

Professional Training and Development

Training Catalogue

Introduction

The training contained within this booklet is provided by the Professional Training and Development department and accredited trainers from the Wellbeing Team of Livewell Southwest (* denotes where training is delivered by the Wellbeing Team), and is able to be tailored to suit the needs of other health services and local industry.

Our experienced training team are able to conduct the training in our purpose-built training rooms on the top floor of the Beauchamp Centre at Mount Gould Hospital or, if required, in suitable premises outside of Livewell Southwest.

Individual staff from outside Livewell Southwest can attend any currently running courses. Any of the training courses indicated can also be provided for groups of staff if requested.

The prices quoted within this booklet are for individuals. For further information or to request prices for group bookings please contact the Training team on any of the numbers or email addresses below.

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Corporate Mandatory Training Day

This training is primarily designed for health staff and includes updates and refresh topics classed as mandatory to health services.

However, this training can be tailored for staff from other organisations as it covers most of the subject areas deemed as mandatory for most work places.

If your organisation requires specific mandatory training then we have the expertise to tailor a course to suit you - simply let us know what topics you would like included.

Corporate Mandatory Training Day includes:

- Customer Care
- Diversity
- Fire Awareness
- Infection Control - focus on healthcare premises
- Information Governance (including Data Protection Act, Clinical Record Keeping, Confidentiality)
- Manual Handling of Loads
- Safeguarding Adults (Update)

This course costs from £75 per person

Please contact us to discuss a tailored course for your organisation. Group bookings will be discounted.

Clinical Training Courses

The following courses can be tailored and delivered to suit your needs.

Flu Vaccination

This course lasts for one to two hours depending on the number of delegates and can be tailored to meet the needs of those currently practising as well as those who have not previously delivered a flu vaccination.

This course costs from £80 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Medicines Management

This half day course is for those involved in the administration of medicines and includes national guidance, best practice, accountability, drug errors and how to prevent them, and basic drug calculations.

Syringe Drivers

This half day course is for Registered Practitioners who have no previous experience in managing syringe drivers.

These courses cost from £40 per person

Please contact us to discuss prices for block bookings.
Group bookings will be discounted.

Ear Care

This one day course is for Registered Practitioners and Assistant Practitioners and gives a basic introduction to ear care and irrigation, including theory during the morning session and a practical session using a simulated model during the afternoon.

Venepuncture

This one day course is for those who have no experience of venepuncture and includes theory during the morning session and a practical session on a simulated arm during the afternoon.

These courses cost from £80 per person

Please contact us to discuss prices for block bookings.
Group bookings will be discounted.

Emergency Courses

The following courses are based around Basic Life Support and First Aid but can be tailored to meet your organisation's needs.

EMD1

A three hour course designed for non-medically trained personnel, which consists of:

- Adult CPR
- Choking
- Use of Automated External Defibrillator
- Summoning help

These courses cost from £50 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

EMD2

A four to six hour course designed for the Emergency First Aider, which consists of:

- Adult CPR
- Choking
- Use of Automated External Defibrillator
- Summoning help
- Dealing with an unconscious casualty
- Dealing with wounds, bleeding and shock
- Dealing with fractures
- Minor injuries
- Recovery position

EMD3

A three and a half hour course designed for healthcare staff who may be administering drugs and medication or who may be working in an area where drugs and medications are being administered.

Consists of:

- Adult CPR
- Choking
- Recovery position
- Use of Automated External Defibrillator
- Anaphylaxis

EMD4

A four hour course designed for healthcare staff who may be working with children, consisting of:

- Adult and Paediatric CPR
- Choking in adults and children
- Recovery position
- Use of Automated External Defibrillator
- Anaphylaxis

These courses cost from £75 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

FAW

The First Aid at Work course: this is a three day course conforming to the latest guidance from the Health and Safety Executive, designed to fill the statutory requirements under the First Aid at Work Act 1981.

This course costs from £150 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Managing Aggression Courses

Conflict Resolution

This two hour course is designed for staff who may come into contact with a person displaying aggressive behaviour.

This course is governed by NHS Protect, and content includes:

- Recognising and managing common causes of conflict
- How positive verbal and non-verbal skills reduce conflict
- Positive links between communication and resolving conflict
- Gaining confidence when faced with difficult situations
- De-escalation skills
- How to keep yourself safe
- Reasonable force and the law

Breakaway Skills

This is a physical course that lasts for two hours or more, depending on the level of need. It is designed for staff who may come into contact with a person displaying physical aggression. The course aims to use breakaway skills to keep both staff and patients safe.

This course is governed by The General Services Association, and content includes:

- Wrist releases
- Clothing releases
- Hair releases
- Defence from punches and slaps
- Strangle releases

This course costs from £100 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

This course costs from £50 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Safe Holding

This one day course is designed for staff who may need to use low level restraint techniques with people whose behaviour challenges and requires staff intervention to maintain safety. The Physical Intervention team will meet with you to discuss your needs and can tailor the course as required.

The course has a Pass, Fail or Defer outcome and staff will be marked on their competence in safely restraining a patient, attitudes towards patients and patient care, and their ability to work with others. The course requires a minimum of 2 staff members to implement the techniques and is governed by The General Services Association. Content includes:

- Simple escorting
- Walking holds
- Seated restraint / de-escalation
- Beanbag restraint / de-escalation
- Walking through doorways
- Theory - including Department of Health Guidance 2014 and other relevant documents

This course costs from £100 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Managing Aggression Courses

Physical Intervention (Intensive)

A three day course designed for staff, where a minimum of four staff are available at all times should restraint be required.

The course has a Pass, Fail or Defer outcome and staff will be marked on their competence in safely restraining a patient, attitudes towards patients and patient care, and their ability to work as part of a team.

This course is governed by The General Services Association, and content includes:

- Simple escorting
- Walking holds
- Seated restraint / de-escalation
- Beanbag restraint / de-escalation
- Walking through doorways
- Prone and supine restraint
- Separating fighting patients
- Seclusion
- Scenario-based assessments
- Theory - including Department of Health Guidance 2014 and other relevant documents

Physical Intervention (Update)

A two day course designed for staff who have attended and passed the Intensive course, and must be completed within 12 months of the Intensive course.

The course has a Pass, Fail and Defer outcome, and staff will be marked on their competence in safely restraining a patient, attitudes towards patients and patient care, and their ability to work as part of a team.

This course is governed by The General Services Association, and content includes:

- Simple escorting
- Walking holds
- Seated restraint / de-escalation
- Beanbag restraint / de-escalation
- Walking through doorways
- Prone and supine restraint
- Separating fighting patients
- Seclusion
- Scenario-based assessments
- Theory - including Department of Health Guidance 2014 and other relevant documents

This course costs from £450 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

This course costs from £300 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Mental Health and Learning Disabilities Courses

A wide range of mental health and learning disabilities courses can be delivered, including:

*Applied Suicide Intervention Skills Training (ASIST)

This two day research based, interactive and practical course enables participants to develop an understanding of people who self-harm and have thoughts of suicide, to identify risk and to develop skills in effective engagement and communication in order to apply 'suicide first aid'.

This course costs from £60 per person

Please contact us to discuss prices for block bookings
Any employee or member of a company that is a signatory of the Workplace Wellbeing Charter will receive a 40% discount on cost for both general and bespoke courses.

Autistic Spectrum Condition

This one day course has been designed to provide a broad range of basic knowledge relating to Autistic Spectrum Conditions.

It provides part of the knowledge requirement towards the following units from the 'Diploma in Health and Social Care' and the Bild Certificate in 'Positive Behaviour Support':

- QCF Unit 4222-253, Introductory Awareness of Autistic Spectrum Conditions
- QCF Unit 4222-378, Understanding How To Support Individuals With Autistic Spectrum Conditions
- QCF Level 3, Certificate in Positive Behaviour Support

This course costs from £25 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Care Certificate

This five day course provides much of the underpinning knowledge towards the 15 standards of the Care Certificate.

The Care Certificate is required in both Health and Social Care and replaces the Common Induction Standards for residential care home staff.

This course costs from £125 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Mental Health and Learning Disabilities Courses

Dementia Friends

This one hour practical course is part of a national programme which aims for participants to learn more about what it is like to live with dementia and turn that understanding into action. It is supported by the Alzheimer's Society and is the biggest ever initiative to change people's perceptions of dementia.

This course is free

Depot Injection Training

Learn the principles and practice of safe and effective administration of intramuscular depot (antipsychotic) injections.

This course costs from £50 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Dementia L2

This one day course aims for participants to be able to 'stand in the shoes' of someone with dementia and gain an insight into their lives, as well as understanding the definition and prevalence of dementia and the impact on daily living.

The course will focus on the four main types of dementia and how assessment and diagnosis is made, define the difference between delirium and dementia, and explore the ethics and complexities of caring for someone with dementia.

Participants will gain an understanding of the importance of person-centred care and living well with dementia and develop the skills to communicate effectively with people with dementia.

This course costs from £25 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Diploma in Health and Social Care

This is a nationally recognised qualification that is available in the three QCF pathways at both QCF Level 2 and Level 3:

- Diploma in Health and Social Care - Generic Pathway
- Diploma in Health and Social Care - Dementia Pathway
- Diploma in Health and Social Care - Learning Disability Pathway

Single QCF units are also available.

Price on enquiry

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Mental Health and Learning Disabilities Courses

Domestic Violence using the DASH Framework

This one day course is University accredited Domestic Abuse, Stalking and Harassment and Honour Based Violence (DASH 2009) risk identification, assessment and management model training.

The DASH Masterclass will enable participants to use the DASH risk assessment model to identify standard, medium and high risk cases of domestic abuse, stalking and harassment. Participants will understand how to use the DASH Risk Model (2009) to save lives through early risk identification, intervention and prevention.

This course costs from £25 per person

Please contact us to discuss prices for block bookings.
Group bookings will be discounted.

Learning Disability Awareness

This one day course has been designed to provide a broad range of basic knowledge relating to the context of supporting individuals with learning disabilities.

The course provides part of the knowledge requirement for QCF Unit 4222-245, 'Understand the Context of Supporting Individuals with Learning Disabilities' of the 'Diploma in Health and Social Care' as well as Standard 9, 'Awareness of Learning Disabilities' of the 'Care Certificate.'

This course costs from £25 per person

Please contact us to discuss prices for block bookings.
Group bookings will be discounted.

Mental Health Act 1983 (as amended by the Mental Health Act 2007)

This one day course aims to provide all delegates with an understanding of the scope of the Mental Health Act, its statutory requirements and the practicalities of working with patients subject to the Act.

Price on enquiry

Please contact us to discuss prices for block bookings.
Group bookings will be discounted.

Mental Health and Learning Disabilities Courses

Courses on this page are delivered by accredited trainers from the Wellbeing Team. Any employee or member of a company that is a signatory of the Workplace Wellbeing Charter will receive a 40% discount on cost for both general and bespoke courses.

*Mental Health First Aid

This twelve hour intensive, interactive and practical course is usually delivered over two days and provides an overview of common mental health problems as well as information, tools and techniques to enable you to support someone who may be experiencing mental or emotional distress.

Mental Health First Aid is an evidence based intervention that can be delivered in a wide variety of settings, where first aid is given to an individual experiencing distress until appropriate help and treatment is received or the crisis resolves.

*Mental Health First Aid for the Armed Forces

This twelve hour intensive, interactive and practical course is usually delivered over two days.

It provides participants with the information, tools and techniques that form the basis for increased mental health resilience amongst veterans and the families of both veterans and serving personnel, as well as the confidence to raise and respond to mental health issues in a straightforward and effective way.

*Mental Health First Aid (Youth)

This twelve hour intensive, interactive and practical course is usually delivered over two days and is specifically designed for people that teach, work, live with or care for young people aged 8 - 18 years.

It provides participants with information, tools and techniques to promote a young person's mental health and wellbeing and help develop the confidence to raise and respond to mental health issues in a straightforward and effective way.

These courses cost from £60 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

*Mental Health First Aid Lite

This three hour introductory course enables participants to gain a wider understanding of some of the issues surrounding mental health; how and why positive and negative mental health affects an individuals' life, and to work more effectively with people experiencing mental health problems.

This course costs from £25 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Mental Health and Learning Disabilities Courses

Mental Health Awareness

This one day course has been designed to provide a broad range of knowledge relating to mental health.

This course provides part of the knowledge requirement for the following units:

- QCF Unit 4222-619, 'Understand Mental Health Problems, of the 'Diploma in Health and Social Care'
- Standard 9, 'Awareness of Mental Health' of the 'Care Certificate'
- QCF Level 3 of the certificate in 'Positive Behaviour Support'

Self Harm Awareness

This one day course is designed to raise understanding of self harm behaviour in adults and young people.

Supervision Skills

This one day course is aimed at anyone who delivers supervision to staff.

We look at the key skills required to deliver effective supervision and how it can benefit the organisation.

Recording Skills

This one day course is suitable for all individuals who record information of any nature as part of their role. Topics covered include:

- The difference between 'Fact' and 'Opinion'
- The purpose and types of records kept
- The standards required for record keeping
- How the tone and style of communication can change the meaning
- Understanding the eight principles of the Data Protection Act 1998
- Understanding the Caldicott Principles
- Understanding the requirements for storing, transporting and the accountability for and of confidential information

These courses cost from £25 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Mental Health and Learning Disabilities Courses

Mental Health Awareness (Basic)

This one day course aims to provide an awareness and overview of mental health conditions and practice. It will also extend delegates knowledge and skills in the care of the person with a mental illness.

It is appropriate for both caregivers and non-caregivers who wish for a better understanding of mental health conditions.

Social Role Valorisation (SRV)

This two day course is aimed at raising the level of understanding the process of devaluation and the practical application of the principles of Social Role Valorisation.

Topics covered include:

- What is Social Role Valorisation?
- Historical perspective
- How service provision reflects social beliefs, values and attitudes
- Cultural Valued Analogue
- The ten themes of SRV
- How current policy informs practice - Valuing People, Valuing People Now, and Safeguarding

These courses cost from £50 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

*Understanding Mental Health and Wellbeing

This evidence based, interactive and practical course is delivered free of charge, and provides participants with a better understanding of their own attitudes and beliefs about mental health and wellbeing, and how it can be protected and improved using the 'Five Winning Ways to Mental Health and Wellbeing.'

This course can be delivered over one to three hours dependent on your needs, or over six hours for those wishing to achieve the Royal Society of Public Health Accredited Level Two Award in Understanding MHWB.

This course is free

People / Manual Handling Courses

The following courses are designed specifically for health staff who may be involved in people / patient handling activities. They can all be tailored to suit your need dependent on what handling equipment you employ on your premises.

Manual Handling of Loads

This is a theory based course covering the principles of the safe handling of inanimate objects. This course normally lasts for one and a half hours but can be tailored to suit you in regard to practical demonstrations in the use of equipment being used by your organisation.

It is relevant to all work places and covers the following:

- Overview of the Manual Handling Operations Regulations (MHOR)
- Assessing risk (TILE)
- Overview of the anatomy and physiology of the spine
- Safe handling techniques
- Use of equipment

This course costs from £25 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Patient Handling (Basic)

This course is designed for the person who may be carrying out basic patient handling tasks such as assisting a person to sit / stand / walk.

This course usually lasts for four hours and can be designed around your requirements.

Patient Handling (Complex)

This course is designed for the person who may be carrying out more complex handling tasks such as hoisting or bed manoeuvres.

This course usually lasts for six hours and can be designed around your requirements.

This course costs from £50 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

This course costs from £75 per person

Please contact us to discuss prices for block bookings. Group bookings will be discounted.

Wellbeing Courses

The Wellbeing Team offers a wide range of health improvement training. These courses are delivered by accredited trainers and can be tailored to suit the needs of your organisation or community. Courses offered by the team include:

*Alcohol Reduction (Alcohol Identification and Brief Advice)

This four hour, interactive and practical course is an evidence based approach which helps participants to develop an understanding of alcohol addiction and build confidence in raising and responding to alcohol issues in an effective way.

Participants will also learn how to identify alcohol users who may benefit from a brief intervention using an AUDIT screening tool, and practice skills and techniques for delivering simple advice and more extensive interventions.

This course is free

*Brief Advice on Wellbeing

This interactive and practical course is usually delivered over one to three hours and is an evidence based approach which covers theoretical models and local lifestyles information to provide an overview of key health messages. Participants will gain a better understanding of their own attitudes and beliefs about healthier lifestyles, and develop the confidence and skills to help improve the health of their community, workplace or voluntary organisation.

This course costs £25 per person

Please contact us to discuss prices for block bookings.

Any employee or member of a company that is a signatory of the Workplace Wellbeing Charter will receive a 40% discount on cost for both general and bespoke courses.

Workshop to Raise Awareness of Prevent (WRAP)

This is a 90 minute workshop.

PREVENT is part of the UK's counter terrorism strategy, preventing people from becoming involved in terrorism or supporting terrorism. The outcomes of the workshop are:

- Understand Prevent's aims
- Think about who may be vulnerable to terrorism
- See why some people are able to influence others to commit crimes
- Recognise when a vulnerable individual may be in need of your help
- Be clear on what help and support looks like in your area
- Who should you turn to if you have concerns

This workshop was primarily aimed at health staff (HealthWrap) but has now been redesigned to roll out to all other sectors where there could be vulnerable adults or children. It is now mandatory for all front line health staff working with vulnerable individuals, and the government will shortly make this mandatory for all work sectors that may come into contact with vulnerable individuals, including schools, colleges and universities.

Prevent within Education

Within education there will be a number of vulnerable individuals. A vulnerable individual is identified as someone who may have mental health needs, learning difficulties, sensory or physical difficulties, be socially isolated or experiencing domestic abuse. Young people become vulnerable due to a number of reasons. They may be experiencing physical, sexual or emotional abuse. They may be experiencing neglect, a family breakdown or be in foster care. Cyber bullying is also a major risk to young people today and with the internet being a major source of information, the risk of misinformation is high.

Education staff and support workers are an integral part of Prevent's success because they already have the skills and support at hand that can recognise when someone may become involved in or supporting terrorism, and can help them to make a decision not to carry on that path before a crime is committed.

Prevent is not about criminalising people, but about preventing them from taking that next step into the criminal space.

If you have never heard of Prevent, or wish to know what to do if you think someone is being radicalised or forced into crime, then this workshop is for you.

This course costs from £15 per person

Block booking for up to 30 people is from £250. Please contact us to discuss.

Price List

For your ease of reference, below is an A-Z list of our courses and their cost. All prices shown are per person. Please contact us to discuss prices for block bookings or to arrange for a bespoke course to be tailored to your needs.

Courses marked with an asterisk are subject to a 40% discount for employees of any company or organisation that is a signatory of the Workplace Wellbeing Charter.

Clinical Training Courses

Ear Care	£80
Flu Vaccination	£80
Medicines Management	£40
Syringe Drivers	£40
Venepuncture	£80

Corporate Mandatory Training Day

One day course	£75
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Emergency Courses

EMD1	£50
EMD2	£50
EMD3	£75
EMD4	£75
First Aid At Work	£150

Managing Aggression Courses

Conflict Resolution	£100
Breakaway Skills	£50
Physical Intervention	£450
Physical Intervention (Update)	£300
Safe Holding	£100

Mental Health & Learning Disabilities

Applied Suicide Intervention Skills	£60*
Autistic Spectrum Condition	£25
Care Certificate	£125
Dementia Friends	Free
Dementia L2	£25
Depot Injection Training	£50
Diploma in Health & Social Care	£Enq.
Domestic Violence using the DASH Framework	£25.
Learning Disability Awareness	£25

Mental Health & Learning Disabilities

Mental Health Act 1983	£Enq.
Mental Health Awareness	£25
Mental Health Awareness (Basic)	£50
Mental Health First Aid (MHFA)	£60*
MHFA for Armed Forces	£60*
MHFA Youth	£60*
MHFA Lite	£25*
Recording Skills	£25
Self Harm Awareness	£25
Social Role Valorisation	£50
Supervision Skills	£25
Understanding Mental Health & Wellbeing	Free

People / Manual Handling Courses

Manual Handling of Loads	£25
Patient Handling (Basic)	£50
Patient Handling (Complex)	£75

Wellbeing Courses

Alcohol Reduction	Free
Brief Advice on Wellbeing	£25*

Workshop to Raise Awareness of Prevent (WRAP)

90 minute workshop	£15
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To book your workshop please use the contact information in the introduction to this brochure.

Notes

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www.livewellsouthwest.co.uk