

SONKS Project Dissemination Event

You are invited

Swallowing, Oral Health, Nutrition Knowledge and Skills for Carers



Come and join us!
Your views are important.

SONKS stands for- Swallowing, Oral Health, Nutrition Knowledge and Skills for Carers

This project is about helping carers support people with:

- Intellectual disabilities
- Eating and drinking difficulties
- Swallowing difficulties

When is the event?



**Monday
26th October**



**11:00 am
to 2:00 pm**

We hope to see you there!

Where is the event?

Horizon Suites

Sighthill Campus
Edinburgh Napier University
9 Sighthill Court
Edinburgh
EH11 4BN



What is the event about?

We will talk about our research project.

The project looks at how to help carers learn more about:

- Swallowing
- Looking after your mouth and teeth
- Healthy food and nutrition
- Supporting people who have difficulties eating, drinking or swallowing

We will share what we have learned so far.



We want to hear from you

We would like to hear what **you think** about our research.



We want to hear what you think about our project.

You can:

- Tell us what you think.
- Share your ideas.
- Tell us what we should do next.
- Ask questions.
- Talk with other people.

There are no right or wrong answers.

Who can come?

The event is open to anyone who is interested.

This includes:

- People with intellectual disabilities
- Carers
- Family members
- Trusted people
- Health and social care professionals
- Researchers and university staff
- Policymakers

Everyone is welcome.

What to expect at the event:



We will be capturing the discussion during the event by a visual artist.



Lunch will be
provided.



Tea and coffee
will also be available.

We hope to see you there!

Your views are important to us.

Thank you for helping us with the SONKs project.