

FREE Training Opportunity

THE VALUE AND IMPORTANCE OF ACTIVITY (CULTURAL, CREATIVE AND PHYSICAL) TO CARE SETTINGS

in conjunction with the National Activity Providers Association (NAPA)

Tuesday 27th June 2017, 10am-4pm

Stowlangtoft Hall Nursing Home, Kiln Lane, Stowlangtoft, Bury St Edmunds, IP31 3JY

Background:

Integrating good quality creative, cultural and physical activities within social care settings brings positive outcomes to all involved: to people who use services, staff, volunteers, family carers and care providers. The evidence base is established and growing. It shows that the outcomes for people who use services are not only improved but savings can be made by providers through improved staff motivation, reduced staff absenteeism and reductions in medication.

In 2014, Adult and Community Services at Suffolk County Council created a multi-agency cultural, creative and active ageing forum in order to progress the integration of cultural, creative and physical activities with social care within Suffolk.

As part of the work of the forum a training opportunity is being provided jointly for care home managers and individuals, who co-ordinate activities as part of their role, from care settings within Suffolk. The purpose of the training is to:

- Provide **managers** with improved knowledge of why activity is important, why activity should be integrated in to everyday life and how they can enable meaningful activity provision within the care setting involving all staff;
- Provide **those who co-ordinate activities as part of their role** with improved knowledge of adapting activities for differing abilities taking into account an individual's interests, needs and wants.

The training will support participants to contribute to the planning, delivery and evaluation of individual and group activities and to meet a range of individuals' different needs. It will further participants understanding of the part activity has to play in providing person-centred care.



The courses will be delivered by Sylvie Silver from NAPA. NAPA is the only voluntary organisation dedicated to increasing the profile and understanding of the activity needs of older people, and equipping staff with the skills to enable them to enjoy a range of activity whilst living in care settings.

Comments from previous delegates:

“We found the whole day fascinating, inspirational and hugely informative.”

“Sylvie is a fantastic trainer and I know we will use most of what we learnt, to benefit our residents and staff, within our care setting.”

“Sylvie is an amazing trainer. Her passion has really reinforced our existing beliefs and practices.”

Important Notes (please read carefully):

- All participants will receive a certificate of attendance from NAPA.
- Access to the training is conditional upon care settings sending both a manager and a co-ordinator. Applications will not be accepted without this condition being fulfilled.
- Whilst access to the training is free of charge to care settings in Suffolk a charge of £75 per person will be made to people who register and fail to attend the session. By applying to attend the training you are agreeing to this condition.
- Tea and coffee will be provided throughout the day, however, delegates are asked to bring their own lunch.
- Places are limited so an early response is advised.

**THE VALUE AND IMPORTANCE OF ACTIVITY (CULTURAL, CREATIVE AND PHYSICAL) TO CARE SETTINGS
APPLICATION FORM**

Please return to: Adam Baker, Most Active County Project Manager, Suffolk County Council, Endeavour House, Russell Road, Ipswich, IP1 2BX or email to adam.baker@suffolk.gov.uk

NAME OF ORGANISATION.....

NAME OF CARE SETTING.....

ADDRESS OF CARE SETTING.....

.....POSTCODE.....

TEL No. OF CARE SETTING.....EMAIL.....

APPLICANT 1 – MANAGER

NAME.....POSITION.....

CONTACT TEL No.....EMAIL.....

APPLICANT 2 – ACTIVITY CO-ORDINATOR (or person who co-ordinates activities as part of their role)

NAME.....POSITION.....

CONTACT TEL No.....EMAIL.....

By completing and returning this application form we agree to pay £75 per person if one or both individuals named above fails to attend the session.