**Health Literacy Training**

**19 February 2025, Wigton Hospital**

**09:30am – 10:30am**

**Health Literacy Awareness**

Ever wondered what health literacy is all about? Want to know why it matters and how it can help? This session will give you a short introduction to health literacy. You will find out what health literacy is and what you can do to make it better. You’ll learn how it affects patients, carers, families and the wider community and how better health literacy can make it easier for everyone to engage in their health and wellbeing.

**11:00am – 12:30pm**

**How to Write Simply**

Got some health information to write and don’t know where to start? Want to know how to make your writing easy for everyone to understand? This session will show you how to write clearly and simply. We’ll give you tips and tools to help make your writing as readable as possible. When health information is clear and simple, people understand their health better. They can make more informed choices and be more active in their health and wellbeing.

**Lunch break 12:30pm – 13:00pm**

**13:00pm – 15:00pm**

**Speaking Simply**

This session will make you aware of the importance of good communication. You will learn about the impact that low health literacy has on people and organisations and when verbal interactions can be improved.

During this interactive session you will learn some tips and techniques for making your conversations engaging and impactful.

This training will take place in the Learning Hub at the Cumberland Infirmary.

The room is located in the main hospital building on the lower ground floor, next to the restaurant.

You can bring your own lunch or there is a restaurant, shop and coffee shop on site.

Please email stsft.nenchealthliteracy@nhs.net if you are interested in attending.

[Regional Health Literacy Team | North East and North Cumbria NHS (northeastnorthcumbria.nhs.uk)](https://northeastnorthcumbria.nhs.uk/our-work/workstreams/health-and-prevention/regional-health-literacy-team/)