



# Wessex Regional Care

## Training Catalogue

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April 2018 - January 2019



**External Customers**

**Edition 5**

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## Contact Details

### Training Venue:

#### **Rose Cottage (Head Office)**

Grange Road, Bursledon  
Southampton. SO31 8GD

### Training at your premises:

Cost is calculated by course topic and length of time required by the customer. Minimum course length is 2 hours. There is also a charge for mileage if the venue is greater than 20 miles from our Head Office.

*If you would like to book on any of the courses advertised in this catalogue or would like further information on training that we provide, then please contact us and we will be happy to help.*



**Phone: 023 8040 7048**



**Email: [wessex.regional.care@wrcl.co.uk](mailto:wessex.regional.care@wrcl.co.uk)**

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# Appraisals

## Course Description

This one day course looks at providing effective appraisals. This course is for managers or senior support workers who are or will be providing appraisals for members of their team. Staff attending this course will explore the principles of good appraisal practice and be able to practically demonstrate their skills.

## Venue, Dates, Times and Price

- **Rose Cottage**
- **6<sup>th</sup> Dec**
- **10am—3pm**
- **£25 pp**



Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided

# Autism Awareness

## Course Description

This half day course addresses the key characteristics of individuals with Autism. The course explores how Autism may impact on an individual's behaviour and looks at preferred methods of working and the benefits it might bring to the individual.

## Venue, Dates, Times and Price

- **Rose Cottage**
- **2<sup>nd</sup> Nov; 16<sup>th</sup> Jan**
- **10am—1pm**
- **£15 pp**

Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided



# Breakaway Induction

## Course Description

This one day programme aims to equip the attendee with the knowledge and skills to understand and manage aggression and violence within the work place. The warning signs of danger and emotional arousal are examined through verbal and non-verbal communication and attendees will look at how these techniques can be used to de-escalate situations. The course instructs on how to block, move or breakaway from an attack or aggressive action and attendee's will be able to practice these techniques within the training. The training is provided by experienced instructors, approved by the nationally recognised General Service Association (GSA).





## Breakaway Induction Cost & Booking Details

<b>Cost</b>	£600
<b>Maximum Number</b>	10
<b>Venue</b>	Rose Cottage

If you require this training at an alternative venue it must be suitable for both the theory and practical aspects of this course. There will also be an additional charge for mileage if the venue is greater than 20 miles from our Head Office. Although the techniques taught are designed to be simple to execute, there is a base level of fitness required, therefore all attendees are required to complete a health questionnaire declaring any injuries or health issues which may affect their ability to do the training. Students should attend in strong, loose fitting clothing, and training or flat soled shoes. Breakaway technique refreshers are recommended on an annual basis (page 10)



## Breakaway Refresher

### Course Description

This 3 hour course looks at physical methods of maintaining personal safety and breaking away from an assailant in the workplace using “Reasonable Force”. This is a physical course where students will be expected to work closely with colleagues and practice the techniques instructed.

The techniques demonstrated are approved by the General Services Association (GSA) and will be taught by GSA Approved instructors. This training must be refreshed on an annual basis.

### Venue, Dates, Times and Price

- **Rose Cottage**
- **2<sup>nd</sup> May; 27<sup>th</sup> Jul; 11<sup>th</sup> Oct; 17<sup>th</sup> Jan**
- **9.30am—12.30pm or 1.30pm—4.30pm**
- **£35 pp**

Attendees are required to complete a health questionnaire declaring any injuries or health issues which may affect their ability to do the training. Students should attend in strong, loose fitting clothing, and training or flat soled shoes.

# Challenging Behaviour and Positive Behaviour Support

## Course Description

This one day course looks at the key principles of Challenging Behaviour. The course examines the nature of behaviour that is deemed to be challenging. Staff attending the course will be able to identify causes of challenging behaviour and theories and methods of management. Staff will also learn how to recognise the signs and symptoms of aggression.

## Venue, Dates, Times and Price

- **Rose Cottage**
- **11<sup>th</sup> May; 31<sup>st</sup> Oct**
- **10am—3pm**
- **£25 pp**

Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided



## Care Certificate

### Course Description

This 4 day course will provide the member of staff with training activities which can be used as evidence of assessment for the knowledge aspects of the Care Certificate Standards. The 4 day course is repeated regularly between September and July and individuals can attend sessions as they choose.

Each day begins at 9.30am and completes at 5pm which includes a mid morning break, lunch time and mid afternoon break. Tea and coffee provided, lunch not included.

### Venue, Dates, Times and Price

- **Rose Cottage**
- **15<sup>th</sup>–18<sup>th</sup> May; 5<sup>th</sup>–8<sup>th</sup> Jun; 26<sup>th</sup>–29<sup>th</sup> Jun; 17<sup>th</sup>–20<sup>th</sup> Jul; 4<sup>th</sup>–7<sup>th</sup> Sep; 25<sup>th</sup>–28<sup>th</sup> Sep; 16<sup>th</sup>–19<sup>th</sup> Oct; 6<sup>th</sup>–9<sup>th</sup> Nov; 27<sup>th</sup>–30<sup>th</sup> Nov; 18<sup>th</sup>–21<sup>st</sup> Dec; 8<sup>th</sup>–11<sup>th</sup> Jan; 29<sup>th</sup> Jan–1<sup>st</sup> Feb**
- **9.30am–5pm**
- **£25 pp per Day**

## Care Certificate

- Day 1 – am** Standard 1 Understand your role  
Standard 3 Duty of care  
Standard 8 Fluids and nutrition
- Day 1 – pm** Standard 5 Work in a person centred way
- Day 2 – am** Standard 10 Safeguarding adults  
Standard 11 Safeguarding Children
- Day 2 – pm** Standard 13 Health and Safety  
Standard 15 Infection prevention and control
- Day 3 – am** Standard 4 Equality and diversity  
Standard 7 Privacy and dignity
- Day 3 – pm** Standard 6 Communication  
Standard 14 Handling information
- Day 4 – am** Standard 9 Awareness of mental health, dementia and learning disability
- Day 4 – pm** Standard 12 Basic Life Support  
Standard 2 Your personal development



# Emergency First Aid at Work Level 3 (RQF)

## Course Description

This one day course is accredited by Quallsafe Awards and is recognised both by the HSE and by the Qualifications and Credit Framework (RQF).

Staff attending the course will be taught how to assess and manage emergency situations including administering CPR and administering first aid to a casualty who is: unconscious, choking, bleeding or suffering from shock. Candidates will receive a certificate valid for 3 years. Attendees will be required to pass practical assessments as well as a multiple choice test paper. Attendees must also bring photographic ID such as an ID card, Driving license or Passport.

## Venue Dates and Times

- **Rose Cottage**
- **25<sup>th</sup> Apr; 23<sup>rd</sup> May; 22<sup>nd</sup> Nov; 23<sup>rd</sup> Jan**
- **9am – 5pm**
- **£35 pp**



Wear casual clothes suitable for kneeling and lying on the floor

Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided

# Epilepsy Awareness

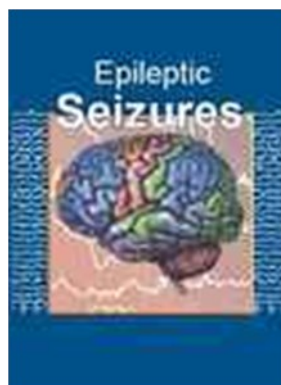
## Course Description

This half day course explores causes of epilepsy and identifies the common types of seizures that can occur. Staff attending this course will be able to recognise types of seizure and how to offer appropriate support assistance and where necessary First Aid.

## Venue, Dates, Times and Price

- **Rose Cottage**
- **3<sup>rd</sup> Oct; 13<sup>th</sup> Dec**
- **10am—1pm**
- **£15 pp**

Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided



## Fire Safety Level 2 (RQF)

### Course Description

This one day course looks at how fires are caused, the risks associated with fire and what we can do to control fire risks in the workplace. The qualification covers fire safety management at work, fire safety inspection, fire safety risk assessments and the legal requirements related to fire safety in the workplace. Successful candidates will receive a level 2 certificate valid for three years. Attendees will be required to pass a multiple choice test paper. Attendees must also bring photographic ID such as an ID card, Driving license or Passport.

### Venue Dates and Times

- **Rose Cottage**
- **13<sup>th</sup> Sep; 5<sup>th</sup> Dec**
- **9.30am—4pm**
- **£35 pp**



Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided



## Food Safety Level 2 (RQF)

### Course Description

This one day course looks at Safeguarding the health of consumers in the provision of food. Staff attending the course will learn about: Microbiology and illness, Contamination and prevention of illness, Cleaning and disinfection, Food pests, Premises and equipment and Food safety control.

Successful candidates will receive a level 2 certificate valid for three years. Attendees will be required to pass a multiple choice test paper. Attendees must also bring photographic ID such as an ID card, Driving license or Passport.

### Venue, Dates, Times and Price

- **Rose Cottage**
- **26<sup>th</sup> Apr; 13<sup>th</sup> Jun; 1<sup>st</sup> Nov; 18<sup>th</sup> Jan**
- **9.30am—4.30pm**
- **£35 pp**

Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided



## Health & Safety Level 2 (RQF)

### Course Description

This mandatory course will enable all staff to recognise safe and unsafe environments and work practices. Staff members successfully completing the course will receive a nationally recognised certificate, which is valid for 3 years. Attendees will be required to pass a multiple choice test paper. Attendees must also bring photographic ID such as an ID card, Driving license or Passport.

### Venue, Dates, Times and Price

- **Rose Cottage**
- **24<sup>th</sup> May; 14<sup>th</sup> Nov; 24<sup>th</sup> Jan**
- **9.30am—4.30pm**
- **£35 pp**



Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided

# Makaton

## Course Description

This half day course introduces the member of staff to this useful sign language which can be used to enhance and improve communication with the people they support. This practical course covers the most commonly used signs.

## Venue Dates and Times

- **Rose Cottage**
- **TBA**
- **5pm—8pm**
- **£15 pp**



# Medication

## Course Description

This mandatory course ensures that those attending will have the skills and knowledge, to be proficient and safe in the handling and use of medication. The course covers:

- The supply, storage and disposal of medicines
- Safe administration of medicines
- Quality assurance and record-keeping
- Accountability, responsibility and confidentiality.

## Venue, Dates, Times and Price

- **Rose Cottage**
- **14<sup>th</sup> Jun**
- **10am—3pm**
- **£25 pp**



Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided

# Support and Supervision

## Course Description

This one day course looks at the key principles of Support and Supervision. The course examines why Support and Supervision is critical to managing care teams and providing quality care. Staff attending the course will be able to explore good practice within supervision and how to make best use of this essential management tool.

## Venue, Dates, Times and Price

- **Rose Cottage**
- **10<sup>th</sup> Oct**
- **10am—3pm**
- **£25 pp**

Tea and Coffee making facilities are available at Rose Cottage. Lunch is not provided



## Notes

## Notes

## Wessex Regional Care

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