NHS
Humber Teaching
NHS Foundation Trust

Eating and Swallowing Awareness Training

Are you supporting someone who has an eating or drinking difficulty?

If you are, and you need more information, this session may be what you need.

The session aims to cover:

- The normal swallow
- Eating, drinking and swallowing difficulties
- How other factors (environment, positioning, assistance) can have an impact
- The effects of swallowing difficulties
- Signs of swallowing difficulties
- Ways to help

The session, facilitated by the Speech and Language Therapy Service, will have a practical element to them; you will need a cold drink for this element.

Dates: **Tuesday 17th February 2026**

Thursday 28th May 2026

Thursday 24th September 2026

Thursday 19th November 2026

Time: 9 -12

Cost: £30 per person for applicants external to Humber. If you support a person with a learning disability and would like to attend, please complete the booking form and return it to: HNF-TR.SLTTraining@nhs.net

Location: Humber Teaching NHS Foundation Trust, The Lecture Theatre, Willerby Hill, Willerby. HU10 6ED

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