

It will support health protection teams to protect individuals, groups and populations from infectious disease and non infectious public health threats including radiation, chemical and environmental hazards, and manage and minimise the risk of vulnerability to public health events.

The programme includes the following sessions:

1. Introduction to health protection
2. The core principles of infectious disease transmission
3. Health protection case investigation & response
4. Core principles of infectious disease outbreak management

Key audiences for this programme are new team members working in regional health protection teams including specialist registrars and health protection practitioners.

See the following [link](#) for more information.

All our Health e-learning

Interactive All Our Health e-learning sessions are available through e-LfH to increase the knowledge, confidence and skills of all health and care professionals in embedding prevention in their day-to-day practice.

There are currently e-learning sessions available for the following topics:

- adult obesity
- air pollution
- alcohol
- antimicrobial resistance
- best start in life
- cardiovascular disease prevention
- child oral health
- childhood obesity
- climate change
- county lines exploitation
- dementia
- early adolescence
- falls and fractures
- financial wellbeing
- giving children the best start in life
- health disparities and health inequalities
- healthy ageing
- healthy eating
- homelessness
- immunisation
- inclusion health
- mental health & wellbeing
- misuse of illicit drugs and medicines
- musculoskeletal health
- NHS health check
- physical activity
- population screening
- sexual and reproductive health and HIV
- smoking and tobacco
- social prescribing
- speech, language and communication
- vulnerabilities and Trauma-informed practice
- workplace health

To access the e-learning sessions visit: www.e-lfh.org.uk/programmes/all-our-health/.

A new social care e-learning resource has been designed to promote ten public health tips that can be used by the adult social care workforce to maximise their public health impact in improving population health and reducing health inequalities. Please click [here](#) to access it.

Resources on Sustainable Development and Climate Change

These resources have been created by members of the Faculty of Public Health Sustainable Development Special Interest Group (FPH SD SIG). They aim to support **specialty registrars** and their **educational supervisors** in meeting Faculty of Public Health learning outcomes. They also offer information for all **consultants** and **practitioners** in public health on sustainable development and climate change.

Each resource is a two-page introductory summary of a major topic in sustainable development, with references and signposts to more detailed information, explaining the relationships between the work of public health practitioners, the causes and effects of climate change, and health.

Eleven resources are currently uploaded – 8 “knowledge” resources:

[K1 Principles of sustainable development](#)

[K2 Sustainable economy](#)

[K3 Climate change – overview](#)

[K4 Health impacts of climate change](#)

[K5 Health benefits of action on climate change](#)

[K6 Natural capital and ecosystem services](#)

[K7 Sustainable food systems](#)

[K8 Population stabilisation](#)

and 3 “action” resources:

[A1 Reducing greenhouse gas emissions \(mitigation\)](#)

[A5 Health and nature](#)

[A8 Adaptation to climate change and health](#)

CPD questions are included at the end of each resource. Where appropriate, answers can be found in the PDF “CPD Model Answers”.
<https://www.fph.org.uk/policy-campaigns/special-interest-groups/special-interest-groups-list/sustainable-development-special-interest-group/resources-on-sustainable-development-and-climate-change/>

They will be updated periodically by the FPH SD SIG. Comments and suggestions for improvement are welcomed at any time. If you have any comments or suggestions for improvement, please email sdsig@fph.org.uk

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Recordings from a **Health Inequalities Webinar series** from South West Population and Public Health Academy are available to colleagues.

The 2024 and 2025 series have included:

- Self-harm
- Childhood obesity
- Healthy Weight
- Planning and Health

There is also a **South West Behavioural Science Hub** which includes webinars to introduce you to behavioural science, understand the models and concepts and how they can be applied in practice.

The target audience for these webinars is anyone working in the health and care system who wishes to understand more about behavioural science and how this can be applied in your own area of work.

All of the resources above can be accessed via the NHS Futures Platform here: <https://future.nhs.uk/SWPopulationandPublicHealth>

FutureLearn

FutureLearn offers time-limited access to free online courses from leading universities and specialist organisations, with groups of learners taking part together (but at a time to suit themselves). To view available courses, see: <https://www.futurelearn.com/> e-mail alerts can be set up to be notified of start dates and new courses. **Every run of a course has a set start date but you can join it and work through it after it starts. Please look for the free option.**

Examples of courses on offer:

Subject	Description	Duration
Planning for a Healthier Food Environment	In this course, developed by OHID, UKHSA and Fuse, you will discover will how urban planning and public health intersect to create healthier communities. With practical applications and illustrative insights, this course will help you achieve strategic public health priorities while supporting sustainable economies. Planning for a Healthier Food Environment - Online Course - FutureLearn	4 weeks, 2 hours per week. Available now.
Starting Out in Health and Social Care Research	Get step-by-step guidance on every stage of the research process to kickstart your career in health and social care research. Starting Out in Health and Social Care Research - Online course - FutureLearn	8 weeks, 2 hours per week. Available now. A free upgrade of this course is available for NHS and NHS-affiliated staff.
Heart Health: A Beginner's Guide to Cardiovascular Disease	Learn more about how your heart works, the causes of heart disease and how to keep your heart healthy. https://www.futurelearn.com/courses/heart-health	4 weeks, 5 hours per week. Available now.
Musculoskeletal Health: A Public Health Approach	Learn about the important public health messages of how to maintain good musculoskeletal health (MSK). Musculoskeletal Health - Public Health Course - FutureLearn	3 weeks, 2 hours per week. Available now.

Free courses are also available through the Open University's **OpenLearn** platform [here](#). While you can access all OpenLearn material without creating an account, doing so enables you to enrol on courses, which means that you can save your progress and earn statements of participation and digital badges.