

## Square Mile Health: Corporate Training and Services

Square Mile Health is a dedicated team of health and wellbeing practitioners who work alongside professionals in the City. We support our clients to make incremental changes that transform their health and productivity, to great personal and professional gain. With alcohol related sickness costing London business £2 billion a year and recent home office figures suggesting that Britons are the highest consumers of cocaine in Europe, our sessions look at the problems associated with drugs, alcohol and tobacco. The interactive nature of the sessions allows for questions and answers throughout and details of further information and support is provided.

Services are free of charge for organisations based in the City of London. Talks are designed to be an hour long but can be adapted to suit the needs of the organisation.

### **Champagne and Cocaine in the City: Breaking the Trend**

In the heart of a City that doesn't sleep, Alcohol and Cocaine are popular choices to combat stress, fatigue, long hours and depression. But how are these drugs really affecting you? This interactive session aims to educate and raise awareness of the risks involved in drug and alcohol use. Participants will leave with knowledge that will help them to be safer in their own lives, and that they can pass on to family, friends and colleagues.

By the end of this presentation, attendees will:

- Know key information about alcohol and cocaine
- Know about units and the recommended daily and weekly limits of alcohol
- Understand the effects of short-term and prolonged use
- Be equipped to recognise the signs and symptoms of drug and alcohol misuse
- Understand what to do and where to turn to if they, or someone they know, is experiencing issues with drugs or alcohol

\*This presentation can be adapted for Managers and HR teams to be more focused on identifying signs and symptoms, and providing support to employees\*

### **Healthier Living: Smarter Choices with Alcohol and Tobacco**

This talk examines the health risks associated with both alcohol and smoking, highlighting the effects they have on work productivity and absenteeism. With activities and interactive discussions, this session will give participants the tools they need to drink more safely and quit smoking for good. Information about our Stop Smoking Clinics is provided and direct referrals can be made.

\*This talk can also be adapted to contain less text and be more interactive if language is a barrier\*

By the end of this presentation, attendees will:

- Understand the health risks associated with alcohol and smoking
- Know about units and the recommended daily and weekly limits of alcohol
- Be equipped to recognise the signs and symptoms of alcohol abuse
- Know what to do if they, or someone they know, is experiencing problems with alcohol
- Understand what happens to their body when they stop smoking
- Know where to get free stop-smoking advice

### **Sugar and Spice: Novel Psychoactive Substances**

What do plant food, bath salts and incense all have in common? This training session focuses on the new psychoactive substances that have become popular in recent years, especially amongst young people. With the introduction of the Psychoactive Substances Act in 2016, the growing trend of online drugs shopping, and the high number of NPS-related casualties across the country, we need to be aware of these so-called “Legal Highs”.

This presentation will educate and inform attendees of:

- What novel psychoactive substances are
- Current legislation
- The effects of short-term and prolonged use
- What to do if you or someone you know is experiencing issues with NPS

### **Kicking the Habit: How to be Smoke-free**

While smoking prevalence has decreased dramatically in the last decade, around 1 in 6 Londoners still smoke cigarettes daily. This fun and interactive session looks at what is in each cigarette you smoke and the effect this has on your body. We dispel the myths around nicotine replacement therapies and e-cigarettes, as well as providing practical tips on how to quit for good.

Information about our Stop Smoking Clinics is provided and direct referrals can be made.

By the end of this presentation, attendees will:

- Understand the health risks associated with smoking
- Identify where you stand on the cycle of change
- Understand what happens to your body when you stop smoking
- Know where to get free stop-smoking advice

### **Do your kids know more than you?**

In a world where anything is an internet search away, how do we keep our children safe from drugs? This session is aimed at parents and guardians of young people who may be at an age where they are curious about drugs and alcohol. Increasing your own knowledge and knowing how to have those tricky conversations is key to helping kids make confident and informed decisions.

This presentation will educate and inform attendees of:

- Reasons why young people experiment with drugs
- Drugs and the law
- Short and long-term effects of alcohol, cannabis, “party” drugs and “legal highs”
- Signs and symptoms that indicate drug and alcohol use
- Top tips for having conversations about drugs

### **Awareness Stalls**

Our health and wellbeing practitioners are fully trained and provide expert information and advice on drugs, alcohol and tobacco. These stalls have been proven to incite positive lifestyle changes, even from very brief interactions. Our awareness stalls comprise a huge variety of interactive materials, including up-to-date leaflets, factsheets and a range of fun props. Participants will have an opportunity to test their lung Carbon Monoxide levels and to try on “Beer Goggles” to see just how much alcohol can affect their coordination and balance.

### **Naloxone training:**

This training is designed for staff whose role includes providing overdose prevention and intervention to people who are likely to witness an overdose (e.g. police officers and community workers). Our aim is to improve the awareness and uptake of Take-Home Naloxone (THN), and to ensure people know how to use Naloxone correctly.

\*Please note the duration for this training is two hours\*