

Broadly Speaking

ABOUT HEALTH AND ITS DETERMINANTS



About this course:

All planning, policies and actions can potentially affect the health of the community. Broadly Speaking is a free training course that brings together people from across local and regional government, the health sector, and a wide variety of other organisations, to unpack the complexities of wellbeing in our population.

Through a series of workshop-based discussions and activities, Broadly Speaking is designed to encourage collaborative action by inspiring you to broaden the role that you play in advocating for improved population health outcomes.

The programme draws on the experiences and knowledge of the participants. Participants are able to look at a relevant issue through a completely different lens, and hear a wide variety of perspectives. Broadly Speaking helps you

identify potential opportunities and partners as you plan next steps for positively influencing community wellbeing.

Experienced facilitators and public health practitioners from Community and Public Health deliver the programme over two half-day sessions.

What you will be learning:

Through this course you will:

- Explore factors or 'broad determinants' that impact upon the health of individuals, communities and populations.
- Consider actions that can address the causes of poor health and health inequities.
- Identify opportunities to plan for positive population health outcomes that are relevant to your role and workplace. Learn the power of wider conversations to bring about change.
- Leave with a plan of action – knowing what your next step will be.

"The training was thought provoking and well facilitated, broadening my understanding of the factors that shape the health of our community. The materials and format sparked important conversations about how we can bring others to the table, and work together to create a healthier and more liveable city."

City of Greater Bendigo Mayor
Councillor Margaret O'Rourke

"Attending this course gave me an overview and understanding about health determinants in relation to my work."

Christchurch City Council, Strategy and Planning Officer

Who is this course for?

- Staff from local government organisations concerned with health and wellbeing
- People working in the Canterbury or West Coast health system
- Anyone working towards improving the health and wellbeing of their community

What does this course involve?

- Pre-workshop reading and reflection is required prior to each session (approximately 30 minutes).
- Two half-day interactive sessions held two weeks apart.
- Developing a plan for positive action.

"This is a really stimulating and thought provoking course. It is relevant to any industry or sector that is involved in the delivery of services to individuals or community. I highly recommend it."

Chief Resilience Officer

2023 course dates:

COURSE 1

Wed 8 March &
Wed 22 March

COURSE 2

Wed 17 May &
Wed 31 May
ACCESSIBLE VENUE

COURSE 3

Wed 9 August &
Wed 23 August

COURSE 4

Wed 8 November &
Wed 22 November

Facilitators: Experienced practitioners from Community & Public Health

Location: Christchurch CBD
(details confirmed on registration)

Time: 8:30am - 12:30pm

Cost: Free

Keen to register?

Contact hiap@cdhb.health.nz

If you have questions or don't receive a confirmation within a week please phone 03 364 1777.

"Attending helped me to remember the reasons I became a health professional and inspired me once again to do my best, on many levels, for those I work with."

Occupational Therapist

"Excellent course. Refocused my awareness of the social determinants of health. Great to add the big picture to the day to day interface with people."

Service Manager

"Our discussions about population health outcomes within a multicultural context helped clarify my thinking. In particular, it helped provide clarity when conversations considered a Treaty lens on equity, then considered the more general idea of fairness, within Aotearoa."

Physician