

## Course Title: Nutrition and Wellbeing



### Description of the course

The purpose of the course is to provide learners with knowledge of how to support a person to have adequate nutrition and hydration to sustain a healthy lifestyle, promote good health and reduce the risks of malnutrition and dehydration.

Learners will gain the confidence to be able to work towards meeting a person's nutritional and wellbeing needs in a practical approach when considering the combination of a person's physical, mental, emotional and social health factors.

In addition, the course also includes elements of supporting the health and wellbeing of looking after themselves mentally as well as physically.

### Course duration

Learners will undertake 3 hours of learning

### Who is this course/qualification for?

This course is aimed at learners who work in social care settings who are required to develop their knowledge and understanding of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014: Regulation 14.

To meet this regulation, where it is part of their role, providers and carers must make sure that people have enough to eat and drink to meet their nutrition and hydration needs and receive the support they need to do so.

### Topics covered

This course also includes study towards the wellbeing of staff members as well as the people they care for. This provides an opportunity to consider mental health wellbeing within the social care workplace.

### Assessment method

No requirement for formal assessment.

**Course fee:** for the social care sector the course will be paid through your provider. If self-funding the course the cost is £15.00.