



HARBOUR
CONNECTIONS

HOSPITALITY FRIENDLY TRAINING COURSES

We offer First Aid, Mental Health, Food Hygiene and Basic Nutrition training designed for cafe, restaurant and other hospitality managers.

Our courses will equip your staff to handle emergencies, support mental wellbeing, maintain high food safety standards, and understand basic nutrition for better menu planning.



Contact us today to get started:

- > For health and safety courses:
daniel.dey@harbour.scot or
www.harbour.scot/connections
- > For food and hygiene courses:
theodora@edinburghcommunityfood.org.uk
or www.edinburghcommunityfood.org.uk



Why choose us?

Edinburgh Community Food and Harbour Connections reinvest any profits they make into communities across Leith and Edinburgh.

Edinburgh Community Food is all about helping people enjoy delicious, fresh food and making sure everyone in Edinburgh has access to an affordable, healthy diet.

Harbour Connections funds community projects through its commercial training, partnering with local charities to support Leith and north Edinburgh communities.

Upcoming courses

One-day

Elementary Food Hygiene	21 Nov	09:00-16:00	£70pp
Emergency First Aid at Work	21 Nov	09:30-15:30	£125pp (+VAT)
Elementary Nutrition	28 Nov	09:00-16:00	£70pp
Allergy Awareness	12 Dec	09:30-13:00	£60pp

Two-day

Mental Health Ambassador	25-26 Nov	09:30-16:00	£200pp (+VAT)
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Three-day

First Aid at Work	11-13 Nov	09:30-15:30	£200pp (+VAT)
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Our training locations are based in Leith at 65 Bonnington Road (Edinburgh Community Food courses) and 108 Constitution Street (Harbour Connections Courses).