Food & Health Training Programme
April 2014 – March 2015

Providing you with the knowledge, skills and motivation to support others to eat well

Published April 2014
Our Philosophy and our Courses

This Food and Health Training Programme aims to provide a comprehensive overview and basic training in several topics related to nutrition and health. The types and amount of food people choose to eat has a profound effect on both their short and long-term health.

We believe promoting good nutrition from the start is everyone’s responsibility. Our courses provide up-to-date, evidence-based information and practical advice to enable participants to present consistent healthy eating messages and create a supportive environment. Together, we can make a difference.

All our courses are free of charge for NHS employees or employees of selected partner agencies. If your organisation is a non partner agency a cost of £45 per delegate will be charged for each course and a cheque payable to NHS Bolton Foundation Trust should be included at the time of booking. If you are unsure as to whether your organisation is a partner agency then please ring to discuss.

All courses will be delivered at Breightmet Health Centre, however please check the specific course dates and times as these may vary. Lunch is not provided, but there is access to a refrigerator, microwave and staff room so recommended you to bring lunch. Refreshments will be provided throughout the day.

We do ask that if you are unable to attend that you let us know by telephone or email at the earliest opportunity so we are able to give your place to someone else.

We will contact anyone who fails to attend and notify us in advance and also ensure their manager is informed.

How to Apply

To attend a course a booking form must be completed with line managers approval and payment (if applicable). Places will be offered on a first come, first served basis therefore it is recommended that you give a choice of 2 possible dates. Confirmation of your booking will be sent via email.

By email:
Email jo-ann.hatton@boltonft.nhs.uk

By Post:
Print off and complete the application form included in this programme (you may use the same form for multiple courses) and return to:
Food & Health Training, Clerical Officer - Therapy Admin Team, Breightmet Health Centre, Breightmet Fold Lane, Bolton, BL2 6NT
The Food and Health Training Programme is delivered over 2 levels. It is strongly recommended that all participants undertake the Level 1 course: Eat Well, Feel Well before any of the other courses as this will provide participants with the basic underpinning knowledge needed for the rest of the courses. It is not essential on every course however, so please check attendance criteria of each course. Each course outline also gives details on the target audience to ensure the training is relevant for participants’ roles.

**Level 1:**
Ideal for anybody

- Eat Well, Feel Well

**Level 2:**
For specific target audiences

- Feeding babies and toddlers
- Food Allergy & Intolerance in Children
- Adult Weight Management

**Bespoke Training**

If there are enough people within your organisation, some of the courses may be brought to you. We will also endeavour to offer bespoke training to meet the needs of your service wherever possible. Please contact us at the email below to discuss your requirements.
2-day Eat Well, Feel Well

Aim

To provide participants with the knowledge, skills and motivation to promote healthy eating messages and support people they work with to eat well and feel well.

Learning Outcomes

By the end of the course, participants should:

- Understand the link between nutrition and health.
- Be aware of the current picture of health across the UK and in Bolton.
- Understand basic nutrition principles, what a healthy balanced diet is, the eatwell plate, appropriate portion sizes and the 8 key messages, and how to communicate these to others
- Understand how to facilitate a basic dietary assessment with people they work with
- Understand the skills required for meal planning, re-balancing meals, shopping on a budget and label reading, and how to communicate these to others
- Have an increased awareness of what the Food and Health team does and other useful sources of information and resources available.
- Have the opportunity to reflect on how they can promote healthy eating within their personal lives and as part of their working role.

Attendance Criteria

Line management approval.

Length

2 days: 9.00 – 4.30 pm

Target Audience

Anyone and everyone in contact with children, young people and/or adults.

Testimonials

“The best course I have been on in 20 years, it will impact on my life personally and professionally”

“Very informative, interesting training. I will feel more confident when I have parents who require advice regarding nutrition”

“Very knowledgeable facilitators and good delivery of interactive activities…good ways of getting information across…Thank you!”
1-day Feeding babies & toddlers
(previously titled Best Start 4 Life)

Aim
To provide participants with the knowledge, skills & motivation to support families with how and what to feed babies and toddlers, to ensure they develop healthy eating habits for life.

Learning Outcomes
By the end of the course, participants should:

- Understand what factors drive us to eat and be able to recognise and respond to fullness and hunger cues at different ages
- Understand how children learn to develop food preferences and why young children may refuse food/become fussy
- Understand the key tools used to help increase food acceptance and preference in children, as well as tips for managing mealtimes and fussy eating behaviour
- Be aware of the key issues and nutrition recommendations for pregnancy.
- Be aware of the key issues and nutrition recommendations for weaning infants onto solids, including when to start and how to progress through the stages.
- Be aware of the key issues and nutrition recommendations for feeding infants and toddlers, including types and portions of foods.
- Be aware of useful evidence-based early years information, guidance and resources.
- Have the opportunity to reflect on how they can promote healthy eating habits to families with 0-5’s

Attendance Criteria
Line manager approval and ideally to have attended the Eat Well, Feel Well course

Length
1 day: 9.00 – 4.30 pm

Target Audience
This course is aimed at anyone coming into contact with families with 0-5’s. (Eg. Health visiting staff, nursery nurses, children’s centre staff, family workers)

Testimonials
“Very good update with some new ideas of how to deliver information to parents/clients”
“Well informed, good handouts, in-depth and inspiring”
“Very interesting, relevant, informative and well delivered, thank you”
Food Allergy & Intolerance in Children

- **Aim**
  To provide participants with an awareness of how food allergy is diagnosed and treated in infants and young children.

- **Learning Outcomes**
  By the end of the course, participants should:
  - Be able to differentiate between food allergy and intolerance and some of the main symptoms.
  - Be able to understand the difference between cow's milk protein allergy and lactose intolerance.
  - Understand the limitations of tests for food allergy.
  - Be able to recognise some of the products used for treating food allergy.- especially those used in cow's milk allergy.
  - Gain an awareness of current weaning guidelines for helping prevent food allergy.
  - Gain an understanding of the important considerations for practical application of dietary treatment.
  - Gain an awareness of the nutritional implications of a restricted diet.

- **Attendance Criteria**
  Line management approval.

- **Length**
  1/2 day: 9.30 – 12.30 pm

- **Target Audience**
  This course is aimed at health professionals coming into contact with children, young people and their families on a regular basis, and would like to provide them with appropriate support such as health visitor’s, GP’s, advanced practitioner’s, paediatricians.

- **Testimonials**
  “Very interesting”, “Learnt a lot of new things and more aware of what to look for with certain allergies”.
Adult Weight Management

- **Aim**
  To provide participants with a practical overview of the key issues involved in adult weight management.

- **Learning Outcomes**
  By the end of the course, participants should:
  - Be aware of the scale of the obesity epidemic for adults, nationally and locally.
  - Understand the causes and consequences associated with overweight and obesity.
  - Challenge perceptions of obesity.
  - Understand the benefits of and barriers to losing weight.
  - Understand the assessments used to determine overweight and obesity in adults and be able to apply these.
  - Gain awareness of current guidelines for adult weight management including guidance relating to nutrition, physical activity and behaviour change techniques.
  - Be aware of adult weight management services in Bolton, what they offer and how and when to refer.

- **Attendance Criteria**
  Line management approval.
  Level 1 – Eat Well, Feel Well

- **Length**
  1 Day: 9.30-4.30

- **Target Audience**
  This course is aimed at health professionals who come into contact with adults on a regular basis, have a clinical component to their role that enables them to assess and monitor an adult’s weight, for example Nurses, Assistants, GP’s, and those who would like to feel more confident providing first line support.

- **Testimonials**
  “Very informative, useful and interesting”.
Food & Health Training programme
Course Dates: April 2014 – March 2015

### Eat Well, Feel Well (2 day course)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Room</th>
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<tbody>
<tr>
<td>6th &amp; 7th May 2014</td>
<td>9.00 – 4.30</td>
<td>Breightmet Health Centre</td>
<td>Large seminar room</td>
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<tr>
<td>8th &amp; 9th July 2014</td>
<td>9.00 – 4.30</td>
<td>Breightmet Health Centre</td>
<td>Multi-function room</td>
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<tr>
<td>2nd &amp; 3rd Sept 2014</td>
<td>9.00 – 4.30</td>
<td>Breightmet Health Centre</td>
<td>Multi-function room</td>
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<tr>
<td>4th &amp; 5th Nov 2014</td>
<td>9.00 – 4.30</td>
<td>Breightmet Health Centre</td>
<td>Multi-function room</td>
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<td>20th &amp; 21st Jan 2015</td>
<td>9.00 – 4.30</td>
<td>Breightmet Health Centre</td>
<td>Multi-function room</td>
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<tr>
<td>3rd &amp; 4th March 2015</td>
<td>9.00 – 4.30</td>
<td>Breightmet Health Centre</td>
<td>Multi-function room</td>
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### Feeding Babies & Toddlers (1 day course)

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Room</th>
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<tbody>
<tr>
<td>11th April 2014</td>
<td>9.00-4.30</td>
<td>Breightmet Health Centre</td>
<td>Large seminar room</td>
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<tr>
<td>3rd June 2014</td>
<td>9.00-4.30</td>
<td>Breightmet Health Centre</td>
<td>Multi-function room</td>
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<tr>
<td>19th August 2014</td>
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<td>7th October 2014</td>
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<td>2nd December 2014</td>
<td>9.00-4.30</td>
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<td>Multi-function room</td>
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<td>4th February 2015</td>
<td>9.00-4.30</td>
<td>Breightmet Health Centre</td>
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### Food Allergy & Intolerance in Children (1/2 day course)

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<th>Date</th>
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<tbody>
<tr>
<td>14th May 2014</td>
<td>9.30 -12.30</td>
<td>Crompton Health Centre</td>
<td>1 &amp; 2</td>
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<tr>
<td>15th Oct 2014</td>
<td>9.30 -12.30</td>
<td>Breightmet Health Centre</td>
<td>Large seminar room</td>
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### Adult Weight Management (1 day course)

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<tr>
<th>Date</th>
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<tr>
<td>There are currently no course dates booked in at the moment</td>
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**Please note:** Booking is required. To book a place on one of the above courses please complete the booking form overleaf and return to the address given.
**Training Booking Form**

<table>
<thead>
<tr>
<th>Name of applicant</th>
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<tbody>
<tr>
<td><strong>Job title</strong></td>
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<td><strong>Department</strong></td>
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<td><strong>Organisation name</strong></td>
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<td><strong>Address</strong></td>
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<td><strong>Telephone No.</strong></td>
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<td><strong>EMAIL</strong>*</td>
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*Please note: An email address **must** be given as course confirmation and all correspondence will be done electronically*

Please indicate the course titles and dates you would like to attend:

<table>
<thead>
<tr>
<th>Course Title:</th>
<th>Date:</th>
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<tr>
<td></td>
<td>1st Choice</td>
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<tr>
<th>Payment included (if appropriate)</th>
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<tr>
<td>Cheques made payable to: Bolton NHS Foundation Trust</td>
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<thead>
<tr>
<th>Applicant’s signature</th>
<th>Date</th>
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<tbody>
<tr>
<td>Line managers name</td>
<td>Tel. No</td>
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<tr>
<td>Line managers signature</td>
<td>Date</td>
</tr>
</tbody>
</table>

Please return completed form to:
Food & Health Training, Clerical Officer - Therapy Admin Team, Breightmet Health Centre, Breightmet Fold Lane, Bolton, BL2 6NT

Email: [Jo-ann.hatton@boltonft.nhs.uk](mailto:Jo-ann.hatton@boltonft.nhs.uk) Tel: 01204 462670 Fax: 01204 463951

For office use only: Code 3524 30113