

FREE training for care home staff, promoting healthy eating, nutrition & healthy weight management for adults with learning disabilities

Shaped by the ideas and stories shared from our **Listen & Learn** events, Sport for Confidence will be delivering training sessions, co-produced with a Specialist Learning Disability Dietician for care staff across Essex:

🕒 **9am-12pm**
📅 **Tuesday 5th August 2025**
📍 **Riverside Leisure Centre,
Victoria Road CM1 1FG**

FREE
TRAINING
REFRESHMENTS
PROVIDED



This training will be:

- Based on what we know and what you have told us
- Fun, hands-on, and full of real-life tips including nutrition and health, portion sizes, and menu planning
- A great chance to learn, share, and meet others doing similar work

Further support

Following the training, care homes seeking further support can access FREE ongoing mentorship and practical guidance from our specialist team.

We'll also host '*Come Dine With Us*' events – fun, inclusive meals where residents and staff share skills, explore new approaches, and celebrate healthy living together.

Together, we can share ideas, learn from each other,
and create simple ways to make healthy living part of everyday life.

To book your place, please contact **Victoria** by emailing:
victoriachesterman@sportforconfidence.com
with '*Listen & Learn*' in the subject heading

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🕒 **9am-12pm**
📅 **Thursday 7th August 2025**
📍 **Basildon Sporting Village,
Cranes Farm Road SS14 3GR**

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