

## **HEALTH ISSUES in the COMMUNITY**

### **Extended Short Course option – Community engagement/involvement**

**(Approximately 9 Hours delivery time)**

#### **Introduction**

This course has been designed as a “mini” HIC course covering most of the key concepts in the full course but in a much shortened timeframe. Consequently topics are not covered in as much depth as the full course. In this short version there is no direct community research or presentation (Unit 7). Instead participants will be asked to set up and take part in a “Question Time” session. See Session 4

This course is not accredited

#### **Pre planning**

The last session, Session 4, involves setting up a “Question Time” event where you will need to invite 3 or 4 Decision makers from local services to take part. You should make contact with the people you want to take part as panel members to ensure they have time to attend and get it in their diaries. If necessary you can hold that session back by a further week so that they can attend. At the end of each of the first 3 sessions take 5 minutes to discuss and agree what the questions for the “Question Time” panel will be and who is going to ask them. Five or Six questions should be enough. Try and get as many members of the group to take part.

If anyone in the group is unfamiliar with the format of “Question Time” let them know when it’s on TV so they can watch it.

## **Session 1 – Social Model of Health**

- Introductions/Ice-Breaker (15 mins): Unit 1 Exercise 1
- What affects our Health (60 mins) – interactive exercise exploring the social model of health: Unit 1 Exercise 5
- Medical and Social Explanations (30 mins) – exercise looking at key aspects of social and medical models and the links between them: Unit 1 Exercise 6
- Different Views (30 mins) – exercise exploring differences between lay and professional perspectives on health: Unit 2 Exercise 4
- Preparation for Question Time questions (5 mins)

(Session Time –c 2 hours 20 mins)

## **Session 2 – Inequalities, Equity and Health**

- Barriers and Choices (30 mins) – interactive exercise exploring key aspects of inequality in relation to people’s health choices: Unit 3 Exercise 2
- Facts, Figures and People’s Stories: *focusing on local Community Health Profiles* (45 mins) – an opportunity to analyse key statistical information in relation to identifying health need: Unit 3 Exercise 3.

Note this is a shorter time than allocated in the full course and may require you to provide the information rather than participants doing their own research. Prior preparation required.

- The Meaning of Equity in Health: *the biscuit game* (30 mins) interactive exercise exploring resource allocation on the basis of need (equity rather than equality): Unit 4 Exercise 4
- From Social Exclusion to Social Justice (30 mins) – action-planning exercise looking at removing barriers to health improvement. Unit 4 Exercise 5
- Preparation for Question Time ( 5mins)

(Session Time – c 2 hours 20mins)

### **Session 3 – Power and Participation**

- The Power Chair Game (15 mins) – interactive exercise that explores some key aspects of power: Unit 5 Exercise 2
- Participation (45 mins) – exercise that looks at levels of participation as well as removing barriers to participation: Unit 5 Exercise 5
- A Community Development Approach) (1 hour) (*including short input on Community Empowerment dimensions – (handout C TO F Unit 6) - Brief exploration of some key aspects of community development and use of a case study to relate these to a practical context*
- Preparation for Question Time questions (5mins)

(Session Time – c 2 hours 5 mins)

## **Session 4 – Democracy and Decision-Making**

- Consumers and Citizens (45 mins) – exploration of the key elements and distinctions between citizenship and consumerism
- Review questions in light of the content of last session (5 mins)
- Break and set up for Question Time (10 mins)
- Question Time (30 mins)
- Reflection (30 mins)
- Evaluation (15 mins)

(Session Time – c 2 hours 15 mins)