

# HEALTHY EATING & WEIGHT MANAGEMENT

## VIRTUAL TRAINING

### FOR LEARNING DISABILITY & MENTAL HEALTH CARE HOME STAFF

Alex Larkin, Specialist Dietitian for Adults with a Learning Disability, is delivering training to care home staff.

The training is delivered virtually, on Microsoft Teams.

The training is 2 hours long, including a short break and time for questions.

Sign up to a session here: <https://forms.office.com/r/aPM5GypW3c>

Staff will receive a certificate of attendance after the session, and lots of resources to download, keep & use at work.

#### Care Home Staff will learn about:

- The importance of a healthy balanced diet, including information about each of the food groups and The Eatwell Guide.
- How to achieve a healthy balanced menu plan & diet for your residents.
- The challenges of achieving a healthy weight & diet for those with a Learning Disability / Severe Mental Illness.
- Understanding Mental Capacity & Informed Choices, and how this relates to dietary choices/decisions.

#### Feedback from staff who have attended a session:

*"I found the visual portion sizes very helpful. I have come away with some useful ideas"*

*"The training was informative. Staff can become confident in preparing balanced diet"*

*"It was productive. I learned more about healthy eating for our service users"*

*"Thank you for a fantastic training session!"*

*"The trainer was knowledgeable and elaborated the information well"*

- 76% of attendees found the content of the training **excellent**. The remaining 24% found it to be **good**.
- 56% of attendees reported learning **a lot of new information** during the training session and the remaining 44% learned **some new information**.