



**FUNDED**

## **NHS Health Checks Bitesize Training Sessions**

Public Health invite you to attend free NHS Health Checks bitesize training sessions designed to support you to effectively deliver NHS Health Checks and improve your knowledge and understanding of current best practice.

### **About the sessions**

Topics covered will include behaviour risk factors for cardiovascular disease, and training on skills and tools required to deliver NHS Health Checks. Please visit the registration page for more information about each session.

Are there are training topics not currently covered that you would like us to include? Please let us know via this this link: [Register your interest](#)

### **Who can attend?**

Sessions are open to clinical and non-clinical staff involved in the organisation or delivery of NHS Health Checks in Hampshire or the Isle of Wight.

### **Where are sessions held?**

Sessions are virtual, held via Microsoft Teams

<b>Topic</b>	<b>Date</b>	<b>Time</b>	<b>Registration</b>
<b>Alcohol &amp; NHS Health Checks</b>  Delivered by Inclusion Hampshire/IOW	Tuesday 27 January 2026	13:00-14:00	<a href="#">Click to register</a>
<b>Physical activity &amp; NHS Health Checks</b>  Delivered by Energise Me	Wednesday 11 February 2026	13:00-14:00	<a href="#">Click to register</a>

<b>Smoking cessation &amp; NHS Health Checks</b>  Delivered by SmokeFree Hampshire/Island	Tuesday 10 March 2026	13:00-14:00	<a href="#">Click to register</a>
<b>Weight management &amp; NHS Health Checks</b>  Delivered by Gloji Hampshire/IOW	Tuesday 17 March 2026	13:00-14:00	<a href="#">Click to register</a>
<b>Alcohol &amp; NHS Health Checks</b>  Delivered by Inclusion Hampshire/IOW	Wednesday 13 May 2026	13:00-14:00	<a href="#">Click to register</a>
<b>Physical activity &amp; NHS Health Checks</b>  Delivered by Energise Me	Wednesday 10 June 2026	13:00-14:00	<a href="#">Click to register</a>
<b>Smoking cessation &amp; NHS Health Checks</b>  Delivered by SmokeFree Hampshire/Island	Wednesday 16 September 2026	13:00-14:00	<a href="#">Click to register</a>
<b>Weight management &amp; NHS Health Checks</b>  Delivered by Gloji Hampshire	Wednesday 11 November 2026	13:00-14:00	<a href="#">Click to register</a>

### **Key contacts**

If you have any questions about the sessions, please contact the NHS Health Checks team at: [hcc.hampshirehealthchecks@hants.gov.uk](mailto:hcc.hampshirehealthchecks@hants.gov.uk)

### **Data protection statement**

Hampshire County Council is committed to keeping your personal information safe and processing it in accordance with our obligations under the General Data Protection Regulation. All individual responses will be kept confidential and will comply with the requirements of the council's privacy policy.

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<https://www.hants.gov.uk/aboutthecouncil/privacy/privacy-general-notice>