

Remote access/face to face learning opportunities

<p>NEW 25 Feb 26</p>	<p><i>Introduction to research in public mental health</i> Launch webinar for the new '<i>Introduction to Public Mental Health Research</i>' E-learning course developed for NIHR Learn.</p> <p>An innovative resource for building confidence, knowledge and skills in public mental health research for people working primary care, mental health and public health.</p> <p>The event will include guest speakers involved in the development of the course from the Royal College of Psychiatrists, Kent and Medway Mental Health NHS Trust, Kent County Council and our Public Involvement team.</p>	<p>12:00-13:00 Online</p>	<p>Register here</p>
<p>NEW 3 Mar 26</p>	<p><i>Working Together for Better Health Literacy</i> This event will bring together people from across the North East and North Cumbria who have an interest in health literacy. It provides an opportunity to reflect on what has been achieved across the region so far and to explore priorities and next steps for the future.</p>	<p>08:30-16:30 Royal Station Hotel, Neville Street, Newcastle upon Tyne</p>	<p>This event is open to anyone working in health and care in the North East and North Cumbria who has an interest in health literacy.</p> <p>Register here</p>

Public Health CPD Calendar 2026

<p>NEW 5 Mar 26</p>	<p><i>Introducing the NIHR School for Public Health Research (SPHR) Young Person's Advisory Network (YPAN)</i> In this session, Rachel Proctor will talk about what the NIHR SPHR Young Person's Advisory Network (YPAN) is and why having a YPAN is important in public health research. The session will explore how the YPAN got started, what is meant by the 'hub and spoke' model, and how to get involved either as a researcher, public partner or relevant organisation. Rachel will share some valuable lessons learned along the way and examples of good practice.</p>	<p>15:15-16:00 Online</p>	<p>Information on speaker can be found here Register here</p>
<p>NEW 5 Mar 26</p>	<p><i>PHI/Exchange</i> At a time when resources and capacity are stretched, these webinars help us to more effectively draw on the expertise across the public health intelligence community and share learning beyond regional boundaries, from Berwick-upon Tweed to Bournemouth and from Great Yarmouth to Gloucester. As always, regional LKIS teams will continue to facilitate local networks and provide support for any bespoke local requests.</p>	<p>10:00-12:30 Online</p>	<p>The events provide a forum for public health intelligence analysts across the country to hear the latest updates, share local work, and network with peers. Register here</p>
<p>10 Mar 26</p>	<p>Fresh lunchtime learning - Economic Impact of Smoking We will be joined by Dr Tessa Langley, Associate Professor in Public Health Economics and Evaluation at the University of Nottingham, who will explore the economic impact of smoking on communities and the significant benefits of smoking cessation. The session will highlight how reducing smoking prevalence can free up disposable income, strengthen local economies and help reduce socioeconomic inequalities, alongside discussion of the forthcoming Vaping Products Duty and its potential implications.</p>	<p>12:30-13:30 Online</p>	<p>Register here</p>

Public Health CPD Calendar 2026

<p>NEW</p> <p>12 Mar 2026</p>	<p>Long-term conditions in the workplace: a guide for employees and employers launch webinar</p> <p>The guide helps employees and employers take action, communicate openly about health, and put simple adjustments in place so everyone can succeed</p> <p>The University of Aberdeen Business School and the Bradford District and Craven Multi-system Rehabilitation Service developed the guide using feedback from a survey of around 240 people about working while living with a long-term condition. The guide shows how long-term conditions can affect work, clarifies what 'reasonable adjustments' mean under the Equality Act, and gives managers and employees practical steps to work together confidently.</p> <p>The webinar will introduce the guide, show how to use it in everyday workplace situations and highlight why supportive conversations about health and work matter.</p>	<p>13:00-14:00</p> <p>Online</p>	<p>This webinar is aimed at:</p> <ul style="list-style-type: none"> • people of working age living with a long-term condition • managers and employers • healthcare professionals and those supporting people to stay in or return to work <p>Register here</p>
<p>NEW</p> <p>19 Mar 2026</p>	<p>Evaluating NHS-based Tobacco Dependence Services across England: What have we learned? And next steps</p> <p>Smoking remains a leading cause of illness and health inequality in England. Helping people to stop smoking while they're in hospital is important for treating this preventable long-term condition.</p> <p>This one-hour webinar hosted by Newcastle University and the NIHR Applied Research Collaboration (ARC) North East and North Cumbria will cover:</p> <ul style="list-style-type: none"> • The latest research on the implementation and impact of Tobacco Dependency Services delivered in NHS Settings in England • A walkthrough of a co-produced evaluation toolkit, 'STEPS', to support practitioners to evaluate their services locally 	<p>12:00-13:00</p> <p>Online</p>	<p>This session is aimed at those who have an interest or a role in the treatment of tobacco dependency and service evaluations, including academics, policymakers and third sector organisations.</p> <p>Register here</p>

Public Health CPD Calendar 2026

<p>NEW 16 Apr 2026</p>	<p>Brighter Futures Conference: Connecting lived experience, research, policy and practice to improve health outcomes with young people in the North East Brighter Futures is a collaboration between the NIHR funded Gateshead Health Determinants Research Collaboration (HDRC), Newcastle University, Youth Focus North East, Fuse – Centre for Translational Research in Public Health, and NIHR Applied Research Collaboration (ARC) North East and North Cumbria. Young people have been involved in the planning of this conference and will also be involved in its delivery. It will include a range of presentations and interactive workshops aimed at developing meaningful collaborations and the exchange of ideas amongst researchers, practitioners, young people, and policy makers.</p>	<p>10:00-16:00 Baltic, Gateshead</p>	<p>This event is designed to Connect lived experience, research, policy and practice to improve health outcomes with young people in the North East.</p> <p>Register here</p>
<p>NEW 21 May 26</p>	<p>Understanding the NIHR research portfolio, the PH Specialty Lead Role and support available This event will aim to champion public health research, support research delivery, and help make connections amongst Trusts, local authorities, and researchers within the NENC to support public health research studies. All speakers will outline their role, remit, and support they can provide to you.</p>	<p>13:30-15:00 Online (Zoom)</p>	<p>Anyone wanting to know more about the support available from across the NIHR for carrying out public health research. It will also offer a chance to understand where public health SGLs can help support in the delivery of research.</p> <p>Register here</p>

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](#)

[Introduction to research methods](#)

[Public and community involvement](#)

[Introduction to qualitative methods](#)

[Evaluating public and community involvement](#)

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

[Introduction to health economics](#)

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

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

Public Health CPD Calendar 2024

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
- Health Visitors
- Healthy Weight
- Planning and Health
- Fuel Poverty
- Liver Disease
- Anchors in Policing

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>

Public Health CPD Calendar 2024

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 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.