

# **YOUR DEVELOPMENT** **MATTERS**

University Hospitals  
of Morecambe Bay  
NHS Foundation Trust



## ***“Healthy English”***

East Cheshire Trust have developed a website to support staff working in healthcare who may need extra support with English especially where it is not their first language. The website has a range of resources and materials that can be dipped into or adapted to meet individual needs. To find the website go to:

<https://www.nwyhelearning.nhs.uk/elearning/northwest/CheshireICT/Project/HealthyEnglish/html/#/>

## ***Understanding Cardiovascular Disease***

The University of Leeds are offering a free online two week course on “Causes of Human Disease: Understanding Cardiovascular Disease”. The course will look at normal cardiovascular function and risk factors associated with heart attack and stroke such as blood pressure and blood sugar control. It will also explore current management and prevention strategies.

For more information go to: [https://www.futurelearn.com/courses/human-disease-understanding-cardiovascular-disease?utm\\_campaign=fl\\_july\\_2020&utm\\_medium=futurelearn\\_organic\\_email&utm\\_source=newsletter\\_broadcast&utm\\_term=200710\\_GNL\\_UK&utm\\_content=course03\\_cta](https://www.futurelearn.com/courses/human-disease-understanding-cardiovascular-disease?utm_campaign=fl_july_2020&utm_medium=futurelearn_organic_email&utm_source=newsletter_broadcast&utm_term=200710_GNL_UK&utm_content=course03_cta)

## ***Build Confidence with Public Speaking***

London Communicators, which is part of Toastmasters International, are running a free online meeting where you can learn some tips and tricks to inspire and motivate you with public speaking. You will hear some prepared speeches and some impromptu speaking where people receive personalised and positive feedback. This might be useful whether it is for work or for a special occasion or just because you want to get better at this skill. For more information and to register go to:

<https://www.eventbrite.co.uk/e/build-confidence-with-public-speaking-tickets-67933810857?aff=ebdssbdestsearch>