



Belfast Health and  
Social Care Trust

caring supporting improving together

# Community Dietetic Health & Wellbeing Team

## Nutrition Training Courses

### June – March 2019/20

*Community Nutrition and Dietetics Service (CNDS), Belfast Trust*  
**Free Nutrition Programmes**

Free Nutrition train the tutor programmes are offered to community, voluntary and statutory groups. Tutors will attend training provided by the Community Nutrition and Dietetic Service Health and Wellbeing team (CDHWTeam) so they can deliver programmes within their local community group or organisation, with ongoing support from the CDHWTeam.

## **Cook it!**

fun, fast food for less



This is a 6 session practical nutrition programme. It is aimed at encouraging those cooking on limited budget.

It helps participants to enhance cooking skills and learn more about a balanced diet. The Cook It programme is delivered locally by trained tutors.

The two day tutor training is provided by the CNDS. Tutors then go on to deliver the programme to their own group as 6 sessions. **E-Mail:** [cookit@belfasttrust.hscni.net](mailto:cookit@belfasttrust.hscni.net).

*I can*

## **Cook it!**

fun, fast food for less



This is an 8 session programme for groups of adults (16 years +) with mild to moderate learning disabilities

who want to enhance their cooking skills and are interested in healthier eating, especially where costs are consideration.

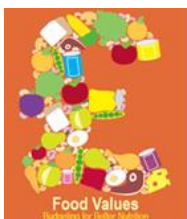
The two day tutor training is provided by the CNDS. Tutors then go on to deliver the programme to their own group as 8 sessions. **E-Mail:** [cookit@belfasttrust.hscni.net](mailto:cookit@belfasttrust.hscni.net).



Produced to help community development and other community based workers give accurate and practical nutrition messages to adult groups they are working with on how to follow a healthy

balanced diet. It uses a practical, participatory approach and a wide range of nutrition activities. The Goodfood Toolkit can be delivered as a “one-off” session, a full programme, or can be tailored to focus on specific topic areas to suit group needs. Training is one day. **E-**

**Mail:** [goodfoodtoolkit@belfasttrust.hscni.net](mailto:goodfoodtoolkit@belfasttrust.hscni.net)



A 4 session food budgeting programme which aims to make healthier food choices more accessible on a limited budget. The programme focuses on food shopping, better budgeting and experience of cooking low cost nutritional meals.

Food Values complements the Cook It! programme, so training is only one day for Cook It! tutors or 1 ½ days for non Cook It! tutors. **E-Mail:** [cookit@belfasttrust.hscni.net](mailto:cookit@belfasttrust.hscni.net).

### **Other Opportunities**

## Guidance for Feeding Under-Fives in Childcare

### Nutrition matters for the early years

Belfast Trust together with the Public Health Agency offers free nutrition training to all day nursery, playgroup and crèche staff, as well as SureStart workers, child minders and foster carers providing childcare at home.

The training is delivered by community Dietitians and specialist Health Improvement Staff across Northern Ireland. It gives practical advice and information on physical activity and nutrition for under-fives. Each participant will receive a copy of the Nutrition for the Early Years manual. Contact the Health and Wellbeing Dietitian team for more details.

Application for Nutrition matters is made via Child Care Partnership <http://childcarepartnerships.hscni.net/training-quality/>

No application form required.

### **For further information on any of the above programmes contact:**

Community Nutrition and Dietetic Service Health & wellbeing Team

4th Floor, Beech Hall Health & Wellbeing Centre,

21 Andersonstown Road,

Belfast

BT11 9AF

Phone: 028 95 043 068

[E-mail-CDHWTeam@belfasttrust.hscni.net](mailto:E-mail-CDHWTeam@belfasttrust.hscni.net)

## ***Application Process for Nutritional Programmes*** (excludes Nutrition Matters)

If you are interested in applying for any of the training opportunities, contact the CDHWTeam for more information and related documents.

To apply you will need to complete and return

- A fully completed application form – only applications with all relevant sections completed will be accepted.
- Manager's declaration form – if delivering as part of your job, this must be signed by your manager to declare they agree to you attending training and will support you to deliver a full programme within 6 months of training
- Tutor declaration form – this will be signed by the applicant stating they will deliver in accordance with our quality standards.

The CDHWTeam will assess each individual application and places will be allocated according to suitability of the programme according to information in your application form and also according to date received.

You will be informed if you have a place at training after the closing date. Exact venue details will also be provided at this point.

If there is no place available, you will be placed on our mailing list so you will be kept updated with further training dates.

### **Quality standards**

All trained tutors agree to deliver programmes in line with the CDHWTeam Quality Standards. This is to ensure all those who attend any of the Nutrition programmes receive a consistently safe and high standard of programme. A copy of the Quality standards will be provided when you request an application form.

### **Monitoring and evaluation**

All tutors are required to complete feedback via monitoring and evaluation forms as requested. This helps the CDHWTeam keep an up to date record of who is delivering and identify any further needs or funding.

### Tutor Updates

Nutrition programme updates are delivered at several times throughout the year. These are a great opportunity to update knowledge, learn more about topical nutrition issues and network with other tutors. Updates are also ran when training manuals are updated. We request you aim to attend at least one annual update session each year.

### Insurance



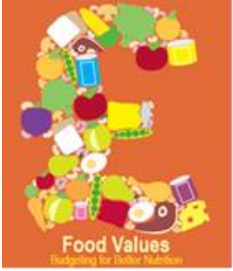
All trainers must ensure they have adequate insurance to deliver training. We will provide an insurance flow chart for more information when you request an application form.

### Cost

Training, programme manuals and resources and ongoing support from CDHWTeam is completely FREE. A small grant of £100 is also offered (twice per programme each year) to cover the cost of resources for cooking programmes. However, we will not cover any additional costs including staff pay, travel or anything beyond the value of the Small Grant.

PLEASE NOTE: Printed resource packs remain the property of either PHA or Belfast Health and Social Care Trust and must be returned if requested.

## Schedule for Nutritional Training Programmes

<i>Nutritional Programme</i>	<i>Dates</i>	<i>Length of Course</i>	<i>Area</i>	<i>Application closing date</i>	<i>Number of Places</i>
	<p><b><u>Summer Dates</u></b>            Day 1: 5<sup>th</sup> June 2019            Day 2: 12<sup>th</sup> or 14<sup>th</sup> June 2019</p> <p><b><u>Winter Dates</u></b>            Day 1: 14<sup>th</sup> November 2019            Day 2: 20<sup>th</sup> or 22<sup>nd</sup> November 2019</p>	<p>2 Full Days</p> <p>2 Full Days</p>	<p>South / East Belfast            North/West Belfast</p> <p>South / East Belfast            North/ West Belfast</p>	<p>31<sup>st</sup> May 2019</p> <p>31<sup>st</sup> November 2019</p>	<p>Max 12 Places</p> <p>Max 12 Places</p>
	<p>Day 1: 11th September 2019</p> <p>Day 2: 13<sup>th</sup> September 2019</p>	<p>2 Full Days</p>	<p>South / East Belfast            North/ West Belfast</p>	<p>28<sup>th</sup> August 2019</p>	<p>Max 6 Places</p>
	<p><b><u>Summer Dates</u></b>            Day 1: 20<sup>th</sup> June 2019*            Day 2: 26<sup>th</sup> June or 28<sup>th</sup> June 2019</p> <p><b><u>Winter Dates</u></b>            Day 1: 5<sup>th</sup> February 2020 *            Day 2: 7<sup>th</sup> February 2020            *for Non-I can /Cook it! Tutors</p>	<p>Half Day*            1 Full Day</p> <p>Half Day*            1 Full Day</p>	<p>South / East Belfast            North/ West Belfast</p> <p>South / East Belfast            North/West Belfast</p>	<p>13<sup>th</sup> June 2019</p> <p>22<sup>nd</sup> January 2020</p>	<p>Max 12 Places</p> <p>Max 6 Places</p>

	7 <sup>th</sup> August 2019	1 Full Day	North / West Belfast	24 <sup>th</sup> July 2019	Max 20 Places
	29 <sup>th</sup> January 2020	1 Full Day	South / East Belfast	15 <sup>th</sup> January 2020	Max 20 Places
<b>Nutrition matters for the early years</b>	26 <sup>th</sup> November 2019	6.30-8.45pm	North / West Belfast	19 <sup>th</sup> November 2019	Max 25 Places
	24 <sup>th</sup> March 2020	6.30-8.45pm	South / East Belfast	16 <sup>th</sup> March 2019	Max 25 Places
<b><i>Tutor Update</i></b>	18 <sup>th</sup> September 2019 20 <sup>th</sup> September 2019	Half Day Half Day	South / East Belfast North / West Belfast	11 <sup>th</sup> September 2019	Max 20 Places each day
	11 <sup>th</sup> March 2020 13 <sup>th</sup> March 2020	Half Day Half Day	North / West Belfast South / East Belfast	4 <sup>th</sup> March 2020	

Please Note: Dates and venues may be subject to change due to circumstances beyond our control. We will aim to give you adequate notice should this occur.