

ONLINE WORKSHOPS

April 24-Dec 24



Mindful Care
Training & Consultancy

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www.mindful-care.co.uk

ABOUT US

Mindful Care Training and Consultancy specialises in Dementia Care, Mental Health, and overall Wellbeing. Our mission is to provide support for those who care for others.

Our workshops, conducted by specialists in their fields such as Allied Health Professionals, Nurses, Specialist Teachers, an Official Teepa Snow Trainer, Mindfulness Practitioners, and a National Award-winning Dementia Lead, are available worldwide. We provide both in-person and online training and consultancy services.

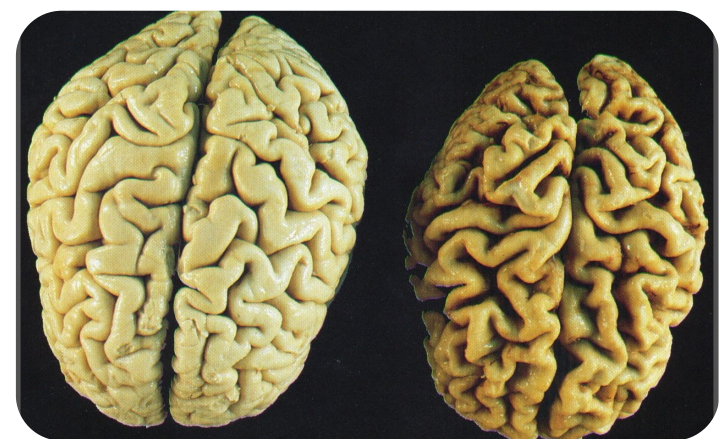
Contact us to discover how we can assist you or your organisation. We also offer bespoke packages tailored to your specific needs. If the scheduled time and date do not work for you, please reach out, and we'll be happy to arrange a workshop suitable for you and your staff.

Teepa Snow Brain Changes Workshop

Discover the impact of dementia on the brain and strategies for improved support through a workshop facilitated by an accredited Teepa Snow trainer in the UK.

Tuesday 2nd April (10am-1pm)
Wednesday 25th September (10am-1pm)

£42pp



Teepa Snow GEMS: Brain change model

Learn from a certified UK Teepa Snow trainer about the GEMS model, which emphasizes focusing on the strengths and abilities of individuals with dementia rather than their losses, to provide better support.

Thursday 9th May (10am-1pm)
Thursday 10th October (10am-1pm)

£30pp



The Montessori approach to Dementia Care

Attend two half-day workshops led by Occupational Therapists in the UK, designed to educate on the benefits and research behind Montessori-based activities and environments, as well as guidance on setting up such approaches in your own setting.

Tuesday 23rd April & Tuesday 30th April (10am-1pm both days)
Tuesday 3rd December & Tuesday 10th December (10am-1pm on both days)

£60pp



Setting up a Cognitive Stimulation Therapy group in your setting

Discover how to establish a Cognitive Stimulation Therapy (CST) group and gain the essential tools in our workshop led by Occupational Therapists. After attending, you'll have the knowledge and support to initiate your own group.

Thursday 2nd May (10am-1pm)
Thursday 26th September (10am-1pm)

£32pp



Dementia Awareness

Join us to gain insight into dementia, including identifying symptoms, current medications, and the latest research findings. Enhance your communication skills in this workshop suitable for basic awareness.

Wednesday 26th June (1.30pm-3.30pm)
Wednesday 13th November (10am-12.00)

£20pp



Dementia, Intimacy and relationships

Explore the significance of often thought of a 'taboo' subject often overlooked in dementia care. Learn strategies to ensure individuals living with dementia can maintain relationships and closeness with others.

Thursday 16th May (10am-1pm)
Tuesday 12th November (10am-1pm)

£30pp



Communication and Distressed behaviours in Dementia Care

Discover effective communication strategies and techniques to better understand and assist individuals living with dementia who may experience distress. Increase your confidence in providing support through practical methods taught in our workshop.

Thursday 6th June (10am-1pm)
Tuesday 1st October (1pm-4pm)

£35pp



Respecting Dignity: End-of-Life Care in Dementia

Explore how to provide dignified end-of-life care for individuals living with Dementia. Improve ways in respecting individuality, maintaining their wellbeing, and ensuring dignity throughout. Written by specialist Palliative care nurses.

Tuesday 18th June (10am-1pm)
Tuesday 5th November (10am-1pm)

£40pp



Improving Mealtime Experiences for Individuals with Dementia

This course offers practical techniques and invaluable tips aimed at everyone involved in making mealtimes meaningful for individuals with dementia. Whether you're a care partner, care staff member, or part of the catering team, you'll gain essential skills to enhance the dining experience.

Monday 12th August (10am-1pm)
Thursday 12th December (10am-1pm)

£30pp



Creating Supportive Spaces: Designing Dementia-Friendly Environments

Learn practical tips for designing dementia-friendly environments in this workshop. From lighting to signage, discover strategies to enhance comfort and well-being. Ideal for caregivers, architects, and facility managers. Delivered by specialist Occupational Therapists

Tuesday 18th June (1.30pm-4.30pm)
Tuesday 22nd October (10am-1pm)

£32pp



Inclusive Dementia Care: Embracing Diversity and Equality

This session delves into the importance of equality, diversity, and inclusion in dementia care. Explore strategies for providing person-centered support that respects individual differences and fosters inclusivity. Gain insights on addressing diverse needs and promoting a culture of respect and acceptance within care settings.

Wednesday 23rd October (10am-1pm)
Thursday 5th December (10am-1pm)

£35pp



Enhancing Staff Well-being: Supporting Grief and Bereavement in the Workplace

This session focuses on providing support and resources for staff members coping with loss and bereavement in the workplace. Explore strategies to promote staff well-being and resilience while navigating the challenges of grief. Gain practical tools and insights to foster a supportive environment where employees feel valued and supported during times of loss.



Thursday 28th November (1pm-4pm)
£45pp

Embracing Diversity: Understanding Gender Identity and Gender Diversity

Discover the spectrum of gender identities and diversity in our workshop. Explore terminology, experiences, and inclusive practices in a safe and respectful environment



Wednesday 26th June (10am-1pm)
Thursday 24th October (10am-1pm)

£40pp

Why choose our workshops?



“The Gems module has given the team more confidence in communicating and caring for our residents”
Chloe Boon, Care Home Manager, Black Swan Care Group

“Kate really brought home the importance of practising mindfulness and we found the session really engaging and fun with lots of take home messages - we would recommend to all!”
Rebecca Champion, Head of Research and Development, Social-Ability

I would like to highly recommend Mindful Care Training and Consultancy for a fantastic informative course. Booking again!
Beverley Bond, Community Care Partner, Enhance Living

The courses provided are factual, based on research and extensive knowledge delivered to you in an outstanding manner
Joanne Howard, Training and development, Norsecare

I actually wanted to say how awesome you are. I've realised just how much I've learnt from you and have managed to pass on to others which is great!
Gemma Hudson - Deputy Manager Leaf Dementia Villages

I now understand WHY something may be happening to Bill,
Sharon Bacon - Family Carepartner

TO BOOK

**Contact: info@mindful-care.co.uk
or
via Eventbrite**



Mindful Care
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SPECIAL OFFER

Exciting Offer Alert!

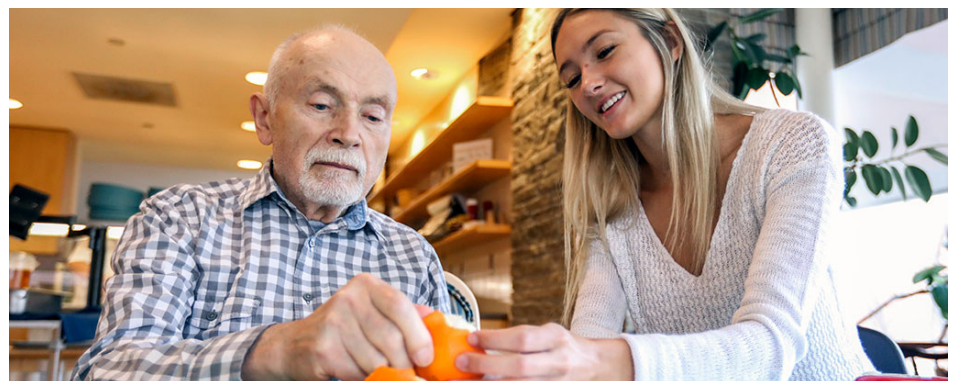
Enhance Your Professional Skills with Our Online Training Workshops

**Looking to boost your career development?
Don't miss out on our exclusive offer!**

For just £170 per person, you can select any 5 workshops from our extensive online training catalogue.

Unlock a wealth of knowledge and skill-building opportunities. Reserve your spot today!

Hurry, this offer won't last long. Terms and conditions apply.
Interested? Contact us today at info@mindful-care.co.uk with your workshop preferences.



Terms & Conditions:

- Offer valid for a limited time only.
- Price of £170 per person applies to the booking of 5 workshops.
- Workshops must be booked for the same staff member and cannot be transferred to other names or staff members.
- CPD certificates provided upon completion of each workshop.
- Workshops will be conducted on the dates and times as advertised.
- Please note: Montessori for Dementia Care is not included in this offer.
- Booking made directly through Mindful Care and not Eventbrite to receive offer.