

Delivering all your
care training needs

Social Care Services

Course and Price List **2024**

www.cbassociatetraining.co.uk



Welcome to our Social Care Services Course Brochure

Care Business Associate Training or CBAT as it's known, is a national provider of educational face to face training. As an organisation, CBAT is fast becoming one of the UK's leading providers to the health and social care market.

Established by a group of leading industry experts, CBAT delivers high quality training in the fields of Elderly, Hospitals, L&D, Children and Younger Adults, Mental Health and Justice. From health and safety to mandatory care courses, clinical and management training, CBAT delivers to some of the biggest businesses within the UK.

As a leading provider of training services, CBAT deliver across the UK daily and with a team of over two-hundred established trainers varying from health and safety experts, leading clinicians and

doctors, our clients are always left feeling valued and extremely pleased with the service we provide.

Please take the time to view our brochures, my team are here to help so should you have any questions please give them a call on **01772 816922** or email admin@cba-training.co.uk



Paul Blane
Chief Executive
Officer (CEO)



Key

Through out the brochure you will see the below set of icons for each course. Here is what they mean.



3 DAYS



2 YRS



12



£1800



Course Duration



Course Validity



Maximum Attendees



Cost Per Course

Price shown excludes VAT

Pricing

DISCOUNTS APPLICABLE: If you book two half day courses to be completed over the course of one day at the same venue, the cost will be **£650 plus VAT.**

VAT: All costs are shown excluding VAT.

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SOCIAL CARE SERVICES
**HEALTH AND SAFETY
INCLUDING FIRST AID COURSES**

BASIC LIFE SUPPORT AND MANAGEMENT OF ANAPHYLAXIS



1/2 DAY



1 YR



12



£420

AIM

To ensure the learner will be able to respond to a casualty in need of basic life support including common anaphylaxis triggers, the body's reaction and effective treatment.

LEARNING OUTCOMES

- Explain the purpose of Basic Life Support
- Assess an incident
- Demonstrate resuscitation techniques, secondary survey and the recovery position
- Explain the common triggers for anaphylactic reactions
- Explain what the chain of survival is and levels of consciousness
- Understand the body's reaction to anaphylaxis
- Demonstrate the first aid treatment of someone suffering with anaphylaxis
- Explain the medication used for safe treatment of anaphylaxis

BASIC LIFE SUPPORT AND SAFE USE OF AED



1/2 DAY



1 YR



12



£420

AIM

To ensure the learner will be able to respond to the needs of a casualty who requires resuscitating and demonstrate safe, and correct use of, an Automated External Defibrillator (AED)

LEARNING OUTCOMES

- Explain the purpose of Basic Life Support
- Assess an incident
- Demonstrate resuscitation techniques, secondary survey and the recovery position
- Explain what the chain of survival is and levels of consciousness
- Describe how to identify and deal with a choking casualty
- Demonstrate safe use of an AED

EMERGENCY FIRST AID AT WORK (a)



1 DAY



3 YRS



12



£525

AIM

To provide the learner with skills to deal with an emergency first aid incident in the workplace.

LEARNING OUTCOMES

- Describe the role and responsibilities of a first aider
- Assess an incident
- Explain the purpose of Basic Life Support
- Demonstrate Resuscitation techniques, secondary survey and the recovery position
- Explain what the chain of survival is and levels of consciousness
- Describe how to identify and deal with a choking casualty
- Explain and demonstrate how to deal with bleeds, fractures, sprains, burns, wounds and shock

FIRE SAFETY AWARENESS



1/2 DAY



2 YRS



12



£420

AIM

On completion of this course delegates will understand the basics of fire hazards and the risks in the workplace and also the main measures that should be taken to reduce this.

LEARNING OUTCOMES

- Explain the typical role of a fire warden/marshal in relation to workplace safety.
- Identify a range of portable fire extinguishers
- Recognise the way people behave in a fire situation
- Explain the key fire safety duties under the law
- Be competent in your duties during an evacuation
- Recognise the need for fire evacuation drills
- Describe how to prevent fire & limit its impact
- Understand the principles of a risk assessment

FIRE MARSHAL



1 DAY



2 YRS



12



£620

AIM

On completion of this course delegates will understand the basics of fire hazards and the risks in the workplace and also the main measures that should be taken to reduce this.

LEARNING OUTCOMES

- Explain the typical role of a fire warden/marshal in relation to workplace safety.
- Identify a range of portable fire extinguishers
- Recognise the way people behave in a fire situation
- Explain the key fire safety duties under the law
- Be competent in your duties during an evacuation
- Recognise the need for fire evacuation drills
- Describe how to prevent fire & limit its impact
- Understand the principles of a risk assessment

FIRST AID AT WORK (a)



 3 DAYS

 3 YRS

 12

 £1620

AIM

To ensure that learners are competent to act as qualified first aiders within the workplace. The course includes emergency first aid procedures and recognition and management of illnesses in the workplace.

LEARNING OUTCOMES

- Describe the role and responsibilities of a first aider
- Assess an incident
- Explain the purpose of Basic Life Support
- Demonstrate resuscitation techniques, secondary survey and the recovery position
- Explain what the chain of survival and levels of consciousness
- Describe how to identify and deal with a choking casualty and other causes of hypoxia
- Explain and demonstrate how to deal with bleeds, fractures, sprains, wounds and shock
- Describe how to recognise anaphylaxis and other respiratory conditions
- Manage a casualty with chest pain

FIRST AID AT WORK REQUALIFIED



 2 DAYS

 3 YRS

 12

 £1060

AIM & LEARNING OUTCOMES

This is for individuals who hold a valid First Aid at Work certificate which is due for renewal. For the aim and learning outcomes, please see the entry for First Aid at Work.

FOOD HYGIENE AWARENESS

 1/2 DAY

 2 YRS

 12

 £420

AIM

To ensure that the learner has the knowledge and understanding to be able to prevent food poisoning from occurring.

LEARNING OUTCOMES

- Explain how good food hygiene contributes to food safety
- Demonstrate and understanding of how micro-organisms cause illness through contamination
- Recognise the importance of personal hygiene and good hygiene practices
- Show knowledge of current legal obligations and the consequence of non-compliance
- Explain what hazards are, and how they are controlled and monitored

FOOD SAFETY

CIEH LEVEL 2

Chartered Institute of
Environmental Health



 1/2 DAY

 2 YRS

 12

 £420

AIM

To gain a Level 2 Foundation Certificate in Food safety

LEARNING OUTCOMES

- Know the importance of food safety
- Understand how hazards can occur at any stage of food handling from 'farm to fork'
- Understand the need to practice food safety in the workplace
- Understand the importance of using a documented food safety management system

HEALTH & SAFETY INC COSHH & RISK ASSESSMENT

 1/2 DAY

 3 YRS

 12

 £420

AIM

To give the learner an overview of health and safety including an awareness of substances hazardous to health in the workplace, how to conduct risk assessments whilst promoting client rights and basic infection prevention and control.

LEARNING OUTCOMES

- Explain the importance of health and safety
- Identify some of the legislation relating to health and safety
- Demonstrate how to complete a basic risk assessment
- Explain how to maintain high Health & Safety standards
- Describe substances in the workplace which are hazardous to health
- Describe to identify hazardous substances and how they can cause ill health and injury
- Describe the risks and control measures associated with hazardous substances

HEALTH & SAFETY

CIEH LEVEL 3

Chartered Institute of
Environmental Health



 3 DAY

 2 YRS

 12

 £1650

AIM

To gain a level 3 Intermediate certificate in occupational Health & Safety

LEARNING OUTCOMES

- Know the principles of effective risk management
- Understand workplace hazards and controls and how they may cause injury and ill health
- Know how to monitor and measure the effectiveness of an occupational health and safety management system
- Know the elements of an effective occupational health and safety management system
- Know how an occupational health and safety management system can be planned, organised and implemented

IMMEDIATE LIFE SUPPORT

 1 DAY

 3 YRS

 6

 £775

AIM

To train individuals in the skills of initial assessment of the sick patient and provides knowledge and education in the causes and prevention of cardiopulmonary arrest.

LEARNING OUTCOMES

- The causes and prevention of cardiac arrest
- The ALS algorithm
- The ABCDE approach
- Initial resuscitation and defibrillation
- Airway management and adjuncts
- Cardiac Arrest Simulation Teach and Test
- Targeted training
- To recognise the patient at risk of Cardiopulmonary arrest
- To understand the principles of prevention of cardiac arrest
- To deliver cardiopulmonary resuscitation, simple airway management and safe defibrillation (manual and/or AED), enabling them to manage patients in cardiac arrest until arrival of an ambulance
- To participate as members of an effective team

INFECTION PREVENTION AND CONTROL

 ½ DAY

 2 YRS

 12

 £420


AIM

To enable you to understand basic infection control, transmission of infection and the chain of infection, how to minimise the risk of cross infection and guidance on how to comply with the Code of Practice.

LEARNING OUTCOMES

- Describe what an infection is, the different types of infection and the body's own mechanisms to fight infection
- Define the chain of infection and explain how to prevent and control infection
- Demonstrate effective hand washing

MOVING AND HANDLING PEOPLE AND INANIMATE LOADS

 ½ DAY

 1 YR

 12

 £420

AIM

To ensure the learner is working to current moving & handling guidelines, alleviate any poor techniques that they may have adopted & minimise the risk of injury to themselves & the client.

LEARNING OUTCOMES

- Explain the theory behind moving and handling
- Demonstrate safe practice using a range of techniques when moving a variety of inanimate loads as well as when moving clients and with a variety of equipment

PAEDIATRIC BASIC LIFE SUPPORT



1/2 DAY



1 YR



12



£420

AIM

To ensure the Learner will be able to respond to the needs of a child or young person who requires resuscitating and demonstrate safe and correct use of an automated External Defibrillator (AED).

LEARNING OUTCOMES

- Explain the purpose of Basic Life Support
- Assess an incident
- Demonstrate resuscitation techniques, secondary survey and the recovery position for a Child or Young Person
- Explain what the chain of survival is and the levels of consciousness
- Describe how to deal with a Child or Young person choking
- Demonstrate safe use of an AED

RISK ASSESSMENT



1/2 DAY



2 YRS



12



£420

AIM

To ensure the learner has the knowledge and understanding to be able to risk assess more effectively

LEARNING OUTCOMES

- Involve people in their Risk Assessment
- Understand the 5 steps involved in Risk Assessment
- Impact Risk Assessment
- Reviewing and updating the Risk Assessment
- Apply Risk Assessment to day to day caring
- Understand the significance of Risk Assessment
- Terminology

SOCIAL CARE SERVICES

WORKFORCE DEVELOPMENT & BEST PRACTICE COURSES

AUTISM AWARENESS



1/2 DAY



2 YRS



12



£420

AIM

For workers to understand what autism is and how this can impact on the person and their families and how you can help someone with autism to reach their potential and ensure there are no barriers to inclusion.

LEARNING OUTCOMES

- Explain what autism is
- Explain what may cause autism
- Understand common behaviours people may display
- Understand the importance of working in a person-centred way to ensure there are no barriers to inclusion
- Understand how autism is diagnosed
- Understand how to manage people with autism

BEHAVIOURS THAT CHALLENGE, BREAKAWAY & DISENGAGEMENT, PHYSICAL INTERVENTION & RESTRAINT

RRN 2-DAY TRAINING

CERTIFIED
TRAINING SERVICE



2 DAY



3 YRS



12



£2,700

AIM

This session will look at recognition, prevention and de-escalation of aggression. Learners will develop their knowledge and skills to assist with a conflict situation including Breakaway, Disengagement, Physical Intervention & Restraint Techniques.

LEARNING OUTCOMES

- Recognise behaviours they find challenging and how it makes them feel
- Develop understanding of how one's own behaviour can affect others
- Have an understanding of a person's human rights
- Explain the hierarchy of response and the reasons for working within it
- Utilise the tools available to them that can assist in the resolution of conflict and understand the differences between Primary, Secondary & Tertiary interventions
- Acknowledge Primary and Secondary interventions are to be utilised first.
- Understand Tertiary interventions are always a last resort
- Understand human factors Fight, flight, freeze
Explore physical intervention – what is it?
- Demonstrate the impact of physical stance and positioning on their personal safety during an incident.
- Have an awareness of Breakaway, Disengagement, Physical Intervention & Restraint Techniques Consider the importance of debriefing and self-care following incidents involving behaviours that challenge.

**CERTIFIED
TRAINING SERVICE**



3 DAY



3 YRS



12



£3595

BEHAVIOURS THAT CHALLENGE, BREAKAWAY & DISENGAGEMENT, PHYSICAL INTERVENTION & RESTRAINT

RRN 3-DAY TRAINING

AIM

This session will look at recognition, prevention and de-escalation of aggression. Learners will develop their knowledge and skills to assist with a conflict situation including Breakaway, Disengagement, Physical Intervention & Restraint Techniques.

LEARNING OUTCOMES

- Recognise behaviours they find challenging and how it makes them feel
- Develop understanding of how one's own behaviour can affect others
- Have an understanding of a person's human rights
- Explain the hierarchy of response and the reasons for working within it
- Utilise the tools available to them that can assist in the resolution of conflict and understand the differences between Primary, Secondary & Tertiary interventions
- Acknowledge Primary and Secondary interventions are to be utilised first.
- Understand Tertiary interventions are always a last resort
- Understand human factors Fight, flight, freeze
- Explore physical intervention – what is it?
- Demonstrate the impact of physical stance and positioning on their personal safety during an incident.
- Have an awareness of Breakaway, Disengagement, Physical Intervention & Restraint Techniques
- Consider the importance of debriefing and self-care following incidents involving behaviours that challenge.
- Describe the risks in the use of restraint Recognise the importance of De-escalation and the DOH: Positive and Proactive Strategy
- Re-look at the use of Behaviour Support Plans including Primary, Secondary and Tertiary preventative strategies.
- Describe and identify person centred and rights based approach and role within physical interventions
- Develop physical skills to minimise the risk to the person requiring physical intervention and the supporting staff team.
- Identify the factors that contribute to risk and elevated levels of risk in the application of restrictive interventions and practices

BEHAVIOURS THAT CHALLENGE



½ DAY



3 YRS



15



£420

AIM

To ensure that the learner has the knowledge and understanding of the differing types of distressed reactions, their causes and how to use de-escalation techniques to minimise the harm from this type of behaviour.

LEARNING OUTCOMES

- Identify types of distressed reactions
- Demonstrate an awareness of the different causes of these reactions
- Identify strategies that can minimise individual's distress, disruptive behaviour, conflict and confrontation
- Identify signs of an individual becoming distressed
- Explain when and where it will be possible to reason and have effective communication with individuals after conflict or confrontation
- Explain general principles for managing incidents, including being able to minimise the Incidents

CO-REGULATION



1/2 DAY



3 YRS



12



£420

AIM

To understand the process of co-regulation in order to better support those you work with

LEARNING OUTCOMES

- Understand what is meant by self-regulation
- Recognise how self-regulation develops through Co-Regulation
- Know how the brain and body develops the ability to self-regulate
- Recognise the importance of your role in supporting self-regulation
- Learn strategies to Co-Regulate with the people you support

COMBINED SAFEGUARDING

LEVEL 3



1 DAY



3 YRS



15



£620

AIM

To ensure you have the knowledge and understanding of how to recognise and report abuse within the workplace, ensuring that you are working to your local adult/children safeguarding policy and procedures.

LEARNING OUTCOMES

- Define the different types of abuse and the recognition features of each one
- Describe risk factors which make people more vulnerable
- Describe how to deal with disclosure of abuse and the process to follow, including how to be an effective advocate
- State the legislation you may need to be aware of with regards to an abuse situation
- Identify the support available following disclosure

COMMUNICATION, CHOICE, CONTROL & PCAS



1/2 DAY



3 YRS



12



£420

AIM

For staff to understand the importance of Choice, Control and Person-Centred Active Support and the crucial element of ensuring they involve the person throughout and where possible, especially in their care plans

LEARNING OUTCOMES

- Describe why Choice and Control is important to the people you support
- Understand what Person-Centered Active Support involves
- Understand the 4 elements of active support
- Understand the importance of what a Care Plan is, the purpose and requirements of having Care Plans in place
- Define the Care Planning Cycle and how to implement the four stages and the 4 elements of active support
- Demonstrate what Person Centred Care is and how we deliver a PCP approach in Care Planning
- Describe the importance of Care Plan reviews, the purpose of reviews and who is involved.
- Demonstrate competent levels of communication, use of documentation and record keeping
- Know how to produce a Care Plan using known theories of Care Planning and Assessment processes

CONTRABAND SEARCH



1 DAY



3 YRS



12



£620

AIM

To equip the nursing team with the necessary skills and knowledge to safely carry out a search of the person or of the ward environment.

LEARNING OUTCOMES

- Learners will understand the legal implications of implementing a search whilst taking consent and capacity into consideration.
- All participants will be able to identify the process to be followed to ensure a search is justified and carried out effectively.
- The learners will follow the process outlined in training to ensure a safe and effective search has been employed.
- Documentation will be accurately recorded. The person's dignity and respect will be ensured at all times.
- Participants will carry out a search under the supervision of the instructor.

DEMENTIA AWARENESS

 ½ DAY

 3 YRS

 12

 £420

AIM

To understand more about Dementia, how this may affect every day life and how to support someone who is affected it.

LEARNING OUTCOMES

- Explore current service provision to people with dementia
- Describe a range of causes of dementia syndrome

- Describe the types of memory impairment commonly experienced by individuals with dementia
- Identify what may be mistaken for dementia
- Understand memory impairment and function
- Explain how to support the abilities and meet the needs of individuals with dementia

DIET AND NUTRITION

 ½ DAY

 3 YRS

 15

 £420

AIM

To ensure delegates gain an understanding of how nutrition has a direct connection with health and well-being and to enable the learner to recognise signs of malnutrition and understand the principles of nutritional screening.

LEARNING OUTCOMES

- Identify the essential nutrients required to sustain a healthy body and the groups that they belong to

- Consider, construct and present nutritional meals for older people
- Select cooking methods and equipment to maximise the nutritional content of foods
- Define malnutrition
- List the 5 key steps in the use of MUST
- Calculate a Waterlow and MUST score
- Describe how to support individuals with dining and maintaining fluid intake

DIGNITY IN CARE

 ½ DAY

 3 YRS

 15

 £420

AIM

To ensure the learner has the knowledge and understanding to be able to promote and advocate a dignity and respect based delivery of care.

LEARNING OUTCOMES

- Explain the definition of dignity
- Demonstrate an understanding of how to promote respect and dignity
- Recognise the importance of how lacking both respect and dignity can make an individual feel

DIGNITY IN CARE - PHYSICAL DISABILITIES



1/2 DAY



3 YRS



12



£420

AIM

To provide care in a dignified manner to those with physical disabilities.

LEARNING OUTCOMES

- To identify what the term 'dignity' means

- To discuss how a physical disability could compromise an individual's dignity.
- To identify legislation relevant to supporting someone with a physical disability in a dignified way.
- To discuss professional attributes of staff towards maintaining the dignity of service users.

DISTRESSED BEHAVIOUR AND BREAKAWAY

(Non Accredited)



1 DAY



2 YRS



12



£620

AIM

This session will look at recognition, prevention and de-escalation of aggression. Learners will develop their knowledge and skills to assist with a conflict situation.

LEARNING OUTCOMES

- Recognise behaviours they find challenging and how it makes them feel
- Recognise and diffuse aggression

- Explain the hierarchy of response and the reasons for working within it
- Utilise the tools available to them that can assist in the resolution of conflict
- Demonstrate the impact of physical stance and positioning on their personal safety during an incident
- Demonstrate breakaways from an aggressor.

DOCUMENTATION AND RECORD KEEPING



1/2 DAY



N/A



15



£420

AIM

To ensure the learner can complete all required documentation so that it complies with both legal and organisational requirements.

LEARNING OUTCOMES

- Explain the purpose of documentation

- Clarify the types of records you are required to complete
- Explain the legislation and guidance behind this
- Define your accountability in this process, linking this to confidentiality
- Demonstrate how to complete documentation avoiding the common errors

DYSPHAGIA AWARENESS



½ DAY



2 YRS



15



£ £420

AIM

To give the learner an awareness of dysphagia, the possible causes and interventions and assistance for the person suffering.

LEARNING OUTCOMES

- Explain the purpose of documentation
- Define dysphagia
- Understand the complications of dysphagia
- Identify the potential causes of dysphagia
- Identify some treatments for dysphagia

EQUALITY AND DIVERSITY



½ DAY



2 YRS



15



£ £420

AIM

To ensure the learner gains an awareness of equality, diversity and care values, and how anti-discriminatory practice underpins individual care.

LEARNING OUTCOMES

- Describe the legislation relating to “Equality & Diversity” and how these relate to their care setting
- Explain how “Equality & Diversity” are integral to individualised care
- Recognise prejudices which may affect individualised care
- Know what steps can be taken to reduce discriminatory practice

GPDR



1/2 DAY



3 YRS



12



£ £420

AIM

To ensure you have a basic understanding your responsibility to the law and legislation that is GDPR

LEARNING OUTCOMES

- Understand the key terms such as sensitive data and personal data.
- Demonstrate what personal/or sensitive data you handle.
- Describe the principles of GDPR in short form.
- Evidence understanding of the company policy and best practice.
- Understand the consequence of non-compliance.

HOARDING AWARENESS

 1/2 DAY

 3 YRS

 12

 £420

AIM

For staff to understand more about Hoarding so they can better support the individual

LEARNING OUTCOMES

- To understand what the definition of Hoarding involves
- To look at local authority Hoarding risk assessments and how these relate to residential settings
- To explore the complexities of Hoarding on people's mental wellbeing and balancing this with their rights to make unwise decisions and take ownership of their own surroundings.

INCLUSIVE COMMUNICATION

 1/2 DAY

 3 YRS

 12

 £420

AIM

To identify the different ways in which we communicate and the importance of Inclusive Communication.

LEARNING OUTCOMES

- Understand what is meant by self-regulation
- Recognise how self-regulation develops through Co-Regulation
- Know how the brain and body develops the ability to self-regulate
- Demonstrate how you listen to and understand the wishes and feelings of people.
- Demonstrate how you listen to and understand the wishes and feelings of people.
- Describe the need to use appropriate means of communication with people including non-verbal methods and other means and give examples from your practice.
- Discuss some of the common difficulties in communicating with people and give examples of how you try to overcome these.
- Demonstrate that you respond appropriately to people in clear, jargon-free language, without being patronizing.
- Outline how you help people to make their own decisions.

INTIMATE RELATIONSHIPS BETWEEN SERVICE USERS



1 DAY



3 YRS



12



£620

AIM

Explore attitudes to sexuality and personal relationships to ensure staff will be more confident when supporting the people they look after with intimate relationships.

LEARNING OUTCOMES

- Have a consistent approach to promoting the human rights of those they support;
- Be aware of the barriers relating to supporting individuals to build relationships;
- Establishing positive approaches when dealing with sensitive issues;
- Recognising appropriate and inappropriate care practices;
- Recognising rights and wishes balanced against risk of safety and abuse;
- Be aware of the possible implications of Hormonal changes, Sexual dysfunction, Human Immunodeficiency Virus (HIV) or Sexually Transmitted Infections (STIs) upon intimate relationships in care homes

LEARNING DISABILITIES AWARENESS



1/2 DAY



3 YRS



12



£420

AIM

To understand what a learning disability is, including different types of learning disabilities and how to empower and support someone in an inclusive way

LEARNING OUTCOMES

- Explain the difference between learning disability and learning difficulty
- Explain what effect a learning disability has on the person and their families
- Explain how to support people with learning disabilities
- Understand the social model of disability and its impact
- Explain why clear communication is important and understand about different communication aids
- Understand positive risk taking and how to empower someone with a learning disability to take risks and make decisions
- Explain how to work in an inclusive way

LEGIONELLA

 1 DAY

 3 YRS

 12

 £620

AIM

For Maintenance staff who work in a range of settings to understand how to safely manage that environment to prevent Legionellosis.

LEARNING OUTCOMES

- Define what Legionella's Disease is
- Determine the Causes of it
- Describe the symptoms of it
- Understand the dangers of Legionella's Disease
- Know what to do about it
- Understand who to tell about it.
- Specific info for Maintenance staff

MEDICATION AWARENESS

 1/2 DAY

 3 YRS

 12

 £420

AIM

To be aware of Medications

LEARNING OUTCOMES

- Identify what a medicine is
- Discuss what medicine management involves
- Recognise the legislation that underpins medication management
- Explain the nature and form of medicinal prescriptions
- Recognise the rights of medication
- Explain the different routes and forms of medication
- Explain what therapeutic range means and why it is important
- Recognise different drugs and possible complications of four major drugs groups
- Recognise major adverse drug reactions and what actions to take Explain correct reporting and escalation procedures

MENTAL CAPACITY AND DEPRIVATION OF LIBERTY SAFEGUARDS (MCA & DOLS)

 1/2 DAY

 2 YRS

 15

 £420

AIM

To provide an overview of the Mental Capacity Act 2005 and Deprivation of Liberty Safeguards and the implications they have for the service user and service provider.

LEARNING OUTCOMES

- Define "capacity" and explain the key principles of the Mental Capacity Act 2005 and Deprivation of Liberty Safeguards
- Describe how these may be relevant to your service users and how they may impact on your own practice
- Provide a basic description of the assessment process required for assessing both mental capacity and the authorisation for deprivation of liberty
- Describe the supporting framework and roles of others specific to these

MCA & DOLS MANAGEMENT

 1 DAY

 3 YRS

 12

 £620

AIM

The Mental Capacity Act 2005 - The Deprivation of Liberty Safeguards and the implications they have for the service user and service provider.

LEARNING OUTCOMES

- Indications for Background information

- How did we get here?
- The Regulations and Code of Practice
- DoLS process
- What is deprivation of liberty?
- Recent case law. suctioning

MOVING AND HANDLING PEOPLE

 ½ DAY

 2 YRS

 12

 £420

AIM

To ensure you are working to current Moving and Handling Guidelines. To alleviate any poor techniques that they have adopted, in order to minimise the risk of injury to themselves and the client.

LEARNING OUTCOMES

- Demonstrate a sound knowledge of relevant legislation that affects you.
- Identify your vulnerability to injury when undertaking Manual Handling tasks.

- Explain the workings of the spine and how to reduce the risks of spinal injury.
- Demonstrate the principles of biomechanics.
- Demonstrate knowledge of ergonomics.
- Demonstrate the process of risk assessment. Identify 'controversial techniques'.
- Demonstrate up-to-date practical skills in moving and handling.

NUTRITION & HYDRATION

 1/2 DAY

 3 YRS

 12

 £420

AIM

The aim of this session is to enable you to gain a thorough understanding of nutrients from food and hydration and reasons why they are essential for health

LEARNING OUTCOMES

- Identify the essential nutrients required to sustain a healthy body, and the groups that they belong to
- Define malnutrition & dehydration

- Calculate a MUST score
- Select cooking methods and equipment to maximize the nutritional content of foods
- Describe how to support individuals with dining and maintaining fluid intake
- Consider, construct and present nutritional meals for older people

PARKINSON'S AWARENESS

 1/2 DAY  3 YRS  12  £420

AIM

To give you insight into Parkinson's disease and parkinsonism and how it effects the individual.

LEARNING OUTCOMES

- Gain and understanding of what is Parkinson's
- Understand how Parkinson's progresses and the stages
- Types of Parkinson's and Parkinsonism
- The causes of Parkinson's
- Understand the treatment and therapies
- Caring for somebody with Parkinson's

PERSON CENTRED DEMENTIA CARE

 1 DAY  3 YRS  12  £620

AIM

Our Person-centred dementia course can teach you strategies for communicating with, and caring for, those with dementia. This can make things easier for carers and help those with dementia feel more relaxed, comfortable, and independent.

LEARNING OUTCOMES

- Explore person-centred theory in dementia care
- Apply models for understanding behaviour
- Understand and implement person-centred communication techniques
- Apply models for engaging people with dementia in active lives
- Identify and create dementia-friendly environments

PERSON CENTRED CARE PLANNING



1/2 DAY



3 YRS



12



£420

AIM

To enable the process for achieving and implementing a "Person-Centred" Care Plan for every individual receiving

LEARNING OUTCOMES

- Describe what a Care Plan is, the purpose and requirements of having Care Plans in place
- Define the Care Planning Cycle and how to implement the four stages
- Demonstrate what Person Centred Care is and how we deliver a PCP approach in Care Planning
- Produce a Care Plan using known theories of Care Planning and Assessment processes
- Demonstrate competent levels of communication, use of documentation and record keeping
- Describe the importance of Care Plan reviews, the purpose of reviews and who is involved

PICA



1/2 DAY



3 YRS



12



£420

AIM

To give you insight into PICA and how it effects the individual

LEARNING OUTCOMES

- The signs and symptoms of Pica
- What causes Pica?
- Associated risks Required supervision levels
- What can be done to manage Pica in different settings
- Structured activities to promote engagement and preventative measures
- Emergency plan
- Record keeping and documentation

POSITIVE RISK TAKING



1/2 DAY



3 YRS



12



£420

AIM

To ensure staff have the knowledge and understanding to be able to support the people in their care to take positive risks more effectively

LEARNING OUTCOMES

- State that the needs, rights and views of the person you support are at the centre of all practice and provision
- Illustrate how individuality and diversity are valued and celebrated
- Reflect on the different types of prejudice and discrimination which can affect the people you support
- Understand the Social Model of Disability
- Illustrate how you support and encourage the people you support to develop skills to deal with discrimination, enhance self-worth and make a positive contribution
- Understand the significance of Contextual Risk Assessment
- Involve the people you support in their Risk Assessment ensuring they are supported to take positive risks
- Reviewing & updating the Risk Assessment
- Apply Risk Assessment to day to day caring

PRADA WILLI SYNDROME



1/2 DAY



3 YRS



12



£420

AIM

This course is designed to help staff in a range of settings.

LEARNING OUTCOMES

- Recognise the symptoms of Prader Willi Syndrome.
- List the causes of Prader Willi Syndrome.
- Recall how a diagnosis is made.
- Examine the management of Prader Willi Syndrome

PROFESSIONAL BOUNDARIES



1/2 DAY



3 YRS



12



£420

AIM

For staff to understand the importance of professional boundaries in order to keep themselves and the people they support safe.

LEARNING OUTCOMES

- Understand what professional boundaries are
- Understand the importance of professional boundaries whilst maintaining positive relationships
- Describe the power/vulnerability relationship Improved understanding of the potential effects of unclear boundaries
- Understand your duty to report colleagues if you have concerns Have an awareness of policies and procedures

RESPONDING TO RELATIVES

 1/2 DAY

 3 YRS

 12

 £420

AIM

To understand the significance of responding to relatives appropriately

LEARNING OUTCOMES

- Appreciate the frustrations relatives may face
- Gain an insight into the reasons why relatives may be dissatisfied
- Be aware of legislation and policies which underpin the complaints process
- Recognise the relevance of effective communication
- Have an understanding of de-escalation
- Appreciate the importance of appropriate reporting and documentation

SAFEGUARDING ADULTS

(Alternatively known as abuse training or POVA.)

 1/2 DAY

 2 YRS

 15

 £420

AIM

To ensure that the learner has the knowledge and understanding of how to recognise and report abuse within the workplace, ensuring they are working to the local Multiagency Safeguarding Adults Procedures.

LEARNING OUTCOMES

- Define the different types of abuse and the recognition features of each one
- Describe how to deal with the disclosure of abuse and the process to follow
- State the legislation they may need to be aware of with regards to an abuse situation
- Identify the support available following disclosure

ADVANCED COMBINED SAFEGUARDING LEAD

Level 5



2 DAYS



2 YRS



15



£1495

OBJECTIVES

- Describe the role of the Designated Safeguarding Lead
- State their own values regarding child / adult abuse and the impact of these on professional practice.
- Describe key legislation and guidance underpinning the organisations policy for responding to concerns.
- Decide what steps the organisation needs to take to ensure the safety and welfare of children and young people with whom it has contact.
- State the blocks inhibiting children / adults at risk for disclosing abuse and respond effectively to a child who does disclose.
- State blocks to staff reporting concerns and how to overcome these.
- Make appropriate decisions about action to take if staff are involved in an incident.
- State what is likely to happen following a referral to children's social care and what further role Named Professional/DSL's may have.
- Explain the issues in connection with recording and sharing of information, including that of confidentiality.
- Demonstrate an awareness of emotional dimension of safeguarding work and identify a network for professional support,
- State the main areas of their organisations policy and procedure.

SEX OFFENDER TRAINING



1 DAY



3 YRS



12



£620

AIM

Practitioners to be comfortable and confident when working with children, young people and adults who display Sexual Harmful Behaviours and have experienced the Criminal Justice System.

LEARNING OUTCOMES

- Sex Offending
- The Law
- Consent
- Harmful Sexual Behaviors
- Factors that contribute to Inappropriate sexualized behaviors

SEXUAL HARASSMENT IN THE WORKPLACE



1 DAY



3 YRS



12



£620

AIM

To provide a comprehensive guidance on Sexual Harassment and how to deal with it within the workplace

LEARNING OUTCOMES

- Know the definition of Sexual Harassment
- The likely effects of Sexual Harassment to the individual
- Where Sexual Harassments sits within the law
- The different types of Sexual Harassment
- The causes & prevention of Sexual Harassment in the workplace
- How to handle an alleged complaint of Sexual Harassment
- Learn the key skills when conducting an investigation
- Knowing the importance of ACAS when formulating/updating your HR procedures

SOCIAL MEDIA AWARENESS



1/2 DAY



3 YRS



12



£420

AIM

To understand the significance of responding to relatives appropriately

LEARNING OUTCOMES

- Explore the scale of social media

- Examine benefits and drawbacks of social media
- Discuss the impact of social media
- Ways to support people who are affected by social media

SUBSTANCE MISUSE AWARENESS ADULTS



1/2 DAY



3 YRS



12



£420

AIM

To give an awareness to support workers to work confidently when supporting those who misuse drugs & alcohol

LEARNING OUTCOMES

- Identify and name the most commonly used drugs, their effects and methods of use.
- Understand the different levels of drinking and what problematic drinking is

- Understand why people can be vulnerable to substance/alcohol misuse
- Understand where the laws and policy & procedure fits when caring for people who are using substances
- Understand the role that Workers plays in minimising the risks associated with drug/alcohol use/misuse
- Help and support people to access appropriate drug and alcohol services

TRANSGENDER & TRANSITIONING



1 DAY



3 YRS



12



£620

AIM

To ensure staff have the knowledge and understanding about young people who identify as transgender who may want to transition so they can help support young people more effectively.

LEARNING OUTCOMES

- To have an awareness of gender, sexual identity and sexual orientation
- To have an understanding of societal norms and the pressure this puts on young people who identify as transgender

- To have an increased understanding around trans identities and to establish a safe environment for everyone
- To have an understanding about transition and how this is individual to each young person
- To have an awareness of the challenges around access to physical environments such as: schools/colleges, recreational facilities, health services, employment etc.

TRAUMA INFORMED CARE

 1 DAY

 3 YRS

 12

 £620

AIM

To understand more about Trauma Informed Therapy/Care and how to implement this when supporting individuals in your care.

LEARNING OUTCOMES

- Understand what is defined as trauma
- The effects of trauma
- Building a Trauma-Sensitive environment for staff and service users
- How the impact of trauma can affect people in responses
- Trauma-Informed Care and how to prevent further traumatisation
- Strategies for supporting good Trauma-Informed Care
- Further Support & Strategies in dealing with trauma.

UNDERSTANDING SEXUAL ABUSE

 1/2 DAY

 3 YRS

 12

 £420

AIM

To give staff more of an insight into Sexual Abuse and the impact this can have on someone.

LEARNING OUTCOMES

- To know more about sexual abuse and how these signs may present
- To understand the other types of abuse
- To understand the impact that Adverse Childhood Experiences (ACE's) have on people
- To understand the impact sexual abuse has on people, both short term and long term
- surrounding sexual abuse
- To look at strategies to help support people who have been sexually abused.

WILLIAMS SYNDROME

 1/2 DAY

 3 YRS

 12

 £420

AIM

To have a better understanding of William's Syndrome and the knowledge to support your clients with the condition

LEARNING OUTCOMES

- To have a greater understanding of Williams Syndrome.
- To examine the difficulties and challenges a person with Wills. may face.
- To look at how best to support a person with W.S.

SOCIAL CARE SERVICES

MENTAL HEALTH AWARENESS COURSES

BIPOLAR AWARENESS

 ½ DAY

 2 YRS

 12

 £420

AIM

Know more about working with and helping those with bipolar disorder.

LEARNING OUTCOMES

- What is bipolar disorder, Hypomania, mania and depression
- What causes bipolar disorder?
- Who is affected?
- Types of bipolar disorder
- Diagnosis
- What does this mean for the carer Dealing with lows and highs

EATING DISORDER AWARENESS

 1 DAY

 2 YRS

 12

 £620

AIM

For staff to be able to understand the complexities of eating disorders and how to support people in a range of settings

LEARNING OUTCOMES

- Understand the different types of eating disorders
- Be able to identify people who are particularly vulnerable
- Learn how to respond to and support people with eating disorders
- Know the risk and causal factors
- Develop the role of cooking, nutrition and portions
- Develop ideas around Body image and self esteem
- Look at ways of supporting well being on line, times of the year, etc.
- Learn strategies to increase resilience
- Examine what professional support may exist outside of the setting for people with ED, e.g talking treatments CBT

MENTAL HEALTH ACT

 1/2 DAY

 2 YRS

 12

 £420

AIM

To increase the knowledge of those providing care and support to those being cared for under the Mental Health Act 1983

LEARNING OUTCOMES

- What is the Mental Health Act?
- Why the mental health act is so important?
- Know the definition of Mental Health Disorder
- When the mental Health Act 1983 was amended
- What the Code of Practice 2015 is
- The 5 guiding Principles Four step compulsion pathway
- Techniques to minimise or decrease the complications

MENTAL HEALTH AWARENESS

 1/2 DAY

 2 YRS

 12

 £420

AIM

For workers to gain a better understanding of mental health in a person and the effect this can have on their wellbeing as well as ways to support them.

LEARNING OUTCOMES

- Understand what mental health is
- Describe different types of mental health problems
- Understand the stigma that mental health problems have on a person
- Understand the impact having a mental health problem can have on the person, family, friends, education
- Understand how to support a person with a mental health problem including coping strategies
- Understand what further support is available

MENTAL HEALTH FIRST AIDER (MHFA)



2 DAY	2 YRS	16	£1860
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AIM

The Quasafe Level 3 Award in Mental Health First Aid in the Workplace (RQF) is a regulated and nationally recognised qualification that has been specifically designed for those who would like to raise their awareness of mental health, develop an understanding on how best to support, reassure and signpost colleagues to professional support. Candidates will develop the knowledge, skills and confidence to actively promote positive mental health within their workplace, making it an ideal qualification for mental health champions/first aiders, human resources, managers, supervisors and team leaders

LEARNING OUTCOMES

- Understanding mental health and its importance
- The roles and responsibilities for mental health in the workplace
- Importance of own wellbeing as a Mental Health First Aider

- Common mental health conditions, including: Work-related Stress, Anxiety, Depression, Post-traumatic stress disorder (PTSD), and Suicide.
- Promoting positive mental health first aid in the workplace
 - Best practice for employers
 - Mental health first aid at work action plan
 - Appropriate coping strategies
- How employers can provide support to employees in the workplace
 - Assisting those off work or returning to work
- Procedures to support employees who are off work whilst experiencing poor mental health
- Types of support available both locally and nationally

PERSONALITY DISORDER

½ DAY	2 YRS	12	£420
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AIM

To know more about working with and helping those with personality disorders.

LEARNING OUTCOMES

- What is a personality disorder?
- Who has a personality disorder?
- The anatomy of the brain

- How does personality disorder appear to others?
- Kolb's Theory of Learners especially with relation to learning, communication & personality
- Types of personality disorders
- Assessment criteria
- Diagnostic & treatment procedures
- Support and assistance

POST TRAUMATIC STRESS DISORDER (PTSD)

 ½ DAY

 2 YRS

 12

 £420

AIM

Is to increase the knowledge of those providing care and support to service users with PTSD so that they can understand the care needs of the service user and gain a better understanding of how the condition influences the service users' behaviours.

LEARNING OUTCOMES

- Define Post Traumatic Stress Disorder (PTSD)
- Identify PTSD symptoms
- Recognise PTSD in the service users Identify current mental health legislation
- Respond appropriately and support people experiencing symptoms of PTSD

SELF-HARM AND SUICIDE

 ½ DAY

 2 YRS

 12

 £420

AIM

This course aim to increase people's awareness of self-harm and suicide, and the actions required.

LEARNING OUTCOMES

- Recognise your own attitudes and fears around the issues of self-harm and suicide
- Explain the two theories of personality development in relation to the family system
- Identify what action needs to be taken in a critical incident
- Demonstrate an awareness of the referral pathways available to us

SELF-HARM, SUICIDE & LIGATURE

 1 DAY

 2 YRS

 12

 £620

AIM

For workers to gain a better understanding into self-harm, suicide and ligature and how they can support someone.

LEARNING OUTCOMES

- Explain what self-harming is and how this differs to self-injury
- Understand current trends in self-harming
- Understand the forms of self-harming including the use of ligatures
- Outline the warning signs of self-harm & ligature injuries
- Explain how to support the person
- Demonstrate the use of ligature cutters and how to deal with an injured person.

SCHIZOPHRENIA AWARENESS



½ DAY



2 YRS



12



£420

AIM

This course is designed to help staff in a range of settings

LEARNING OUTCOMES

- Have a working knowledge of the signs & symptoms of Schizophrenia
- Look at the possible causes & understand the different types of positive and negative symptoms
- Understand the process of effective Diagnosis
- Look at and understand the importance of positive Treatment & Care Plans
- Understand the research that is currently occurring into Schizophrenia
- Dispel the myths & beliefs of Schizophrenia

SUBSTANCE MISUSE



½ DAY



2 YRS



12



£420

AIM

The overall aim is to give an awareness to support workers to work confidently when supporting those who misuse drugs.

LEARNING OUTCOMES

- Identify and name the most commonly used drugs, their effects and methods of use
- Understand why a looked after person is vulnerable to substance misuse
- Understand where the laws and policy & procedure fits when caring for a person who is using substances
- Understand the role that support workers plays in minimising the risks associated with drug use/misuse
- Help and support a person to access appropriate drug and alcohol services

UNDERSTANDING PSYCHOSIS



½ DAY



2 YRS



12



£420

AIM

To increase the knowledge & understanding of those providing care and support to people living with Psychosis in order to effectively respond to individual needs

LEARNING OUTCOMES

- Define Psychosis
- Identify the signs & behaviours of Psychosis
- Identify how to respond to a person experiencing a Psychotic episode
- Recognise how best to support such individuals
- Recognise triggers of Psychotic episodes & how to avoid/minimise
- Managing stigma from staff and other people

CBAT works in Partnership with the UK's Leading awarding bodies.



eLEARNING
FOR YOU



eCOMPETENCY

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Environmental Health



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Prices and information correct as of March 2024

