

Circle of Support

Healthy Lifestyles Training for Professionals

To equip professionals and support workers with the knowledge, confidence and practical strategies needed to promote safe, accessible and meaningful healthy eating, physical activity and wellbeing for adults who are learning disabled, and/or autistic, using a strength based and person-centred approach.

What the training covers:

- Understanding health inequalities and why they matter
- A person-centred, strengths-based approaches to healthy lifestyle conversations
- Practical guidance on nutrition, move more, sleep and wellbeing
- Cultural, sensory and accessibility considerations
- Motivational, non-judgemental communication tools
- Goal setting that supports sustainable change

CPD & Professional Development

This training supports a wide range of professional frameworks, including:

- Social Work England professional standards
- Health Education England LD&A Capabilities Framework
- Skills for Care Core & Mandatory Skills
- NICE guidance on LD health and obesity

Participants receive:

- A CPD certificate
- On the day resources
- A post-training reflective booklet to evidence CPD

Who is it for?

Social workers, support workers, educators, health staff, community practitioners, housing officers and anyone supporting lifestyle change.

Why attend?

- Build confidence in supporting healthier routines
- Improve your skills in trauma-informed communication
- Enhance your professional practice with evidence-based tools

How to book:

This session is run online and in person at The Old Fire Station in Gipton. If you are interested, please contact AI on **0113 244 3729** or email al.mayes@peopleinaction.org.uk