

Learning and Development from Independence Matters



NSCS endorsed training
designed to meet the
needs of individuals and
organisations across the
social care sector

Independence Matters

A social enterprise reinvesting in the people that matter



Introduction

From induction programmes to specialist health care, Independence Matters delivers high quality training courses to meet the needs of individuals and organisations across the care sector.

We can introduce new thinking to help you to develop your workforce and update skills with our refresher training to keep you compliant with industry regulation.

Our courses are available for individual or group bookings (which attract a discounted rate).

How to book

To make a booking or find out more call 01362 654651 or contact us via email at imtraining@independencematters.org.uk



Our Training

meets the industry standards required by CQC and Skills for Care and is endorsed by NSCS

Our Trainers

have extensive knowledge and experience in their individual fields and enjoy researching new ideas to develop and improve the content of our courses.

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Our Courses

Required Training

- Autism Awareness
- Basic Life Support & First Aid
- Emergency First Aid at Work
- Infection Control and Prevention
- Learning Disabilities Awareness
- Manual Handling of Objects
- Medication Administration – Children and Adult Services
- Mental Capacity and Deprivation of Liberty Safeguards
- Moving and Transferring of People
- Norfolk STEP On
- Risk Assessment
- Safeguarding Adults and Children at Risk
- Supporting Staff to Administer Medication

Recommended Training

- First Aid at Work

Specialist Training

- Accountability and Record Keeping
- Blood Pressure, Catheter Care and Urinalysis
- Death and Dying Matters (Palliative Care)
- Diabetes Awareness
- Diabetes Awareness for Customers
- Epilepsy and Administration of Emergency Medication
- It's Just the Little Things that Matter
- LINKS Harm Free Care
- Mental Health Awareness
- Stroke Awareness
- Stoma Care
- True Colours (SDi) Strength Deployment Inventory



Required TRAINING

Autism Awareness

A three-hour session giving an insight into how individuals on the autistic spectrum interpret the world around them and how their sensory perception can affect their experience. Uses a person-centred strengths-based approach.

£19.50 + VAT per person

Basic Life Support and First Aid

A three hour session covering the knowledge and skills of Adult Basic Life Support in accordance with the guidelines published by the Resuscitation Council (UK). The course covers CPR including the use of defibrillators, management of a unconscious casualty and assisting a choking casualty.

£30.00 + VAT per person

Emergency First Aid at Work

A full day induction or half day refresher covering use of the recovery position, choking, burns and scalds, basic life support and resuscitation, control of bleeding and shock, simple record keeping and first aid equipment.

£70 + VAT per person (induction) or £35.00 + VAT per person (refresher)

Infection Control and Prevention

A three-hour training session covering the spread and prevention of infection. Includes how learners own health and hygiene can impact the health of others, the importance of effective hand hygiene, personal protective clothing and disposal of clinical waste.

£19.50 + VAT per person



Learning Disabilities Awareness

A two-hour session giving an overview of conditions that cause learning disabilities and an understanding of the key day to day issues people with these conditions face. Uses a person-centred strengths-based approach.

£15.00 + VAT per person

Manual Handling of Objects

A two-hour session (induction or refresher) that gives an understanding of safe techniques for lifting and moving objects of varying size and weight. Designed for people who undertake manual handling activities in their working role.

£15 + VAT per person (induction or refresher)

Medication Administration

A three-hour session covering the skills and knowledge required to administer and manage medications. Practical tasks include administering eye drops, creams and ointments and measuring liquid medication. CQC, Care Certificate and NICE compliant.

£37.50 + VAT per person

Mental Capacity and Deprivation of Liberty Safeguards

A three-hour session giving a basic understanding of the Mental Capacity Act. Covering the five principles of the Act, how capacity is assessed, making decisions on a person's behalf and use of restrictive practice.

£19.50 + VAT per person

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01362 654651 email imtraining@independencematters.org.uk

Moving and Transferring of People

A full day induction or half day refresher focusing on safeguarding your muscular-skeletal health while carrying out tasks involving moving and transferring people. A mix of practical experience and theoretical knowledge, includes a chance to be in the customer's shoes using a hoist.
£37.50 + VAT per person (induction) or
£19.50 + VAT per person (refresher)

Moving and Transferring Risk Assessment

A three-hour session covering the principles and application of risk assessment including legislation, the concepts of hazard and risk, how to control risk and how risk assessments are undertaken.
£19.50 + VAT per person

Norfolk Steps

A six-hour (induction) or three-hour (refresher) focusing on difficult and unsafe responses or behaviour. How calm, controlled intervention based on de-escalation can resolve situations and positively supporting the customer can reduce the amount of incidents involving physical contact.

This course can only be booked by external companies who support Independence Matters customers.
£37.50 + VAT per person (induction) or
£18.75 + VAT per person (refresher)

Safeguarding Adults and Children at Risk

A three-hour session introducing the principles of safeguarding children and adults who are at risk of abuse and exploitation. Covering the different types of abuse, recognising the signs of abuse, how to reduce the likelihood of abuse occurring and safeguarding legislation.
£19.50 + VAT per person

Supporting Staff to Administer Medication

A one-hour course specifically aimed at managers or senior workers who support staff to administer medication. Covers the Quality Assurance requirements for ensuring staff accountability, checking competency, medication error procedures and service audits.
£10.00 + VAT per person



Recommended TRAINING

First Aid at Work

A more advanced three-day induction or two-day refresher providing learners with skills and knowledge in emergency first aid and complying with the requirements of the Health and Safety (First Aid) Regulations 1981.

Includes basic casualty handling, the unconscious patient, diabetes, heart attack, stroke, fractures and dislocations, head and eye injuries, first aid equipment, control of bleeding, shock, epilepsy, allergic reactions, burns and scalds, poisons and harmful substances. Quasafe accredited and delivered by certificated instructors.
£125.00 + VAT per person (induction) or
£100.00 + VAT per person (refresher)

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Specialist COURSES

Accountability and Record Keeping

A one hour session covering the importance of personal accountability, responsibility and empowerment gaining consent, recording on support plans, risk assessments and daily records.

£10 + VAT per person

Blood Pressure, Catheter Care and Urinalysis

Three one-hour sessions, available individually or as a single three-hour session. Blood pressure training may be relevant if you have a blood pressure monitor or an individual who requires regular monitoring. Catheter Care is important for any individual who has one in-situ and the training looks at common problems including general hygiene, maintenance and an opportunity to practice catheter bag changes and emptying. Urinalysis looks at urine infections and testing for this. Particularly useful for people who tend to be more at risk of urinary tract infection.

£19.50 + VAT per person as a single three-hour session or £10 + VAT per person as individual sessions

Death and Dying Matters (Palliative Care)

A three hour session providing learners with an opportunity to explore the care and compassion an individual needs at the end of life and throughout palliative care. Includes communications skills for the customer and next of kin.

£19.50 + VAT per person

Diabetes Awareness

A three hour session giving an overview of type 1 and type 2 diabetes. Includes a practical session where individuals can learn to take blood sugar readings and administer insulin using specialist equipment.

£19.50 + VAT per person

Diabetes Awareness for Customers

A one-hour course designed for people who are diabetic or individuals who want to know more about this common condition. Includes what diabetes is, how it affects the body and advice about diet, healthy eating and exercise.

£10.00 + VAT per person

Epilepsy and the Administration of Emergency Medication

A three-hour session giving an overview of epilepsy and the different types of seizures. Includes easy to understand anatomy and physiology, an informative DVD session where learners can watch clips of different seizure types and administration of the emergency medications Buccal Midazolam and Rectal Diazepam.

£19.50 + VAT per person

It's Just The Little Things That Matter

A half day session focusing on values and the customer experience, including dignity, respect, equality and inclusion. Learners are encouraged to explore their own behaviours and values by putting themselves in the customer's shoes.

£19.50 + VAT per person



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LINKS Harm Free Care

LINKS stands for living well, incontinence, nutrition and hydration, keeping moving and stool inspection. The LINKS training is ambitious yet simple. This session focuses on **bowel care, nutrition and hydration, pressure ulcers and incontinence** in order to reduce these risks. Learners will be encouraged to participate in a range of interactive activities that assist them to gain knowledge in these important areas and come away feeling safe to be making clinical judgements that don't stretch beyond their role as a support worker.

£30.00 + VAT per person

Mental Health Awareness

A half day introduction to common mental health issues and effective ways to support those experiencing them. Includes the importance of early diagnosis, common preconceptions and promoting positive health and wellbeing.

£19.50 + VAT per person

Stroke Awareness

A two-hour session looking at how stroke affects a person both physically and psychologically. Includes information about the signs of stroke and taking early action.

£15.00 + VAT per person

Stoma Care

A one hour session covering the care and support of someone with a stoma bag. Includes personal care and easy to follow anatomy and physiology.

£10.00 +VAT per person

True Colours Strength Deployment Inventory

Our 'True Colours' workshop is a memorable and highly engaging training course which uses the Strength Deployment Inventory (SDI©) to help people understand their unique interpersonal traits and abilities when communicating and relating to others. Using colours to describe styles and skills, it provides a common and non-threatening language which can be used to explore and discuss how we relate to one another day to day and also how we deal with conflict and opposition. The learning from this course can be used for team and individual development and coaching and can positively enhance the culture of an organisation.

£700 +VAT per group



Travel Expenses

Travel expenses may be applicable if the journey is over 20 miles.

Each booking will be assessed individually and a standard rate of 45p per mile applied where applicable.

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Independence
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