

# Ann Holland

## Care Training Services

Tel 01424 423084

Email : [contact@annhollandcaretrainingservices.co.uk](mailto:contact@annhollandcaretrainingservices.co.uk)



Postal address

Flat 2, 27 St Saviours Road

St Leonards on Sea

East Sussex

TN38 0AS

Induction and annual training from a full week for new staff to 1½ hr update sessions for existing qualified staff

NEW FOR 2021 – Suicide First aid ½ day and 1 day courses delivered on behalf of Suicide First Aid UK  
Understanding Suicide Prevention

| Course   | Course length                    | Renew every year                          | Renew every three years           | Number of candidates per course               |
|--|----------------------------------|---|-----------------------------------|---|
| The role of the Healthcare Support Worker and Adult Social Care Worker                       | 3 hours                          | No  | yes                               | 12  |
| Person-centred care and support  | 3 hours                          | yes                                       | No                                | 12  |
| Handling information, Confidentiality and communication                                      | 3 hours                          | yes                                       | No                                | 12  |
| Dementia awareness   | 3 hours                          | yes                                       | No                                | 12  |
| Moving and Handling (For care workers and nurses)  | 6 hours                          | Yes – 3 hours                             | No                                | 6   |
| Moving and handling update   | 1 ½ hrs                          | yes                                       | no                                | 6   |
| Moving and Handling (For ancillary staff)  | 3 hours                          | Yes -1 ½ hrs                              | No                                | 6   |
| Emergency first aid at work  | 6 hours                          | Yes only Basic life support course needed | Yes – Emergency First Aid at Work | 12 extra cost for certificates                |
| Basic life support   | 1 ½ hrs                          | yes                                       | No                                | 12  |
| First aid at work  | 3 days (Including external exam) | Yes only Basic life support course needed | Yes – First aid at work           | 12 extra cost for 2 external examiners        |
| Health and Safety (includes fire awareness, COSHH, RIDDOR, medication, security of the home) | 3 hours                          | yes                                       | No                                | 12  |
| Food Hygiene   | 3 hours                          | yes                                       | No                                | 12  |
| Safeguarding adults or children  | 3 hours                          | yes                                       | No                                | 12  |
| Mental capacity and DoLS   | 3 hours                          | yes                                       | No                                | 12  |
| Human Rights, equality and diversity   | 3 hours                          | No  | yes                               | 12  |
| Infection Control  | 3 hours                          | yes                                       | No                                | 12  |
| Activities of daily life   | 3 hours                          | No  | yes                               | 12  |
| De-escalation  | 3 hours                          | No  | yes                               | 8   |
| Conflict management  | 3 hours                          | No  | yes                               | 8   |
| Care Certificate   | 5 days                           | No  | No                                | 8 includes medication and Moving and Handling |
| Medication for care staff  | 3 hours                          | Yes                                       | No                                | 12  |
| Spinal injury awareness  | 1 ½ hours                        | No  | Yes                               | 12  |
| Diabetes awareness and blood glucose monitoring  | 1 ½ hours                        | No  | Yes                               | 12  |
| Epilepsy awareness   | 1 ½ hrs                          | No  | Yes                               | 12  |
| Heart conditions CCF, LVF, RVF, angina awareness   | 1 ½ hrs                          | No  | Yes                               | 12  |
| Asthma & COPD awareness  | 1 ½ hrs                          | No  | Yes                               | 12  |
| Stroke & TIA awareness   | 1 ½ hrs                          | No  | Yes                               | 12  |

|  |         |     |     |    |
|--|---------|-----|-----|----|
| Anaphylaxis including auto injector  | 1 ½ hrs | No  | Yes | 12 |
| Parkinson's awareness  | 1 ½ hrs | No  | Yes | 12 |
| Personal care  | 3 hours | No  | Yes | 8  |
| End of life care   | 1 ½ hrs | No  | Yes | 12 |
| Acquired head injury awareness   | 1 ½ hrs | No  | Yes | 12 |
| Blood pressure and oxygen saturation monitoring update   | 1 ½ hrs | No  | Yes | 8  |
| Cultural awareness and religions of the world  | 3 hrs   | No  | Yes | 12 |
| Automated External Defibrillation  | 1 ½ hrs | yes | no  | 6  |
| Blood pressure, oxygen saturation, pulse, temperature, respiration ad blood glucose monitoring, neuro observations | 3 hrs   | yes | No  | 6  |
| Continence awareness   | 3 hrs   | Yes | No  | 8  |
| Catheter Care  | 3 hrs   | No  | Yes | 12 |
| Stoma care   | 3hrs    | No  | Yes | 12 |
| COPD and oxygen  | 3hrs    | No  | Yes | 8  |
| Supervision and appraisal  | 6hrs    | No  | Yes | 8  |
| Care Certificate mentor/assessor   | 6hrs    | No  | Yes | 8  |

Don't see the course you want just ask

Mental Health first aid awareness 4 hours, Mental health first aid refresher 4 hours, Mental health first aid 2 day course all certificated by MHFA England prices on request.

Suicide first aid Lite ½ day course (4hours), Suicide first aid 1 day course with option to undertake the City and Guilds unit 407 in suicide prevention. Prices on request as additional charge for C & G qualification need to be considered as certification is through <https://www.suicidefirstaid.uk/>

All courses in line with individual company policies and procedures. Bespoke courses can be designed for individual requirements

Fully insured, details on request. Average cost per day £500 negotiable if series of courses or regular booking made

**Please contact** Ann Holland Cert Ed, MSET, MITOL, MNBE,

Moving and Handling Trainer, East Sussex County Council Adult Social Care

For further details, bookings or bespoke training requests

Last updated 20/3/21 AVBH