

**Edith Wassonko has worked as a Public Health Specialist with NHS Greenwich for the last 12 years. Edith uses the Learning Network to feel more confident when dealing with challenging questions.**

Edith, who trained in Public Health and Nutrition at the London School of Hygiene, said: “My work supporting schools in Greenwich implement healthy eating is very hands on and can get quite hectic.

“This term alone I’ve been working with six different schools across the borough from primary to secondary, and I create a tailor made service for each school depending on what needs they have.

“I support them with things like creating healthy eating policies, carrying out packed lunch audits and holding taster sessions for pupils and parents to get them involved in decision making.”

Edith has completed five courses through the Learning Network and says that online learning fits in really well around her hectic work schedule.

Edith said: “I’d done bits and bobs of e-learning before but the Learning Network is the biggest piece of online training I’ve done.

“For me, the best part is being able to stop and start whenever I need to - so I can fit it in around my work.

“It means I don’t have to travel anywhere or block out days in my diary, it’s just all there when I’m ready to use it, at the click of a mouse.”

Although Edith has a wealth of experience in the sector, she says referring back to the Learning Network helps to strengthen her knowledge and boost her confidence.

Edith said: “Sometimes I can be asked some quite challenging questions by parents who are really desperate for answers. For example, there is a lot of help and guidance available for managing babies and toddlers who are fussy eaters, but not a lot for the older children.

“When a parent is telling you that they’ve tried absolutely everything to get their children to eat and they’re really worried that their child is going hungry and not getting the nutrients they need to be healthy, it can be quite a tense situation.

“The Learning Network courses are brilliant because there are so many extra bits of information and tips that I can keep going back to, and it just helps to give me that bit of extra confidence when I’m in a difficult situation at work.

“I know that what I’m saying is backed up by trusted research and that’s a great thing to have up your sleeve.”