



Healthy Food Made Easy (HFME) Peer Leader training 2022

The Southside Partnership CLG are seeking Peer Leaders (facilitators) to deliver 'Healthy Food Made Easy' courses to local community groups in the Dun Laoghaire Rathdown area.

Healthy Food Made Easy is a cookery and nutrition programme. Peer leaders will be trained to deliver short duration Healthy Food Made Easy courses to local community groups. This project is a joint initiative between the HSE and Southside Partnership.

Details

- Peer leaders will receive training in nutrition and facilitation skills
- This training will enable peer leaders to deliver Healthy Food Made Easy courses
- We are particularly interested in people available to deliver courses in the Dun Laoghaire Rathdown area.

If you are interested and meet the requirements below please contact Angie Lennon, Healthy Food Made Easy Coordinator by email at angela.lennon@sspship.ie or call **01-7060100 or 087-1090106**

Requirements:

- Attend all of the training dates below
- An interest in healthy lifestyles particularly healthy eating
- Own transport as travel throughout the Dun Laoghaire Rathdown area is required
- Flexibility – must be available to deliver courses during day & evening

Must be available to attend 4 full days of training which will take place in North Wicklow on each of the following days:

Thursday 20th October and Friday 21st October

Thursday 27th October and Friday 28th October