



Mindful Care

Training & Consultancy

Our Services
2024-2025

*Specialists in
Dementia Care,
Activities and
Wellbeing*



Who are Mindful Care Training and Consultancy?

We focus on providing comprehensive training and consultancy services, dedicated to enhancing the health and social care sector's ability to deliver excellent quality person centered care.

Our expertise lies in three crucial areas:

1. Dementia Care
2. Fostering Wellbeing, Enriching Activities, and Cultivating Meaningful Occupations
3. Providing Mindfulness, Wellness, and Essential Mental Health Support for Care Partners and Health and Social Care Staff.

How can we support you?

We offer training and assistance to the NHS, Social Care, Care partners, and the community across all domains of our expertise. With a background in Allied Health, Nursing, teaching alongside Mindfulness Practitioners, Dementia Coaches, Teepa Snow training, and as a National Award-winning Strategic and Operational Dementia Lead for a major care home company, our team is driven by a profound commitment to raise awareness and enhance lives.

Our services include both online and in-person training (with a preference for face-to-face sessions where feasible), on-site coaching and support, problem-solving, quality assessments in Dementia Care and Wellbeing, Strategy Development, and Independent Reviews.

Additionally, we provide marketing assistance with articles and blogs, along with staff support for wellness and mindfulness. We have collaborated with various companies to deliver tailored training and support solutions.

Where are we based?

We are based in Suffolk UK and work mainly within East Anglia and North London. Online training is available UK and Worldwide.

If we can help you or you would like to discuss further please contact.

info@mindful-care.co.uk



1A



Dementia Awareness

- Up to 16 candidates
- For Care home companies and staff as a basic dementia awareness course - clinical and non clinical, Community Care, Health, NHS staff, Formal and Non formal care partners, those working with General public.
- Two Hour workshop
- **Learning outcomes:** All aspects of Dementia Care, Meets Tier one in Dementia Training Standards Framework - Skills for Care, Skills for Health and NHS England.
- Also offered as online training
- From £280

1B



Brain Changes in Dementia Care

- Teepa Snow Positive Approach to care workshop

- Up to 16 candidates
- For Care homes, Community Care, Health, NHS staff
- One day training course.
- **Learning outcomes:** Understanding the brain changes in Dementia and how this impacts a persons communication and behaviors. Skill building in communication and assisting someone who may be in distress.
- Also offered as online training
- We also offer this workshop as a shorter 1/2 day format at a reduced price.
- From 670 full day/ £335 half day

1C



Teepa Snow- Its all in your approach

- Up to 12 candidates
- For Care homes, Community Care, Health, NHS staff, formal and non formal care partners
- Half day Workshop
- **learning outcomes:** To understand brain changes in Dementia that require change in how care partners approach and care. Skill building in Physical Approach to Care (PAC), Positive Personal Connections (PPC) and Positive Action Starters (PAS).
- **Face to Face training only.**
- From £450

1D



Teepa Snow- GEMS Model of Dementia Care Positive approach to care

- Up to 16 candidates
- For Care homes, Community Care, Health, NHS staff, formal and non formal care partners
- Half day
- **learning outcomes:** To understand the GEM model in seeing the individual as unique and able rather than memory loss. Using GEM stones as reference, learners will build skills in how to enable and provide opportunities for independence to the person at different stages of their Dementia.
- Also offered as online training
- From £450

1E



Dementia and Person Centred Care training

- Up to 16 candidates
- For Care homes, Community Care, Health, NHS staff, formal and non formal care partners
- Two day workshop
- **Learning outcomes:** To provide participants with a comprehensive understanding of dementia, encompassing its various types, stages, and associated symptoms. Through interactive sessions and case studies, attendees will delve into the complexities of providing care for individuals with dementia, learning to recognise and respect their unique needs and preferences. Practical skills in communication, empathy, and problem-solving will be honed, empowering participants to create supportive and dignified environments for those affected by dementia. Through reflective exercises, participants will assess their own practices, identifying areas for improvement and committing to the implementation of person-centred care principles in their professional roles.
- Includes Teepa Snow Brain changes workshop
- From £850

1F



Communication and Distressed behaviours in Dementia Care

- Up to 16 candidates
- For Care homes, Community Care, Health, NHS staff, formal and non formal care partners
- Half day workshop
- **learning outcomes:** participants will acquire a comprehensive understanding of effective communication strategies tailored to individuals living with dementia. They will be equipped with the skills to identify and respond sensitively to distressed behaviours, fostering a compassionate and supportive environment. Additionally, attendees will gain insight into the importance of empathy and non-verbal cues in enhancing communication ultimately enhancing the quality of care provided.
- Also offered as online training
- From £450

1G



Dementia, Intimacy and Relationships

- Up to 16 candidates
- For Care homes, Community Care, Health, NHS staff, formal and non formal care partners
- Half day workshop
- **learning outcomes:** participants will gain a comprehensive understanding of the complexities surrounding intimacy in the context of dementia care. They will acquire the necessary skills to approach sensitive discussions, address related challenges, and foster a supportive environment promoting respectful and person-centered care.
- Also offered as online training
- From £450

1H



Improving Mealtime Experiences for Individuals with Dementia

- Up to 16 candidates
- For Care homes, NHS and those caring in the Community
- Half day workshop
- **learning outcomes:** To understand how to provide a excellent meal time experience that provides choice and independence. Skill building in the importance of nutrition and hydration and how the overall mealtime experience can have a positive impact on a persons health and wellbeing.
- Also offered as online training
- From £450
- Note: A full days workshop available that includes observational practice, Hand under hand (Teepa Snow) and positive team action planning also available on home by home basis. Independent audits, assessment and action plan reviews also available independently by Mindful care Training and Consultancy. Please contact to discuss bespoke packages on a needs basis.

1I



Creating Supportive Spaces: Designing Dementia Friendly Environments

- Up to 16 candidates
- For Care homes
- Three hour workshop
- **Learning outcomes:** participants will gain practical knowledge on the principles of dementia-friendly design. They will learn how to optimise physical environments to promote safety, independence, and well-being for individuals with dementia. Additionally, attendees will develop an understanding of how environmental factors such as lighting, signage, and layout can impact the quality of life for those living with dementia, enabling them to implement effective design strategies in their respective settings.
- Also offered as online training
- From £450

1J



Inclusive Dementia Care: Embracing Diversity and Equality

- Up to 16 candidates
- For Care homes
- Three Hour workshop
- **Learning outcomes:** 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.
- Also offered as online training
- From £450

1K



Respecting Dignity: End-of-Life Care in Dementia

- Up to 16 candidates
- For Care homes
- Three Hour workshop
- **Learning outcomes:** participants will achieve a thorough comprehension of the specific challenges inherent in providing end-of-life care for individuals with dementia. They will acquire practical skills in delivering compassionate and dignified care during this delicate phase, encompassing effective pain management and communication techniques tailored to the needs of both the individual and their families. Furthermore, attendees will explore ethical considerations and cultural sensitivities pertinent to end-of-life care, empowering them to navigate these scenarios with empathy and professionalism.
- Also offered as online training
- From £450

1L



Montessori approach to Dementia Care

- Up to 16 candidates
- For Care homes
- Two day workshop
- **learning outcomes:** Participants will be equipped with a solid understanding of the fundamental principles of the Montessori method as applied to dementia care. They will acquire practical skills to implement individualized, engaging activities, fostering independence and improving overall well-being for individuals living with dementia.
- Also offered as online training
- From £800

05

02J

1M



Dementia Care Innovators: Empowerment Programme for Aspiring Leaders

- Up to 16 candidates
- For Care homes
- 7 x day course (1x month)
- **Learning outcomes:** This course offers a comprehensive learning experience tailored for individuals aspiring to lead dementia care teams or improve dementia care within their setting. Participants will delve into essential leadership skills while gaining in-depth knowledge of dementia, including its prevalence and emotional impact. They will master crucial communication strategies, explore neurological insights, and acquire practical tools for managing distressing behaviours. Through hands-on application of Teepa Snow's Positive Approach to Care (PAC) techniques, alongside real-life scenarios and coaching skills development, attendees will be well-prepared to lead by example and drive positive change in dementia care practices.
- From £4570

1N



Visionary Managers: Leading Dementia Care Teams

- Up to 12 candidates
- For Care homes
- Two day course (Online and face to face training)
- **Learning outcomes:** This workshop equips dementia care managers with comprehensive knowledge and skills to lead positive change within their care homes. Participants will gain a deep understanding of dementia types, symptoms, and progression, empowering them to make informed leadership and management decisions. Tailored communication strategies will enhance interactions with individuals living with dementia, while management skills will facilitate effective change initiatives and staff engagement. Through collaborative exercises and action planning, attendees will develop tailored action plans to address specific needs within their care homes, driving meaningful improvements in dementia care. Ongoing support and guidance ensure sustainable implementation of change, fostering long-term success in enhancing dementia care practices.
- From £975

Bespoke training, workshops and forums also available
Please contact to discuss needs



Wellbeing and Activities Training workshops

2A



Cognitive Stimulation Therapy - Setting up a group in your service or Community

- Up to 12 candidates
- For care homes, community groups
- Three Hour workshop
- **learning outcomes:** How to set up a Cognitive Stimulation Therapy (CST) group in your home or Community. Identifying the role of CST and the evidence based research on the benefits for a person living with dementia
- Also offered as online training
- From £240

2B



Activities - Supporting wellbeing leads to provide meaningful care

- Between 16-30 Candidates- Contact to discuss need.
- For care homes
- Half day or Full day workshop
- **learning outcomes:** To understand the importance of the role of a wellbeing lead and the opportunities they can provide those that they care for when focusing on individual needs . Understanding person centered care and focusing on individuals wellbeing, life stories, and the importance of documentation.
- Also offered as online training
- Contact to discuss costing

2C



Maintaining independence and dignity in care

- Up to 16 candidates
- For care homes
- Half day workshop
- **learning outcomes:** Build skills in providing opportunities for independence for those we care for. Understanding that everyone is able to take part in activities of daily living no matter their care needs. An Occupational Therapy approach to activities.
- Also offered as online training
- From £450

Just a reminder, we offer the Montessori approach to dementia care workshop, ideal for activity assistants seeking to enrich their skills. Please see Dementia Care workshops

**Bespoke training, workshops and forums also available
Please contact to discuss**



Wellbeing and Diversity Training

3A



Looking after yourself : A Mindful approach

- Up to 16 candidates
- For Everyone!
- Half day workshop
- **Leaning Outcomes:** Learn mindfulness techniques to help look after your mental health and wellbeing. Understand the signs of stress and burnout in yourself and others. Includes relaxation session.
- Also offered as online training
- From £350

3B



Mindfulness for a well workforce: A leaders approach to supporting their staff.

- Up to 16 candidates
- For Leaders and Managers
- Half day workshop (can include “Looking after yourself” workshop for 1x day training.
- Must of completed 'Looking after yourself; A Mindful approach workshop.
- **Leaning Outcomes:** For leaders and managers to build skills on supporting staff in their wellbeing and mental health whilst maintaining productivity and performance.
- Also offered as online training
- From £450

3C



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

- Up to 16 candidates
- For Leaders and Managers
- Half day workshop
- Must of completed 'Looking after yourself; A Mindful approach workshop.
- **Leaning Outcomes:** For leaders and managers to build skills on supporting staff in their wellbeing and mental health whilst maintaining productivity and performance.
- Also offered as online training
- From £450

3D



Embracing Diversity: Understanding Gender Identity and Gender Diversity

- Up to 12 candidates
- For everyone
- Half day workshop
- **Leaning Outcomes:** Participants will learn about diverse gender identities and LGBTQ+ experiences, exploring terminology, key concepts, and inclusive practices. Engaging in interactive discussions, they'll develop practical skills to champion diversity and foster equality in their organisations or communities. Ultimately, the workshop empowers participants to celebrate all identities, promoting acceptance and inclusivity.
- Also offered as online training
- From £450

**Bespoke training, workshops and forums also available
Please contact to discuss**

Other Services

4A



Strategy development and implementation

- We provide comprehensive support for your company by developing and implementing effective strategies focused in Dementia care, Activities within care settings and wellbeing strategies for your staff. Our services involve spending valuable time within your setting to thoroughly understand the unique requirements of your business. We specialise in creating personalised strategies, conducting detailed reviews, and delivering insightful reports, all carefully tailored to meet your specific needs and goals.

4B



Existing training review and course development

- We are dedicated to aiding you in the review of your training materials and the customisation of courses to perfectly align with your specific services. Additionally, we provide comprehensive 'Train the Trainer' programmes, ensuring your team is well-equipped to deliver the tailored courses effectively. Our focus is on empowering your staff with the knowledge and skills needed to provide exceptional care tailored to your unique business requirements.

4C



Writing and Reviewing Website Content, Promotional Materials, and Marketing Pieces in our specialised areas

- We offer valuable assistance in writing and reviewing your marketing materials, specializing in dementia care, wellbeing, activities, and mental health. Whether for your website, marketing materials, or other promotional content, we are here to share our expertise, tailoring our support to perfectly align with your services. Additionally, we provide insightful articles and blogs that can be featured on your website, aimed at guiding and supporting family members, community members, and the public, directing them to your business, both now and in the future.

4D



Freelance training

- Are you in need of a skilled trainer for your company? Whether you require assistance in training development or course facilitation, we are here to help. Mindful Care Training and Consultancy offers comprehensive training support in our specialised areas, ensuring that your team receives the necessary guidance and expertise to excel in their roles.

Contact us to discuss your needs and costings

Bespoke services also available!

Testimonials

"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, Thank you"

Sharon Bacon - Carepartner

"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. Kate the consultant was extremely pleasant and helpful. I done this course as a refresher on a positive Mindful approach to Dementia to keep me updated and learnt some new techniques and facts along the way. Will certainly use again in the future"

Beverley Bond: Community Care Partner
Enhance Living

"100% would recommend the course to a friend"

Amy Dale, Student Nurse

"The best training course I have EVER been on! Not the standard dementia care training!"

Alex Shiffely - Age UK

I just wanted to reach out and express my heartfelt thanks for all your support, information sharing, and training on running cognitive stimulation groups. Another OT student and I successfully conducted six cognitive stimulation sessions at the care home, and they were very well received! The music-based activities, in particular, were especially effective for the participants. Your training was great and was just what we needed to make a start!

Egle Jurke - OT Student

"Kates commitment, passion and energy is inspiring and her dementia knowledge and experience sets her aside from any other trainer"

Nigel Reeve - Managing Director, Castlemeadow Care

100% felt that the course was excellent

The British International School, Abu Dhabi

"I want to thank you for the information you have given us as a family. We have really struggled with understanding Dads Dementia. I'm so happy we found you. Thank you for the extra support too! We do really appreciate it!"

Julia Childers - Family Carepartner

"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

The courses provided are factual, based on research and extensive knowledge delivered to you in an outstanding manner

Joanne Howard, Training and development,
Norsecare

Mindful Care Training and Consultancy has been exceptional in dementia care training. Their compassionate approach and practical strategies have transformed my understanding and skills in caring for my dad. I highly recommend their services to anyone in the field.

C. Baker - Family carepartner



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