

# Are you IDDSI Aware??

ESHT has changed from UK National Descriptors for Texture Modification to the **International Dysphagia Diet Standardisation Initiative “IDDSI”**

[www.iddsi.org](http://www.iddsi.org)



The Speech & Language Therapy team are able to offer Dysphagia Awareness Sessions for nursing and care home staff. These will take place once a month for the foreseeable future and are free of charge.

These will be held at:

Bexhill Health Centre  
Holliers Hill  
Bexhill-on-Sea  
TN40 2DZ

The sessions will be 2 ½ hours long with theory and practical work, covering the role of Speech therapists, swallowing problems, mouth care, IDDSI regulations and modified diets and fluids.

See below for dates still available. You may book via email [esht.trainingsalt@nhs.net](mailto:esht.trainingsalt@nhs.net) or phone 0300 131 4419

Wednesday 29 <sup>th</sup> January 2020	-	9:30am – 12 noon
Wednesday 26 <sup>th</sup> February 2020	-	10am – 12:30pm and 1:30pm – 4pm
Wednesday 25 <sup>th</sup> March 2020	-	10am – 12:30pm and 1:30pm – 4pm
Wednesday 29 <sup>th</sup> April 2020	-	10am – 12:30pm and 1:30pm – 4pm
Wednesday 20 <sup>th</sup> May 2020	-	10am – 12:30pm and 1:30pm – 4pm
Wednesday 24 <sup>th</sup> June 2020	-	10am – 12:30pm and 1:30pm – 4pm