

# Nutrition and Well-being in vulnerable adults and children: Modules 2, 3 and 4

## Course Description:

This course is designed for all health and social care staff working with vulnerable individuals. This course will increase awareness of nutrition and diet, including nutritional screening (use of the **Malnutrition Universal Screening Tool**) alongside the skills and knowledge in your staff team.

Training packages can be tailored to meet the specific needs and concerns of your service.

## Duration:

The session is delivered over half a day. Training times are normally 9.30-12.30 or 13.30-16.30

**NB: This course can be delivered alongside Module 1 as a whole day (9.30-16.30)**

## Course content:

- The role, responsibilities and boundaries of the social care worker
- Diet and well-being
- Legislation and guidance related to food and drink
- Implementing the MUST nutritional screening tool

## Certification:

Delegates will receive a certificate of attendance on completing the course and the accompanying workbooks.

## Numbers:

A maximum of 16 delegates can be accommodated on this course.

## Location:

We are able to deliver this course at your own site which will assist in reducing costs. Alternatively we can deliver at our own Training Academy. It is also possible for individuals to join our own staff training sessions. Please contact [sdunn@brookdalecare.co.uk](mailto:sdunn@brookdalecare.co.uk) to discuss your requirements.