

# Nutrition and Mood

For Derbyshire and Derby City Foster Carers and Professionals working with Children, Young People and Families

**Wednesday 26 May 2021 - 12:30-14:00**

**OR**

**Wednesday 30 June 2021 - 10:30-12:00**

Fully funded by NHS Derby and Derbyshire CCG and delivered by Grace Taylor from First Steps Eating Disorders



**Nutrition and Mood is CPD accredited training that explores influential factors such as the principles of healthy eating and the importance of including all food groups in the diet.**

Whether you want to improve your knowledge around diet and health for personal reasons or wish to develop your professional understanding when supporting others, this training provides a comprehensive understanding of the key topics surrounding nutrition and health.

## Intended Outcomes:

- Explore principles of healthy eating
- Understand the roles of the macro-nutrients in physical and mental health
- Use food and nutrition information to form a healthy relationship with food
- Understand eating disorders and obesity.

## Course fee £0.00

Places are limited. To book, go to our [May 2021 events](#) or [June 2021 events](#). This course is hosted online via **MS Teams**. To join the session, click on **'View the event'** in your booking confirmation email.

Visit [Derby and Derbyshire Emotional Health and Wellbeing.uk](http://Derby.and.Derbyshire.Emotional.Health.and.Wellbeing.uk) for resources and other courses.

### Cancellations and Non-attendance

If you are unable to attend for any reason, please cancel or amend your place via Eventbrite using the email address you registered with. You can also access your booking via your original confirmation email. Alternatively, please email us as soon as possible at [training.events@derbyshire.gov.uk](mailto:training.events@derbyshire.gov.uk) as non-attendance deprives other delegates of a place.

Although these are advertised as fully funded events, all courses incur costs to cover the tutor, resources and administration. As this is public money being invested in training across Derby City and Derbyshire, we have a duty to use it responsibly.

#### Data Protection Statement:

Data relevant to your personal details will be stored in a secure information system within Derbyshire County Council's Integrated Workforce Development Section. We use the information you provide to complete DfE returns and any other statutory Government returns as required by law.

The above personal information will be used in order that Derbyshire County Council can retain a record of your training activity. The information will be retained securely by the Council in line with Derbyshire County Council's retention schedule.

Your information will not be shared with any third parties without your consent, except for when we are required to do so by law.

For more information on how Derbyshire County Council uses data we hold about you, how long we keep it and your rights relating to it, e.g. to have it corrected, erased, restricted, transferred or to see your data, please go to our website at [www.derbyshire.gov.uk/gdpr](http://www.derbyshire.gov.uk/gdpr). If you would like to contact Derbyshire County Council's Data Protection Officer, please email [GDPR@derbyshire.gov.uk](mailto:GDPR@derbyshire.gov.uk). You have the right to contact the Information Commissioner's Office if you have any concerns about how Derbyshire County Council handle your data.

By submitting this form, I agree I have read the above Data Protection Declaration and agree with these terms. I certify that the information provided on this application is true and correct.