



Care Development East Support and Offerings

To All Suffolk Social Care Providers

**Our
services
are free
for
everyone**



- Free access to training and events*
- Free advice and support
- Free Careers in care support
- Free workforce development support
- Subsidised qualifications
- No membership fees
- Free Workshops

* Please note, a fee may apply for some training or events. Some sessions require a refundable booking fee.



Care Development East



care-development-east

WWW.CAREDEVELOPMENTEAST.CO.UK

LEADERS IN CARE NETWORK



Bi-monthly meetings
held across Suffolk

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.

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



UNLOCKING OPPORTUNITIES

YOUR JOURNEY INTO HEALTH AND SOCIAL CARE



CARE
DEVELOPMENT
EAST



WE OFFER



Insight into Health and Social Care career pathways



Advice on apprenticeships, volunteering and job opportunities



Speak to a dedicated Health and Social Care professional



Guidance and support tailored to your individual needs



Advice on skills, qualifications and training opportunities



opportunities@caredevelopmenteast.co.uk

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

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 for more information.

Dying with Dignity: Navigating the End-of- Life Process Training

Make a lasting difference to
the lives of people at the
end of life – and the families
who love them.

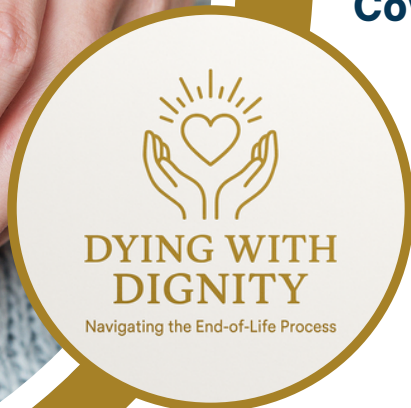
Fully funded ✓

2-day in-person sessions ✓

Practical and interactive ✓

Build advanced skills ✓

Covers four core modules ✓



> Enroll Now!

 **9:30am – 4pm**

- Delegates must attend both sessions.
- Lunch and refreshments provided.
- Training delivered by St Elizabeth Hospice.
- Multiple locations and dates.

For More Information
Visit our Eventbrite



Culture and Values in Care

The aim of this workshop is to explore the importance of having a strong value base within care work, and using that value base to implement a culture in the workplace built on safeguarding principles and a person centered approach.



6 Cs of Care Care

- ✓ Care
- ✓ Compassion
- ✓ Competence
- ✓ Communication
- ✓ Courage
- ✓ Commitment

Principles of the Care Act

- ✓ Empowerment
- ✓ Prevention
- ✓ Proportionality
- ✓ Protection
- ✓ Partnership
- ✓ Accountability



Register

NOW

www.caredevelopmenteast.co.uk

Care that inspires!

Join us in making a
difference

WORKSHOP INFORMATION

MCA/DOLS AWARENESS

Understanding Mental Capacity is essential for promoting **autonomy and informed decision-making**. The MCA (Mental Capacity Act) provides a framework to assess individuals' capacity to make decisions about their care and treatment. It ensures that the rights of those who may lack capacity are respected, protecting them from unnecessary restrictions while promoting their dignity.

Learn the importance of consent and capacity assessment

- 🧠 What Mental Capacity Means
- 👤 Who the MCA Affects & Why Consent Matters
- 📋 The Five Principles of the MCA
- ✅ Assessing Capacity & Next Steps
- ⚖️ Role of the Court of Protection
- 🔒 What Deprivation of Liberty Means
- 🧩 DoLS Safeguards & the 'Acid Test'
- 🤝 Respecting Rights in Complex Situations



You can view the available dates and locations on our EventBright page
<https://www.eventbrite.co.uk/o/care-development-east-29945087503>

Introduction to SPECAL for Care Professionals



What is The SPECAL Method?

The SPECAL method is unique, practical and effective.

Tailor-made for the condition of dementia, whatever the cause.

It places the well-being of the person with dementia at the centre of care.

Use of the SPECAL method can bring about immediate and sustainable improvements in the quality of life of the person with dementia and for everyone involved in their care.

The SPECAL method treats dementia as a disability and works positively with it, rather than trying to ignore or defeat it.

SPECAL method has been shown to:

- increase the person's confidence and thereby slow the rate of deterioration
- reduce the need for medication
- enable the person to remain in their own home for significantly longer
- minimise the distress all too often seen during and after a transition into a different care setting

Online sessions available to book

September:

Tuesday 9th - 1pm to 5pm

Thursday 25th - 1pm to 5pm

November:

Tuesday 18th - 1pm to 5pm

Thursday 27th - 1pm to 5pm

Delivered by The Contented Dementia Trust

AWARENESS COURSE

SAFE HANDLING OF MEDICATION

The **Safe Handling of Medication** workshop covers vital aspects of medication safety, including legislation, best practices, and error prevention. Participants will learn the significance of teamwork in medication management and how a person-centred approach enhances care quality. This course is essential for all social care professionals involved in medication administration and safety protocols.

Gain essential skills for safe medication handling.



You can view the available dates and locations on our EventBright page
<https://www.eventbrite.co.uk/o/care-development-east-29945087503>

Care Development East info@caredevelopmenteast.co.uk

**BOOK
YOUR
TOUR**



"The Virtual Dementia Tour is amazing training, thank you so much. This is the best dementia training I've done"

VIRTUAL DEMENTIA TOUR®
YOUR WINDOW INTO THEIR WORLD

Book your tickets on
Eventbrite

The virtual dementia bus is rolling through Suffolk! Catch it at different stops and dates along the way!

A life-changing experience and the only scientifically and medically proven method of giving a person with a healthy brain an experience of what dementia might be like. Enter the world of a person with dementia and understand the simple changes you can make to your practice and to the environment to improve the lives of people with dementia.





Autism Reality Experience



The Autism Reality Experience has been developed by Experience Training Ltd to raise awareness of the sensory difficulties experienced by autistic people and to give people an immersive experience of sensory overload. The training is complimented by a debrief session afterwards and provides delegates with a range of strategies and techniques to help improve outcomes for autistic people.

"The actual reality/experience part is a huge eye opener into what it's like to be autistic. I came away thinking that my little boy is a pretty amazing dude"

- JANIS VAGLIANI
Mother to Nicholas

"A fantastic way to learn about senses to use our own senses"

- JULIE BOWERS
National Autistic Society

"Very insightful into the reality of sensory overload for people on the autism spectrum"

- CELIA RYLATT
Wilf Ward



Autism Reality Experience

The autism reality bus is
touring Suffolk,
Book your tickets on
Eventbrite

<https://www.eventbrite.co.uk/o/care-development-east-29945087503>

Newsletter and Socials



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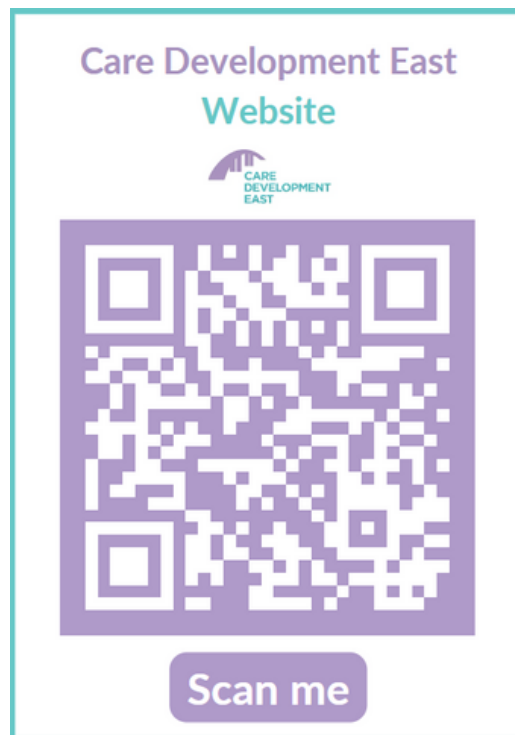


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Our newsletter is distributed every Wednesday.
Sign up below to stay up to date:



If you have any questions or would like further information on
any of our services,
please email info@caredevelopmenteast.co.uk