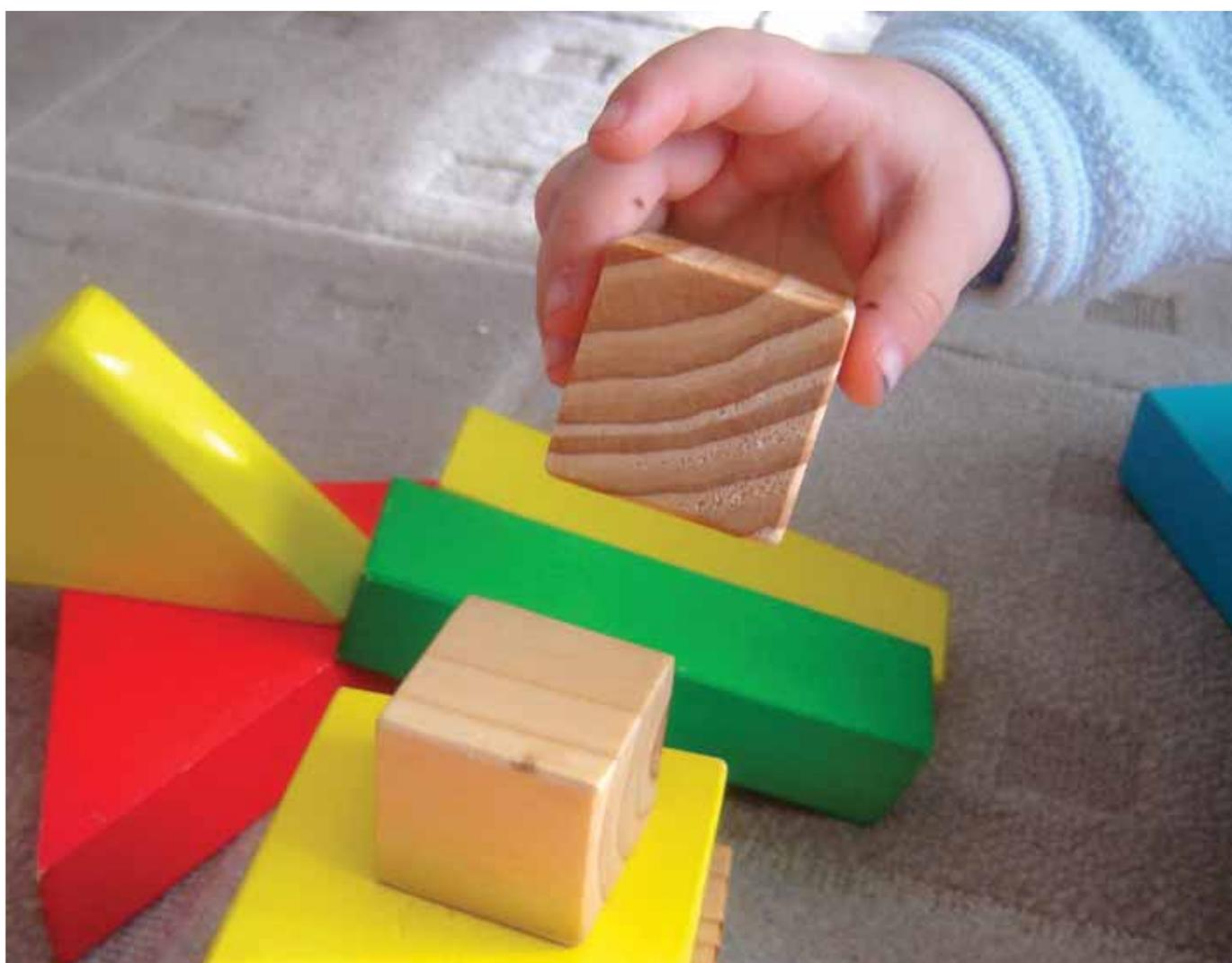


Nutrition and Healthy Eating for People with Learning Disabilities



A Half Day Training Course
Thursday 26 April 2012 • Glasgow



MEDICAPD



University
of Glasgow

Momentum

Investing in People, Changing Perspectives



About The Course

People with learning disabilities face the same nutrition & health related problems as the rest of the population. There is much more information on healthy eating available today, but many people with learning disabilities cannot read the information or have difficulty in understanding to make informed choices.

This course has been designed to provide those who care and support people with learning disabilities with a greater understanding of this area and current issues, improve practises and provide practical information which can be implemented.

Who Should Attend

This course should be of interest to caterers who supply meals for people with learning disabilities, those working in health and social care support settings, staff working in schools and nurseries, voluntary and charity organisations. Others with an interest are welcome to attend.

About Your Tutors

Our tutors are highly qualified, skilled and extremely knowledgeable and most importantly have the ability to pass on their knowledge to provide you with a highly interactive, stimulating and enjoyable day.



Dr Catherine Hankey is a State Registered Dietitian and Senior Lecturer in Human Nutrition, University of Glasgow and her interest is in the dietary management of disease, particularly obesity. She has carried out extensive research in these areas and is currently working on a project on the adaption of weight management approaches to those with intellectual disabilities.



Dr Laura Stewart has a long standing interest in obesity (both adult and childhood). Through her work with the Children's Weight Clinic (CWC) she has provided training in obesity across the UK and beyond. She is also the Team Lead for Paediatric Overweight Service Tayside, NHS Tayside. Laura worked in Lothian with adults with learning disability for 9 years based at Gogarburn Hospital and then with children with special needs for 10 years based at the Sick Kids Hospital, Edinburgh.

Programme

- 12.30 - 1.00 **Registration and refreshments**
- 1.00 - 1.40 **Introduction to the course**
Common nutritional problems people with learning disabilities have:
- General nutritional problems
 - Undernutrition and overweight
 - Feeding problems
- Healthy eating and good nutrition**
Dr Catherine Hankey, *Senior Lecturer in Human Nutrition and Registered Dietitian, University of Glasgow*
- 1.45 - 2.00 **Questions and discussion**
- 2.00 - 4.15 **What can we do and what works?**
- Food choice and promoting a healthy lifestyle for people with learning disability
 - How do we communicate the messages
 - Raising health issues
 - Practical ideas and advice on establishing healthy eating patterns
- Dr Laura Stewart**, *Independent Consultant Dietitian, The Children's Weight Clinic*
- 4.15pm **Close**

Training Course Details

Date: Thursday 26th April 2012

Venue: Yorkhill Hospital, Dalnair Street, Glasgow G3 8SJ

Time: The course will commence promptly at 1.00pm and finish approximately at 4.15pm.
Registration will be from 12.30 - 1.00pm.

Registration cost: £87.00 including refreshments.

Registration

By Post - To register for this course, please download the registration form on the leaflet, complete and return to:
Carolyn Fraser, Medica Cpd Ltd, Caledonia House, Thornliebank Industrial Estate, Glasgow G46 8JT

Book online - www.medicacpd.com

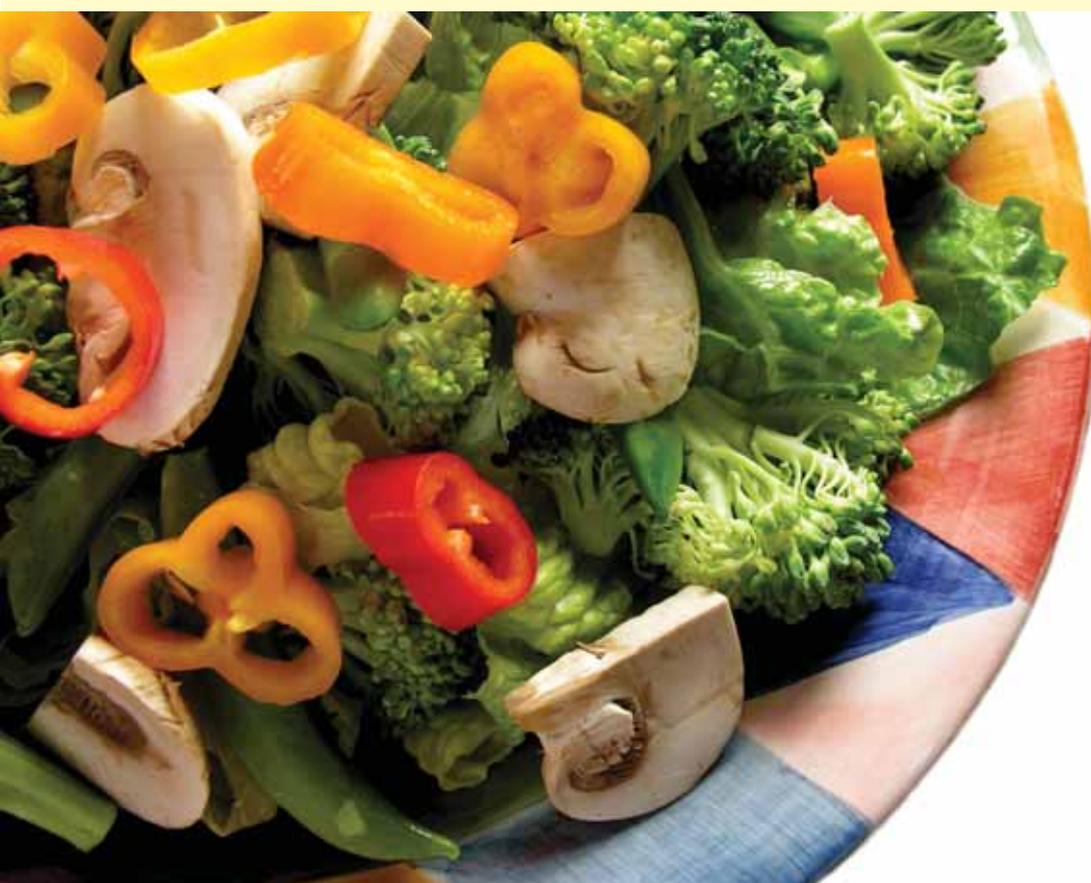
Telephone - 0141 270 8098 or 07966 561474 or 07967 479152

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you.

If you have not received confirmation within ten days of submitting your booking, please contact Carolyn on the above numbers or email carolyn@medicacpd.com.

Certificate of Attendance

All delegates will receive a Certificate of Attendance.



Registration Form

To Register –

1. Please fill in the form and post to: **Carolyn Fraser, Medica Cpd Ltd, Caledonia House, Thornliebank Industrial Estate, Glasgow G46 8JT**
2. Register online at www.medicacpd.com
3. Register over the phone **0141 270 8098** or **07966 561474 / 07967 479152**

I wish to attend

- Nutrition and Healthy Eating for People with Learning Disabilities, Training Course, 26th April 2012: £87.00**

Your Details

Surname	Title
Forename	
Job Title	
Organisation	
Email (required)	
Address	
Postcode	
Telephone	
Fax	
Special diets/mobility	
How did you hear about the conference?	

- Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post please tick this box. If you do not receive confirmation of your booking within 10 days please call **079 6656 1474** or email Carolyn@medicacpd.com

How to Pay

It is the responsibility of the delegate to ensure payment is made prior to attendance of the event (*please tick the appropriate box*)

- By Cheque:** I enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with the form to the address above.
- By Credit Card:** Please book online at www.medicacpd.com
Please note: A small charge of 3.4% will be added to all credit/debit card payments

- By Invoice:** Please send invoice to –

Name: (in BLOCK CAPITALS) _____

Job Title _____

Organisation _____

Address _____

Postcode _____ Telephone _____

Email _____

Purchase order number (if relevant) _____

An invoice will be sent to the appropriate person by email.

- If you would prefer to receive an invoice by post please tick this box.

Payment: 30 days from invoice date or before the event date (whichever comes sooner). Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

Group Bookings –

Please call Carolyn on 0141 270 8098 / 07966 561474

Terms and Conditions

1. Your registration constitutes a legally binding agreement. Payment must be received before the event.
2. Cancellation policy: Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before the 14th January 2012. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day are liable for the registration fee.
3. The organisers reserve the right to change the programme, speakers and venue as required.
4. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs.

Data Protection

The personal data that you supply during the registration of these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the events. The personal data in the database will be retained by the Conference Organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.



MEDICACPD

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