The NAPA training directory that brings together information on courses that support activity provision
Introduction

NAPA is the expert in providing activities for people in care settings. Our staff and trainers are all experienced in the care industry, specifically in activity provision.

We are a charity and membership organisation dedicated to understanding the needs of people in care settings and equipping staff with the skills to enable people to “enjoy spending time purposefully and enjoyably doing things that bring them pleasure and meaning”, (SCIE 2011)

We firmly believe that activity is at the heart of good care and we aim through our training courses, to enable all staff to provide meaningful activities for individuals in their care.

NAPA is endorsed by Skills for Care, which means that we have a mark of quality for learning and development, and only given to the best learning and development in the adult social care sector. We have evidenced that we:

• Support excellence
• Have good processes in place
• Deliver courses that are relevant and fit for purpose
• Can prove that the people who’ve attended their courses are now delivering better care

Did You Know...

As a valued NAPA member, you will receive discounted rates on all courses and training we provide.

Not a member of NAPA? Please email the office for an application form
Looking for a formal qualification for your staff? NAPA recommends the QCF Level 2 Award in Supporting Activity Provision in Social Care as the minimum requirement for any staff involved in activity provision. The Level 3 QCF Certificate in Activity Provision in Social Care is the key qualification for Activity Team Leaders.

Level 2 Award in Supporting Activity Provision in Social Care (QCF) accredited by OCN London - Distance Learning

The OCN London Level 2 Award in Supporting Activity Provision in Social Care qualification enables those working, or intending to work, in the health and social care sector to develop their understanding of the potential benefits for individuals of engaging in both everyday activities and programmed activities. From care staff to managers, activity organisers to day-centre staff, domiciliary workers to owners and volunteers, this course is suitable for all. It will support learners 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 learners understanding of the part activity has to play in providing person-centred care.

We also offer a specialised unit for those working in the learning disability sector.

Course content
The Award is made up of 4 units:
3 mandatory units
• Understand Activity Provision in Social Care
• Understand the Delivery of Activities in Social Care
• Understand the Benefits of Engaging in Activities in Social Care

Students then choose one of:
• Dementia Awareness
• Understand the Context of Supporting Individuals with Learning Disabilities

QCF Level 3 Certificate in Activity Provision in Social Care – Distance learning

This course is aimed at Activity Coordinators with responsibility for leading and coordinating activity provision within a care setting. The Level 3 Certificate in Activity Provision in Social Care (QCF) develops understanding of the social benefits of providing opportunities for different kinds of activities in the context of care. This qualification provides a valuable insight to learners of ways in which activity provision can lead the way in providing meaningful and purposeful engagement for people. It will enable learners to contribute to the planning, delivery and evaluation of an activity based model of care.

Course content
The course is made up of 5 units:
• Coordination of Activity Provision in Social Care
• Equality and Diversity in Activity Provision
• Implement Therapeutic Group Activities
• Community Involvement in Activity Provision
• Activity Provision in Dementia Care

For an application form for either course please visit the website: www.napa-activities.com/services/training
NAPA In – House Training

We can offer training on a variety of activity related topics, please contact the NAPA office to book your training day. The minimum number of delegates per day is 10, which equates to £70 per staff member up to a maximum of 30, which equates to just over £23 per person.

Activities for people with dementia
Providing activity for those living with dementia is challenging, this day will explore the different levels and stages of dementia covering how to provide appropriate activities for the individuals needs.

Learning Objectives:
• Understand what activity is
• Understand the stages of dementia and how to provide appropriate activities
• Understand how to evaluate activities for individuals with dementia

Adapting activities for differing abilities
This training day will give participants the opportunity to explore the theory of how to adapt activities for clients of varying abilities. There will be an opportunity to carry out some practical, hands on trials.

Learning Objectives:
• Understand what constitutes an activity
• Understand the basis of adapting an activity
• Understand how to assess the abilities, needs and wishes of individuals
• Understand how to evaluate activities for individuals
• Have the basis for activity planning for individuals
• Have the knowledge to use the "Things to do" section of the NAPA Magazines for all client groups

Dementia – moving away from drugs
This workshop style training will give staff an opportunity to explore the effects of antipsychotic drugs in the treatment of individuals with dementia. This will be countered by the exploration of the possibility of improving individual's lifestyles whilst using well-being and person centred techniques.

Learning Objectives:
• Understand the potential side effects of antipsychotic drugs in the treatment of dementia
• Explore improving the well-being of individuals with dementia
• Understand methods of "decoding" behaviours of individuals with dementia
• Understand the impact of environmental factors, and/or external influences on individuals with dementia
Leadership skills for activity providers
This workshop style training day is aimed at Activity Staff who are in a leadership role, but may not have had any previous leadership or management skills.

Learning Objectives:
- Explore essential leadership skills
- Understand the impact of good leadership on developing an effective activity team
- Understand the importance of effective communication
- Understand how to carry out 1:1/Supervision with team members

Mealtimes - a key activity
This day explores the activity potential of mealtimes in care settings. Often not seen as a time where activity can be encouraged. This day explores the possibilities and opportunities those mealtimes create.

Learning Objectives:
- Understand the social benefits of mealtimes as an activity
- Understand the impact of environment on mealtimes
- Understand the importance of effective communication at mealtimes
- Understand how to create a “dementia aware” dining experience

The value and importance of activity in care settings
The day explores the value of activity provision to not only the resident but to the care home itself.

Learning Objectives:
- Why is activity important
- Why activity should be integrated into everyday care
- How to enable meaningful activity involving all staff

The whole home approach
The provision of activity is not the sole responsibility of one person; this training day explores the vital role, to person centred activity provision, that can be achieved if the whole home are fully involved in an activity based model of care.

Learning Objectives:
- Understand what activity is
- Understand how to assess the abilities, needs and wishes of the individual
- Understand how activities can be used to encourage team work
- Understand how to embed activities into everyone’s role
Gaining qualifications in the field of activity provision offers credibility in the workplace and confidence for the individual. For the workplace it can offer an assurance of basic knowledge and competencies in its activity team. For the resident it should lead to greater understanding of needs and planned delivery of services. For the regulator it offers reliable evidence when looking for a workforce fit for purpose.

Gaining a qualification though is only the start of the journey to continually improve working practices. Continuing Professional Development (CPD) is important to support best practice and to develop as an individual.

The NAPA Activity Worker and NAPA Activity Leader registers were introduced for those that have completed qualifications in activity provision and wish to continue to learn and develop. Please contact NAPA for further information.

Part of remaining on the register is to attend training relevant to the activity provision and we are delighted to announce that the following organisations are NAPA Recognised CPD Providers, and provide NAPA Recognised CPD Courses. NAPA recognises their expertise and their good quality training. Please contact the provider direct for further information on their courses/services.
Alive! is the leading charity in the UK providing meaningful engagement and outstanding activity for older people in care, as well as specialist training that enables care staff to improve quality of life sustainably.

Alive! delivers training in two ways, both offering amazing value for money with long term benefits, including greater job satisfaction, higher staff retention rates, and improved CQC ratings. Alive! training is proven to enhance wellbeing, happiness and engagement of older people, including those living with dementia.

Coaching programmes
The Alive! coaching programme offers practical on the job training for care staff. Spread over the course of 10 weeks, staff will benefit from observing and leading activities with mentoring, personalised action plans and a full day training course from an experienced Alive! trainer.

In house training – set courses and bespoke days
Set days- We offer a variety of set in-house training courses which can be delivered nationwide at any of your care settings.

- ½ day; Engaging with people living with dementia
- ½ day; One to one work with older people
- 1 day; How to do Life story work and reminiscence with older people
- 1 day; How to use iPads with older people
- 1 day; How to provide meaningful activities for older people

Bespoke days - We also provide bespoke training on many aspects of person-centred care. We plan this alongside you, so it is tailored to the needs of your individual staff and settings.

“As a result of the coaching programme, I have changed the way I deliver my activities. It’s been amazing for us, our residents and the home!”. Care Home Manager, 2017.

94% of Alive! trainees said our training helped them in their role.

For more information please contact us
T: 0117 377 4756 E: info@aliveactivities.org W: aliveactivities.org
Bright Shadow is charity whose mission is to enable people with dementia to live well and to thrive through meaningful and creative activities. We believe in Brighter Quality Care and have been delivering our tried, tested and evaluated Zest activity workshop model for over 8 years in both care and community settings. Our activity approach is fun, accessible to everyone and has been proven to boost mood, increase active participation and increase social interaction.

"Giving us great ideas, confidence and positive hope that we can bring some sparkle into the lives of those with dementia"

"This training blew my mind! This training has shown me a different way of taking a creative approach to everything..."

Get in touch:
www.brightshadow.org.uk/training/brighter-quality-care/
rhiannon@brightshadow.org.uk
0300 102 8855
Care Prepared is a social enterprise providing specialist dementia training and consultancy to care providers. We offer a number of short courses:

**Namaste Sensory Practitioner Training**
A 1 day workshop for practitioners to develop the skills and knowledge to deliver Namaste sessions for people with advanced dementia in groups and one to one. The Namaste Care Programme has been developed by Professor Joyce Simard in the USA and pioneered by St Christopher’s Hospice.

**Cognitive Stimulation Therapy Practitioner Training**
A 1 day workshop to support practitioners to develop the skills and knowledge to deliver CST sessions within their care environment for people with mild to moderate dementia.

**From Lifestory to Lifestyle**
A 1 day workshop developing skills to explore and collect life-story information which is used to create a personalised lifestyle plan. The lifestyle plan reflects the individual’s life journey, personality, hobbies, care needs, goals and abilities. For more information or to discuss/book an in house or a place on an open course please contact:

Get in touch:
Suzanne Mumford MSc, PGCE, RGN
suzanne@careprepared.com
07771 766421
The Daily Sparkle was created in 2008 and has focused on creating reminiscence and activity resources for Activity Coordinators throughout the UK. In 2015 an independent market research survey was conducted. The results were very positive, but what came out of a deeper analysis of the statistics was that there was a big discrepancy between the average results and those in the top 10% performing homes. One major finding of the research was that in the top 10% performing homes almost every staff member was using The Daily Sparkle reminiscence newspapers to engage with residents. To say this in a different way, The Daily Sparkle was being used to underpin a Whole Home Approach. The Activity Coordinators Training which we have developed is a response to this finding.

The focus of the course is to support Activity Coordinators to develop their everyday activity skills; to understand the key elements of providing activities for people at varying stages of dementia; to understand how they can meet the CQC requirements and present a positive review of their work; to support activity staff to feel and act with more confidence, and to use their skills to enable non-activity care home staff to achieve high levels of resident engagement initially through social conversation.

The course has been developed by Suzanne Mumford who has over 25 years of experience in dementia-lead roles with several major healthcare companies. The training is evidence based to ensure that it is informed by research and best practice. It also links to the CQC activity specific Key Lines of Enquiry (KLOEs).

The training is provided throughout the UK and every effort is made to ensure that participants can find local trainings. For further information please email: training@dailysparkle.co.uk
Dementia Adventure is an evidence-led charity and social enterprise based in Essex, United Kingdom, working nationally and internationally (e.g. USA and Belgium), with a following in over 130 countries. As a charitable trust, we empower people to live better with dementia alongside our innovative and pioneering work to bring about positive change in the social sector.

We provide training, research, and consultancy services - all with nature in mind. Income from these activities, donations and grant funding mean we can provide Dementia Adventures from park walks to sailing holidays.

We offer ‘tailored’ and ‘off the shelf’ training to deal with the specific challenges, objectives and opportunities that individuals and organisations have.

**Dementia Adventure in a Box—social licence**
This is for organisations who want to work under a social licence, benefiting from the Dementia Adventure brand, and receive training and support over a longer period of time.

**Off the shelf training**
- Thinking Differently About Dementia: This will help you to effectively interact and communicate with people living with dementia.
- Nature In Mind: This explores the benefits of nature-based Experiences.
- Risky Business: This is an introduction to a more balanced approach to risk and benefit assessments.
- Walk and Adventure Leader: This supports organisations to help people with dementia to take part in outside walking experiences.

**Tailored training**
This provides tailored support based on your specific objectives and situation.

**Open events**
Open events offer an inclusive introduction to Dementia Adventure. They are open to people with dementia, their carers, professionals, students, volunteers and the general public. They offer an inspirational day with practical tips, sensory exercises and information to take away.

**e-Learning**
This is for people and organisations who prefer to receive our training conveniently and cost-effectively through the internet.

**Contact information**
Dementia Adventure, Unit 11 Old Park Farm, Main Road, Ford End, Essex, CM3 1LN
Email: training@dementiaadventure.co.uk
Telephone: 01245 237548
We specialise in exercise for the over 60s, working in community, care and NHS settings motivating older people to get active and enjoy healthier, happier lives. We’ve already got 100,000 people moving more and having fun!

Our aim is to have a Move it or Lose it class accessible to every older person across the UK to help them improve their flexibility, aerobic health, balance and strength for greater independence – we call this FABS.

FABS is a unique training programme developed in conjunction with experts from the Centre for Healthy Ageing Research at University of Birmingham. Director, Professor Janet Lord endorses the programme; “The Move it or Lose it programme of exercises are scientifically proven to improve strength leading to better balance to reduce falls risk. This can help older adults to enjoy the activities they always loved and stay physically active which is so important to health.”

The programme is endorsed by CIMSPA and EMD Academy and has Professional Recognition by Active IQ.

As an endorsed training provider, we can train individuals or organisations to deliver classes with seated, supported and free standing exercises, so no one is excluded. Our classes are safe, fun and effective and have been shown to motivate and empower clients to keep coming back, week after week.

We also offer a range of award-winning DVDs and fitness products to help keep the over 60s active at home.

Courses Offered:
The FABS Training Programme - £480 (no pre-requisites, eLearning plus two day practical)
Fast Track FABS - £295 (Level 2 fitness/dance qualified, eLearning plus two day practical)
Dementia Awareness - £32.50 (eLearning)
Safeguarding - £32.50 (eLearning)
Communicating Effectively - £32.50 (eLearning)
Nutrition, A Fresh New Approach - £22.00 (eLearning)
First Aid - £18.00 (eLearning)
Level 3 Assessor Award - £395 (eLearning plus practical)

Contact Information:
info@moveitorloseit.co.uk
0800 612 7785
ReVitalyz Seated Physical Activity (SPA) training program
From personal experience, our professionals understand the potential physical and mental benefits of continued physical movement and appropriate activities, especially for less able adults and/or seniors and the ReVitalyz programme is tailored to the needs of individuals regardless of their perceived abilities. Each practical, motivational, non-academic and cost-effective workshop has been designed by experts for those working or volunteering in care settings. We explore how to encourage participation and communication with and without equipment whilst considering body language and how clients may communicate.

Silver SPA Workshop (without dementia section)
- Learn a range of basic, therapeutic SPAs through practical experience
- Enjoy lively discussion on the benefits of SPAs
- Understand how SPAs can raise self-esteem and improve quality of life
- Explore motivational techniques to encourage participation
- Utilise items which enhance and compliment SPAs
- Understand basic Health & Safety implications and the importance of simple record keeping
- Gain an insight into supporting/working with less able/older adults
- Enable learners to deliver basic SPA sessions.

Silver SPA Workshop (with dementia section)
Learners receive a recording of our unique dementia resource. We explore what can be attempted and achieved by clients with a dementia, hear our recording then reflect and discuss how we may approach similar situations.

Compact SPA Workshops (2 x 2hr workshops - same day in same location)
An introduction to SPA, ideal for “Whole Team Approach” as maximum numbers can receive a basic knowledge of this subject for a similar cost.

Bespoke SPA Workshop – on request

Activity equipment
We sell a small range of items that we've tried, tested so we're confident they suit care settings. Our pricing is competitive because we understand cost can be a barrier.

www.revitalyz.com
info@revitalyz.co.uk
02392 358 285

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Promoting Independence
Support
Reablement
Social Interaction
Motivation
Sensitive
Endorsed
Therapeutic
Quality of Life
Memories
Function
Flexibility
Non-academic
Skills
SPA
Positive Risk
Believe
Activities of Daily Living
Debbie Carroll and Mark Rendell carried out a large-scale research project into why gardens in care settings, particularly for residents living with dementia, were not more actively used, even when they were designed to meet the latest guidance.

They identified the pivotal role of care home culture in influencing engagement with the outside space and have created an innovative and practical diagnostic tool, The Care Culture Map and accompanying Handbook to help care settings locate their current care practices and progress towards increasingly person-centred and relationship-centred care practices and correspondingly higher involvement levels with the outside space.

“Why don’t we go into the garden?” Half day workshop for the care sector

This NAPA CPD accredited workshop is packed with inspiring ideas to encourage greater use of the outside space you already have. It includes an overview of their research, an introduction to their practical, easy to use Care Culture Map tool and how to use it, an exploration of the Top Ten key insights that help or hinder involvement with the outdoors, how and when to employ the services of an outside specialist (including garden designers) and a handy Checklist to help you avoid gimmicks and to invest wisely and cost-effectively in the changes you want to make in your outside space.

This workshop can be run in-house or check our website for the next dates and locations of open events [www.stepchange-design.co.uk/courses](http://www.stepchange-design.co.uk/courses)

To discuss an in-house or tailored training to support your care setting contact us on:
Email [info@stepchange-design.co.uk](mailto:info@stepchange-design.co.uk)
Telephone: Debbie on 02380 685193 or Mark on 01766 530824

Follow us on:
Twitter: [@stepchgd](https://twitter.com/stepchgd)
Vocal Vitality has just launched a new and exciting way to bring singing activities to those living with dementia. Aimed at activities coordinators, care staff and volunteers, the Singing for Seniors Leader Course is a training resource with a difference. It has been carefully created to help you deliver an enriching experience that not only focuses on singing, but also promises a journey of reminiscence. This unique, easy and ‘ready to go’ product will equip you with the training, resources and confidence you need.

How does it work?
• You will receive half a day’s training on how to use our product, complete with a student workbook and leader guide. This gives the foundation to easily structure your singing and reminiscence activity.

On the day, you will also be introduced to our carefully crafted resources that will bring the session alive:
• CDs specially recorded to be just at the right tempo. To help everyone follow the music you can hear the songs being sung too, plus the songbook is printed in large print easy for seniors to read.
• Our specially created Reminiscence Guide adds an extra dimension: it includes lots of visual cues to get the memories flowing, and to make the activity more engaging. Easy to slot into a session, we’re told this is where the magic is!
• We will show you how to introduce props and add gentle exercises to really boost the fun element.

You don’t have to be a singer to do the Singing for Seniors Leader Course. You just have to believe in the benefits that singing brings to someone with dementia. Once you’ve had your training you will have the option to buy our specially themed resources at a discounted rate. Then all you need to do is follow the easy to use format and you are all set to make a real difference to someone’s day! After all, isn’t that what it’s all about?

“This is a fresh approach – I’ve not used anything else like it. It is extremely flexible, and the reminiscence aspect adds a whole new dimension that really surprised me”
Activities Co-ordinator

Contact Susan Garrett on 020 3488 0622 for information.
Email: info@vocalvitality.com
Website: www.vocalvitality.com/napa