

Welcome to the  
**Healthy Start**  
e-learning resource



**ACCESSING THE HEALTHY START  
ELEARNING VIA [ESR](#) AND  
[LEARNING@WALES](#)**

## Instructions for accessing the Healthy Start eLearning resource.

December 6<sup>th</sup> 2023

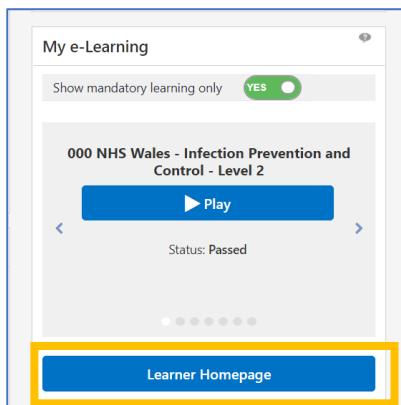
The NHS Healthy Start eLearning resource, developed by Nutrition Skills for Life with Welsh Government, is now complete.

A Welsh Health Circular has been prepared for all Health Boards recommending that this is mandatory training for all staff working with those who are pregnant, and families with children under 4 years of age.

NHS staff can access the eLearning via ESR. Staff from other partner organisations can access it via Learning@Wales. Dietetic staff who already have a Learning@Wales account will find the resource in their 'My courses' section.

### To access via ESR.

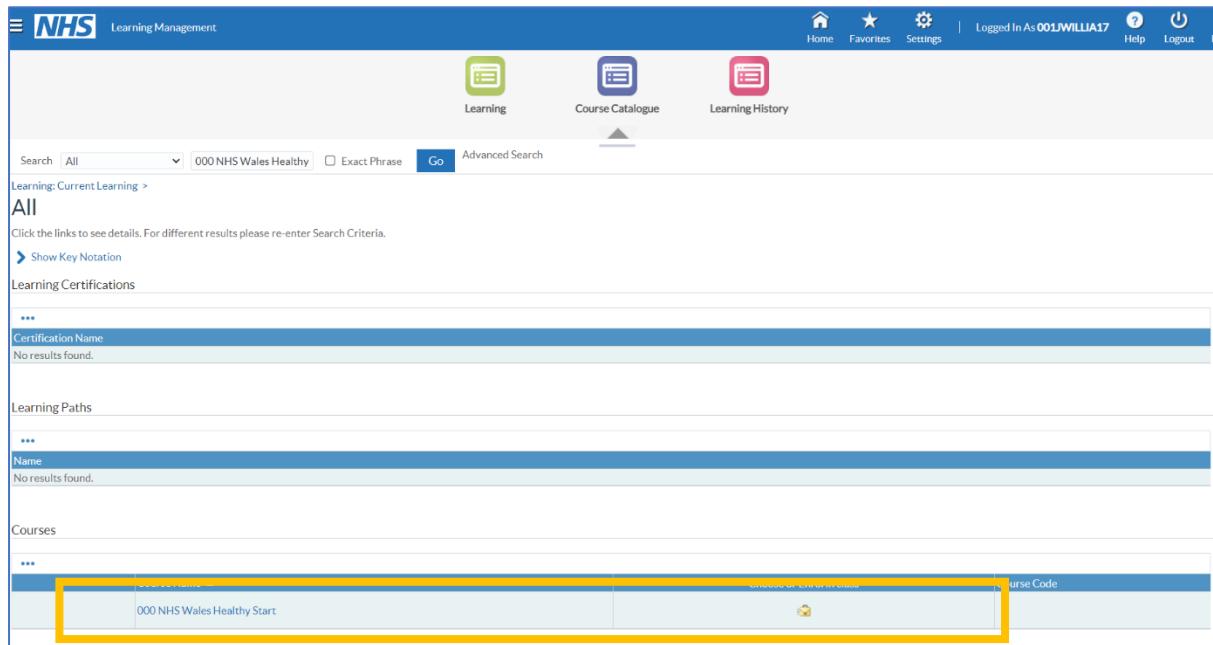
1. Log into your ESR account in the usual way. In 'My e-Learning, click 'Learner Homepage'



2. In Learner homepage, select 'All' from the search box and type '000 NHS Wales Healthy Start' in the search box which is slightly further right in the ribbon

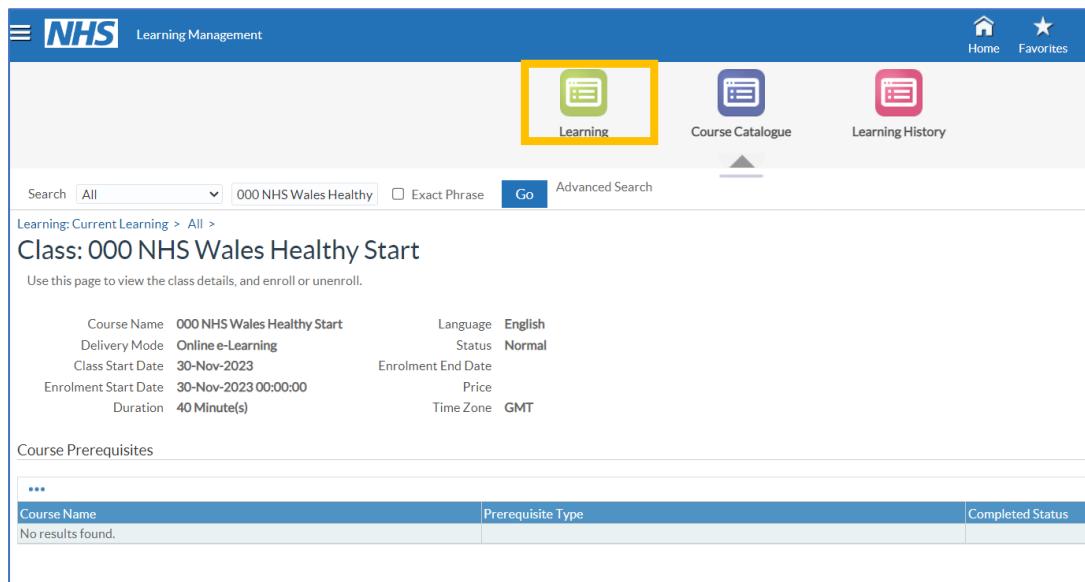


3. On the next screen, click on '000 NHS Wales Healthy Start' for it to be added to your learning



The screenshot shows the NHS Learning Management system interface. At the top, there is a navigation bar with icons for Home, Favorites, Settings, and a user logged in as '001WILLIA17'. Below the navigation bar is a search bar with the text '000 NHS Wales Healthy' and a 'Go' button. The main content area shows a search result for 'All' items. The result for '000 NHS Wales Healthy' is highlighted with a yellow box. The result card includes the course name, a small thumbnail image, and a 'View Details' button.

4. On the next screen, click on the green 'Learning' square at the top of the screen



The screenshot shows the details for the '000 NHS Wales Healthy Start' class. The top navigation bar is identical to the previous screenshot. The main content area displays the class details. The 'Learning' icon in the top navigation bar is highlighted with a yellow box. The class details include: Course Name (000 NHS Wales Healthy Start), Delivery Mode (Online e-Learning), Class Start Date (30-Nov-2023), Enrolment Start Date (30-Nov-2023 00:00:00), Duration (40 Minute(s)), Language (English), Status (Normal), Enrolment End Date, Price, and Time Zone (GMT). Below the class details, there is a section for 'Course Prerequisites' with a table showing 'No results found.'

5. On the next screen, the Healthy Start eLearning should appear in your list of courses- click on the arrow on the far right to play

000 NHS Wales - Mental Capacity Act - Level 2	Passed		Completed	14-Dec-2023					
000 NHS Wales - Welsh Language Awareness (More than just words)	Completed		Completed	14-Dec-2023					
000 NHS Wales Healthy Start	Incomplete		Confirmed						

6. The modules appear on left hand side. The choice to complete in English or Welsh for each option appears when you click on the module.



7. Please complete the eLearning and let us know what you think by completing the evaluation form which can be found at the end of section 5.

### To access via Learning@Wales

Non-NHS staff can visit Learning@Wales (nhs.wales) and click the 'Help' or 'chat' button in the bottom right hand corner of the home screen to request assistance. If they are already registered with Learning@Wales, the course can be added to their account. For anyone not yet registered, they can request an account is set up for them and the course will be added to their new account.

Please promote the resource to all partner organisations you work with to help increase the uptake of Healthy Start by eligible families in Wales. Contact [eateb@wales.nhs.uk](mailto:eateb@wales.nhs.uk) if have any queries.