

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**

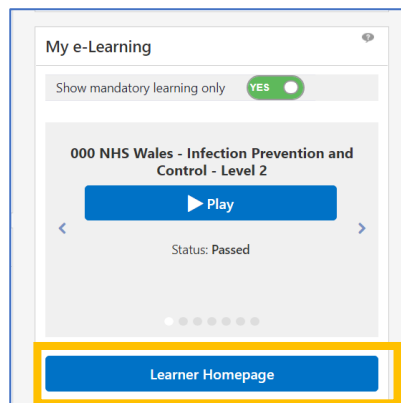
The NHS Healthy Start eLearning resource, developed by Nutrition Skills for Life with Welsh Government, is now complete.

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.

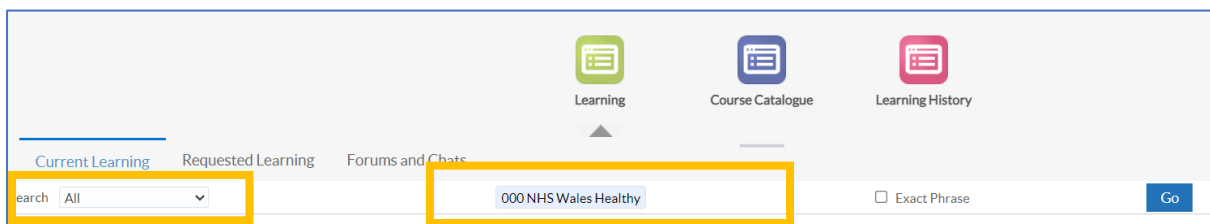
NHS staff can access the eLearning via ESR. Staff from other partner organisations can access it via Learning@Wales. Dietetic staff who already have a Learning@Wales account will find the resource in their 'My courses' section.

**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



- 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's a blue header with the NHS logo and 'Learning Management' text. On the right, there are links for Home, Favorites, Settings, and a user profile 'Logged In As 001JWILLIA17'. Below the header, there are three main navigation buttons: 'Learning' (green), 'Course Catalogue' (blue), and 'Learning History' (red). A search bar is present with the text '000 NHS Wales Healthy' and a 'Go' button. Below the search bar, there are sections for 'Learning: Current Learning > All', 'Learning Certifications', 'Learning Paths', and 'Courses'. The 'Courses' section shows a table with one entry: '000 NHS Wales Healthy Start', which is highlighted with a yellow box.









Course Name	Course Code
000 NHS Wales Healthy Start	

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

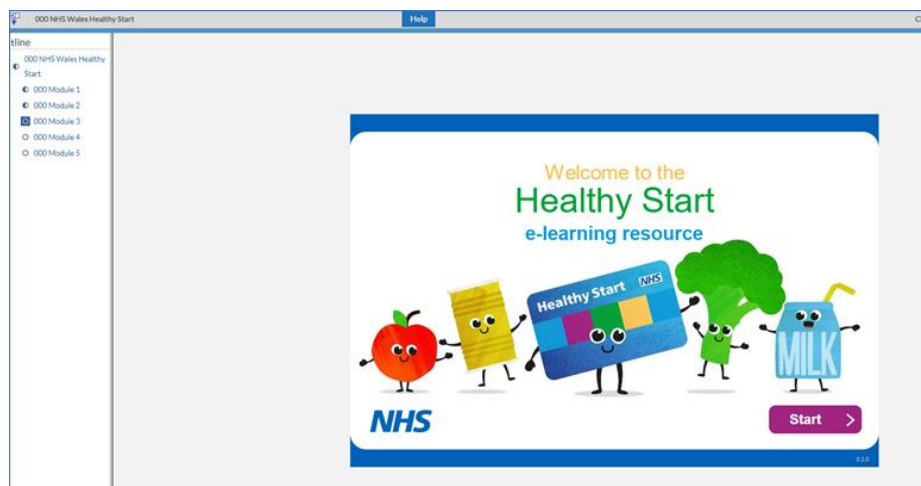
The screenshot shows the NHS Learning Management system interface with the 'Learning' tab selected and highlighted with a yellow box. The page displays details for the course '000 NHS Wales Healthy Start'. The course name is '000 NHS Wales Healthy Start', the delivery mode is 'Online e-Learning', the language is 'English', and the status is 'Normal'. The class start date is '30-Nov-2023', the enrolment end date is '30-Nov-2023 00:00:00', the price is '40 Minute(s)', and the time zone is 'GMT'. Below the course details, there is a section for 'Course Prerequisites' which shows a table with no results found.

Course Name	Prerequisite Type	Completed Status
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					
000 NHS Wales - Learning Development Control								

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.