



SCOTLAND

LEARNING DISABILITIES  
MANAGED CARE NETWORK  
EAST REGION

### Autumn 2020 Dates:

- 11<sup>th</sup> November
- 18<sup>th</sup> November
- 25<sup>th</sup> November
- 2<sup>nd</sup> December
- 9<sup>th</sup> December
- 16<sup>th</sup> December

### **Venue:**

Online: Microsoft Teams &  
Independent study time

**Time:** 9.00-12.30

(includes reading time and  
online presentations and  
discussion)

This course is **FREE but  
booking is essential** as  
places are limited.

For more information or to  
book a place, please contact:

*Susan Gowland*  
[Susan.Gowland2@nhs.scot](mailto:Susan.Gowland2@nhs.scot)

Or

*Karen Lee*  
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## Supporting you to support the health and wellbeing of people with learning disabilities during the Covid19 pandemic.

The Learning Disability Managed Care Network is offering a **6 week** training course for support workers who work with adults with learning disabilities in health and social care.

### **Aims:**

- Increase understanding of the needs of people with learning disabilities
- Reflect on changes to support due to the Covid19 pandemic
- Enhance the health, wellbeing and quality of life of people you support.

The course is ideal for staff who are new to support work or would like to update their knowledge and reflect on current practice.



Health & Health Equality



Communication



Mental Health



Specific Health Needs e.g.  
Epilepsy, Dysphagia



Diet and Exercise



Meaningful activity

Attendance is required in **at least 5 out of 6** sessions to complete the course.