



# Care Development East Support and Offerings

- Training workshops
- Events
- Unlocking Opportunities
- Leaders in care network
- Coaching
- Complete Care Training Hub
- IT Skills
- Mental Health Training

# LEADERS IN CARE NETWORK



If you cannot attend these meetings you are welcome to send a colleague in your place!

Our Leaders in Care Network has grown in popularity over the past few years. It is a great way for you to find out the latest news, ideas and training opportunities in the local social care sector.

It's an ideal opportunity to meet fellow care providers and hear how they are addressing current challenges in a friendly and open atmosphere.

Bi-monthly meetings  
held across Suffolk



# Unlocking Opportunities

The Unlocking Opportunities initiative is designed to enhance career prospects in the social care sector through a comprehensive set of offerings.

## What do we offer?

Unlocking Opportunities offers a Social Care Academy, Careers Fairs, and supports schools, colleges, and the DWP. We provide personalised signposting and are developing a local ambassadors program to further community engagement and support our mission.

## Health and Care Career Events

We organise Careers Fairs and team up with schools, colleges, and the Department for Work and Pensions (DWP) to host career fairs, mock interviews, and talks.

## One to One Signposting Service

Unlocking Opportunities provides a personalised signposting service, offering insights into various roles in Health and Social Care sectors. We deliver advice, guidance, and introductions to Ambassadors from local organisations and educational institutions to help young individuals progress. This service also creates pathways to work experience, volunteering, training, education, and employment.

## Social Care Academy

Our interactive workshops are designed to give students a hands-on feel for what social care is all about. It's our way of getting young people interested and ready for the fulfilling opportunities in social care.

For more information, visit our website or email [opportunities@caredevelopmenteast.co.uk](mailto:opportunities@caredevelopmenteast.co.uk)





# Complete Care Training Hub

**The Complete Care Training Hub is a proactive approach to support providers with a focus on behavioural change alongside academic learning, a series of events, and workshops which shape core beliefs, shift mindsets, and encourage growth to better support our customers and afford them more choices and control.**

## **What does it include?**

**The CCTH delivers essential training required for Specialist Support Provider training.**

**Diabetes Awareness and Blood Glucose Monitoring**

**Insulin Awareness and Injection Technique**

**Dementia Awareness**


**Dementia Champion**

**Behaviour and the Law training**

**PBS Informed & Equipped Sessions**

**Free to potential Providers at point of use.**

**This high-quality training and development will enable providers to provide a wider range of services to clients with distressing behaviours or those with specialist requirements.**





# Workshops

We facilitate a number of training workshops, delivered by a variety of trainers.

These workshops are funded by us but require an initial ticket purchase that is fully refunded upon attendance.

Please use the below QR code to view the workshops we currently have available:

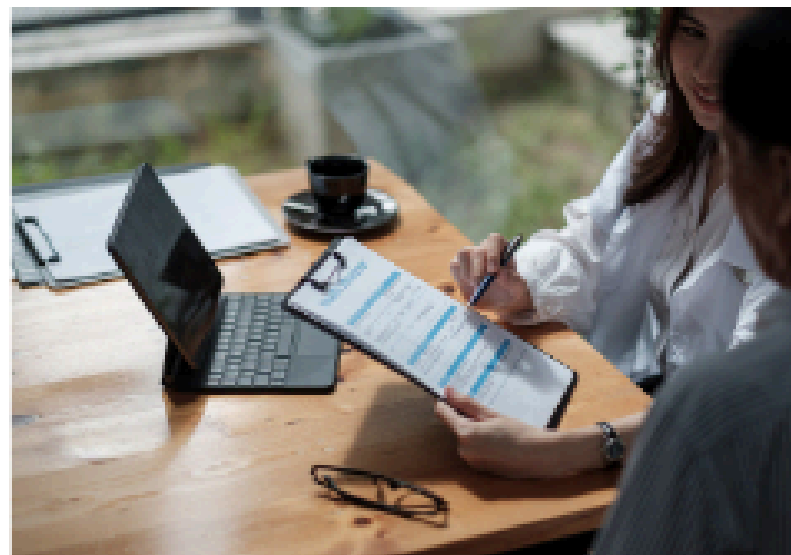


We also offer bespoke workshops delivered to your organisation.

Email - [info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk) for more information.

# COACHING FOR CARE

A DEDICATED COACHING NETWORK  
FOR SUFFOLK'S CARE PROVIDERS.



Providing health and care  
workers with affordable  
access to high-quality  
coaching

# ILM Level **5** Certificate in Effective Coaching & Mentoring

This qualification is for managers and those with responsibility for effective coaching and mentoring as part of their daily role within an organisational context. It is also ideal for individuals who wish to move into or progress into a development role or start a career as a freelance coach or mentor.

## Entry requirements:

- Learners must be aged 18 or over
- Working in a role that provides appropriate access to coachees or mentees.

SVC reserves the right to assess and ensure that any participating learner is in a position to meet the demands of the qualification.

Email [info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk) for more details, this offering includes subsidised costs.

## 2025 workshop dates:

22nd January | 5th February | 6th March  
| 8th April | 6th May | 5th June



# Mental Capacity Act and DoLS for Managers Training

This Mental Capacity Act and DoLS for managers training course aims to provide delegates with a clear understanding of their responsibilities as managers in relation to Deprivation of Liberties Safeguards (DOLS).



Free Parking

Lunch and refreshments provided

Tickets refundable on attendance

Scan here to book  
your ticket



Workshop delivered by



If you have any questions please email  
[info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk)

# BECOME A CERTIFIED MENTAL HEALTH FIRST AIDER!



**FIND OUT MORE  
AND GET YOUR TICKETS  
HERE**



**PRESENTED BY INSIGHT2 MENTAL HEALTH  
OVER TWO SESSIONS. THIS COURSE EQUIPS  
PARTICIPANTS WITH VALUABLE SKILLS TO  
BECOME MENTAL HEALTH FIRST AIDERS.**

**FORMAT: FACE-TO-FACE COURSE.  
9:30AM - 5:00PM**

- **TICKETS: £12.50 EACH (FULLY REFUNDABLE UPON ATTENDING BOTH SESSIONS).**
- **REGISTER AND ATTEND BOTH SESSIONS TO RECEIVE YOUR CERTIFICATE.**
- **REFRESHMENTS AND LUNCH PROVIDED**
- **FREE ON-SITE PARKING IS AVAILABLE.**

**DON'T MISS THIS OPPORTUNITY TO ENHANCE  
YOUR UNDERSTANDING AND SKILLS IN MENTAL  
HEALTH SUPPORT!**

**IF YOU HAVE ANY QUESTIONS PLEASE  
CONTACT:  
INFO@CAREDEVELOPMENTEAST.CO.UK**

**insight2** mental health

**CARE  
DEVELOPMENT  
EAST**



# 'Insulin Awareness & Injection Technique' workshops



Ideally attendees will have attended the 'diabetes awareness and blood glucose monitoring & glucometer training' workshop (or equivalent) within the last 12 months, as a good understanding of diabetes is required in order to take part in this workshop.

An example of the areas of knowledge you would need to participate in this course include the following:

- An understanding of the importance of monitoring glucose levels
- Ability to perform a capillary blood glucose test and what actions to take with the results



Venue: dependent on location




For further information about the workshop content and eligibility please visit the event page which can be found on our page: [Eventbrite/CareDevelopmentEast](#)








# Excel Workshop

## Struggling to automate your care rotas?

 Elevate your Excel game! Join us for a half-day workshop where we'll dive into the world of automation to save you time.

- 
- Unlock the secrets of automating care rotas.
  - Perfect for Excel beginners and those looking to supercharge their skills.
  - Learn number crunching and data handling tips and tricks.

**Interactive session - YOU choose the topics that matter most to you!**

-  Refundable ticket upon full attendance.
-  Refreshments provided.
-  Free onsite parking available.

Limited Spaces - Reserve Your Spot Now!

Find out more/ register for your tickets here



SCAN ME

If you have any questions please contact:  
[info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk)



# Positive Behavioural Support (PBS) Training Workshop



**DEEP DIVE INTO THE 10 KEY COMPONENTS OF POSITIVE BEHAVIOUR SUPPORT (PBS) WITH A DYNAMIC TRAINING SESSION!**

- FOCUSING ON ENRICHING THE QUALITY OF LIFE AND UNDERSTANDING CHALLENGING BEHAVIOURS
- CPD ACCREDITED
- SPECIFICALLY CRAFTED FOR PROVIDERS ALREADY SUPPORTING CUSTOMERS WITH LDMH&A.
- FACE-TO-FACE INTERACTIVE WORKSHOP
- REFUNDABLE TICKET
- REFRESHMENTS AND LUNCH PROVIDED
- FREE ONSITE PARKING

TIME: 9:30 AM - 4:30 PM

DELIVERED BY SUPPORTING POSITIVELY

FIND OUT MORE/ REGISTER FOR YOUR SPACE HERE



SCAN ME

FOR MORE INFORMATION CONTACT:  
INFO@CAREDEVELOPMENTEAST.CO.UK



# BEHAVIOUR MANAGEMENT WORKSHOP

## BEHAVIOUR AND THE LAW (FOUNDATION CYP/ACS) THEORY

This **one-day** workshop consists of two elements, the **legal** framework and the **theory** of de-escalation.

It supports staff to gain a better understanding of their **rights** and **responsibilities** and increases their confidence with all levels of behaviour and low-level physical de-escalation.

Each programme is consistently updated to reflect Government policies and new thinking.

### Theory programme:

- Legal aspects around our rights and responsibilities
- Potential causes of difficult behaviour
- Methods to identify strategies that de-escalate the situation
- Incident recording, risk assessment and proactive planning

### Physical skills:

- Physical skills to support clients in a positive and caring manner

- **Time:** 9am - 4pm
- Refreshments and lunch are provided
- Refundable ticket upon attendance at the workshop



Find out More



Tickets



SCAN ME

For any questions contact us at  
kelly@caredevelopmenteast.co.uk



# Oliver McGowan Tier 2 Training

This one-day face-to-face training course aims to provide health and social care staff with the knowledge and skills necessary to deliver high-quality, person-centred care to individuals with learning disabilities and autism. This training is named in memory of Oliver McGowan, whose experiences highlighted the need for improved training in this area.



**One-day face-to-face training course**



**Location  
dependent on date**

**Aim: Enhance  
understanding of learning  
disabilities and best  
practices in health and  
social care settings.**

**Pre-Requisites: You are required to complete the Tier 2 online module before attending this course. Access the online module on the NHS England eLearning platform: The Oliver McGowan Mandatory Training on Learning Disability and Autism – eLearning for Healthcare.**



**For more information or to register for the course please contact: [info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk)**

**Scan to book:**



# Dysphagia Awareness including IDDSI workshop

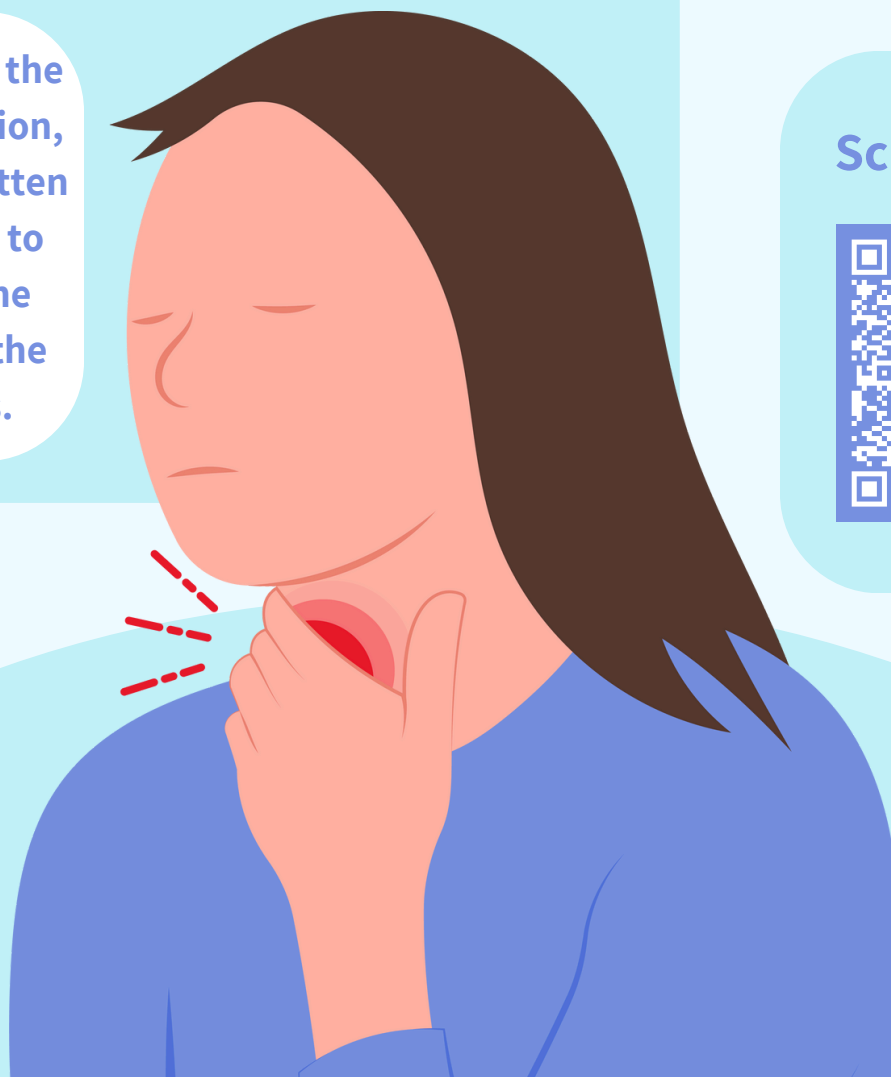
This dysphagia training course is designed for all social care staff. It aims to provide awareness and knowledge of dysphagia and common swallowing difficulties.

This course includes a brief introduction to the new International Dysphagia Diet Standardisation Initiative.

At the end of the training session, there is a written assessment to evidence the learning of the attendees.

Course length:  
3 hours

Scan to book



If you have any questions about this workshop please email [info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk)

# Sex and Sexuality workshop

This course is aimed at all care staff and follows the guidance from CQC on Relationships and Sexuality in Adult Social Care Services.

## Learning Outcomes

Introduction – what is sexuality?

Equality and Diversity and Human Rights (EDHR)

Support for individuals

Sexual Disinhibition

Consent

Sexuality and relationships within key lines of enquiry (KLOE)

**Tickets fully refundable upon attendance**

**Refreshments provided**



Please email  
[info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk)  
if you have any questions on this workshop





# End of Life Care Awareness

**This course is aimed at all staff in  
health and social care.**

**Course length – 3 hours**

**Webinar – 2 hours**

## Learning Outcomes

**Introduction:  
End of Life  
Care**

**Communicating  
bad news**

**Person Centred  
Care Planning**

**Advance  
Decisions**

**Last Offices**



**Scan to book**

**Tickets refundable upon attendance**

**Refreshments provided**

**If you have any questions about this workshop  
please email [info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk)**



**Save the date**  
**Dementia Marketplace**  
**25th June 2025**  
**Location:** Trinity park,  
Conference and Events  
Centre, IP3 8UH  
Registration to follow soon.







# **SUFFOLK CARE AWARDS 2025**

**THURSDAY 18TH SEPTEMBER 2025**

**TRINITY PARK, IPSWICH**

**FOR MORE INFORMATION VISIT OUR WEBSITE**





# Newsletter and Socials



@caredeveast



@caredevelopmenteast

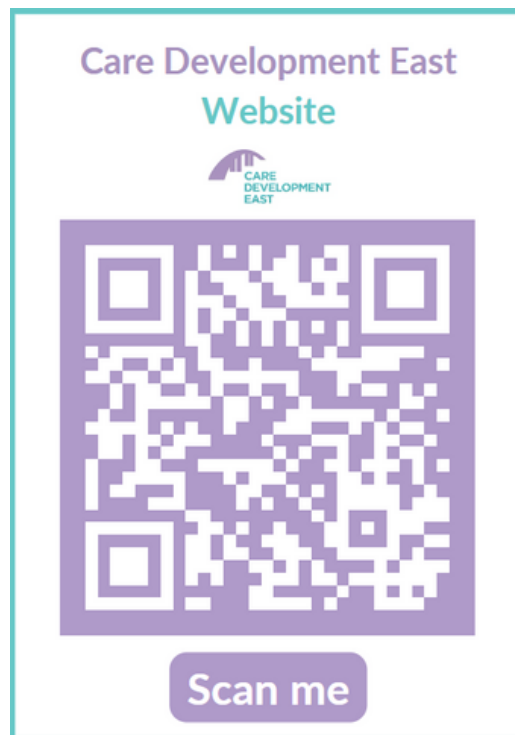


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Our newsletter is distributed every Wednesday.  
Sign up below to stay up to date:



If you have any questions or would like further information on any of our services, please email [info@caredevelopmenteast.co.uk](mailto:info@caredevelopmenteast.co.uk)