

THE NUTRITION AND DIETETIC
SERVICE FOR ADULTS WITH A
LEARNING DISABILITY

2025 Training Programme

We are delighted to announce our 2025 nutrition training package for paid carers of adults with a LD, including a dedicated session for senior staff and managers of LD services.

Individuals with a LD are at greater risk of being underweight and obese. In addition, the life expectancy of women with an LD is 27 years shorter, and for men 22 years shorter than the general population. (BDA, 2020). It is essential that carers have an understanding of evidenced based nutrition, and can provide support and guidance when appropriate to do so. Our training will provide participants with the skills, knowledge and resources needed to do so.



Nutrition Training for Paid Carers of Adults with a Learning Disability

Dates:

All sessions will run 0930-1230

Remote

(Delivered via Microsoft Teams)

[27th of February](#)

[30th of April](#)

[21st of August](#)

[29th of October](#)

[4th of December](#)

Face to Face

(Delivered at Claverhouse, 1 Jackmartin Way, Dundee, DD4 9FF, 0930-1230)

[20th of March](#)

[21st of May](#)

[24th of September](#)

This training is for paid carers of adults with a learning disability.

It will provide participants with the skills, knowledge and resources to enable them to support service users to eat more healthily.

The session will cover:

- Eating well for health
- Health needs of adults with a LD
- Duty of care
- Portion sizes
- Examples of best practice



To book onto any of our training sessions please click the date you wish to attend

Nutrition Training for Managers and Senior Staff

Date:

Face to Face

(Delivered at Claverhouse, 1 Jackmartin
Way, Dundee, DD4 9FF)

6th of November 0930-1230



This training is for managers and senior managers (including care managers) working within the LD care service.

Participants will learn about the importance of evidence based nutrition, including awareness raising on relevant national and local strategies.

Topics Covered:

Nutrition and health in the LD population

National healthy eating guidelines (including portion recommendations and menu planning)

Barriers and best practice examples

Round table discussion - how can we provide better support?

To book onto this training session please click [here](#)

Community Cookit Training for Carers of Adults with a Learning Disability



This training is for paid carers of adults with a learning disability.

Participants will learn about the importance of cooking meals from scratch, including the key skills on how to do this within their caring role.

Topics Covered:

The importance of cooking from scratch

How to cook from scratch (including signposting to recipes)

Menu planning

How to include the individuals you are supporting in the cooking process

Date:

This training programme will be scheduled throughout the year on a supply and demand basis.

This comprises of a days practical cooking in a kitchen facility.

Please note, participants will require food hygiene training prior to completing this course.

To register your interest, please email: sarah.bremner@nhs.scot



Should you require any further information on any of our training programmes, or feel the service you work within would benefit from bespoke nutrition training, please do not hesitate to contact us:



tay.liddietetics@nhs.scot

**The Nutrition and Dietetic Service for
Adults with a Learning Disability**

