



Alive Training and Coaching

An overview of our new training
offering

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Alive is a Registered Charity No.1132708

Alive's aims

Alive is a charity dedicated to improving the quality of life of older people and their carers.

Our vision

A world where older people live lives full of value, meaning and connection.

Our mission

To prioritise health and wellbeing into later life.

Alive:

- **Engages older people creatively through meaningful activity**
- **Trains and supporting carers to enrich the lives of older people**
- **Reduces older people's social isolation by connecting them to their local communities**
- **Speaks up for the rights of older people to those with the power to improve their lives.**

Our values

User-led: We strive to ensure our work meets the needs and aspirations of the older people we serve. We consult regularly with older people and develop and deliver projects and activity in line with their wishes and views.

Dedicated: We deliver, we train, we connect, we influence. We are a group of people who never give up and are fully committed to improving the quality of life of older people.

Adventurous: We are a charity who likes to try and test new approaches, new partnerships, new ways of working and aren't afraid of making mistakes and taking risks.

Community focused

We fully understand the value of belonging and work hard to connect older people to their communities – wherever that may be. We value our own community and strive to create an inclusive and supportive environment amongst our staff, volunteers, and colleagues.

Adaptable: We constantly review, evaluate and adapt our work to ensure it is meeting the needs of those we serve. We are quick to change and find new ways of working when needed.

Compassionate: We love what we do, and who we work with. We are passionate about improving the quality of life of older people in whatever way we can.

Collaborative: We believe in working with others. We make more of an impact when we work together.

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Who we are

At Alive, we are dedicated to improving the lives of older people and those who are caring for them. We want to see older people engage creatively in activity that makes them smile, means something to them and brings a real purpose and connection to their lives.

Whether it's through our varied activity sessions or our community projects, we love lighting up the lives of older people and bringing them joy. We find creative and innovative ways of supporting and reaching older people, from digital activity to face to face interaction.

Founded in 2009, we work both in the community and in care homes to prioritise health and wellbeing into later life:

We engage

Our range of meaningful activity engages older people in care settings and in the wider community.

We train

Our training courses support carers at home and in care settings to enhance older people's wellbeing and deliver outstanding person centred care.

We connect

Our varied projects bring older people together with their local communities.

We influence

We speak up for the rights of older people to those with the power to influence their lives.

We want to support the care sector to change, so that older people's mental, social and emotional wellbeing is prioritised alongside their physical care.

What we do

We have developed our activity and now offer a range of activity to support older people through digital and face to face activity:

Activity Sessions

We offer face to face activity in the Greater Bristol Area

Digital Activity Sessions

We run Alive and Direct, an hour of fun, music and reminiscence through zoom anywhere in the UK and beyond

Teleconferences

Our telephone activity groups are available for all older people, living in care homes and at home

Alive on Demand

A subscription model of video activity for older people in care and living at home, with varied activity sessions and day trips out

Training

All our training can be delivered virtually or face to face

Alive Training and Coaching

We know meaningful engagement and outstanding activities require creativity, innovation, teamwork and a genuine love of people. We love to support care staff to enable residents and clients to live as full and varied lives as possible – putting psychological wellbeing at the heart of care.

It is important to remember when entering a volunteer position of any kind that you should not be expected to do anything that might replace or be considered a paid role.

You should not be left in a position where you are responsible for residents, a member of staff should always be with you or nearby. You will never be asked to provide personal care, and you should never help move a resident or support a resident who is unsteady on their feet. Care home staff need to be specially trained to do this. You are there to help and support activities, you should not be left responsible for caring for residents.

Our training enables care home staff to enrich the lives of the older people with whom they work.

Our training is:

EFFECTIVE

After our activity sessions, 100% of residents' mood improved

INSPIRING

100% of Alive trainees said our training helped them in their role

INNOVATIVE

Our activities are creative and innovative resulting in physical, mental, social and emotional benefits for your residents.

RESPONSIVE

The training is developed in consultation with you and your staff- focusing on your residents' needs.

VALUE FOR MONEY

With long term benefits which include; greater staff job satisfaction leading to higher staff retention

EXPERIENCED AND RECOGNISED

Our work has been quality assured and published in NICE's Local Practice Collection (visit www.nice.org.uk for more information).



Coaching – How it works

Alive's coaching programme allows care home staff to learn on the job, over an agreed period of time, which will embed best practice long term and help staff ensure that residents engage in activities that improve their wellbeing and happiness.

Staff attend a bespoke training day, then participate in four activity sessions, then gradually take on responsibility for leading them over time, with our support and ongoing mentoring.

Key benefits and outcomes of Alive coaching:

- Enhanced wellbeing and happiness of residents measured by improved mood, engagement and interaction (evidence of this included free of charge)
- Increase in staff knowledge, motivation, confidence and skill in delivering person centred activities (evidence of this included free of charge)
- Value for money with long term benefits which include; greater staff job satisfaction leading to higher staff retention
- An increase in person centred activity leading to higher CQC ratings.
- Alive is a NAPA recognised CPD provider, so this training will benefit staff CPD.

For detailed course breakdown and costs, please request the 'Alive Training Course Content' document.

Improvements in CQC ratings:

Three care homes that received Alive coaching in 2017/18 fed back to us that their recent CQC rating improved – activities were cited as one of the main reasons for improvement.

The Alive meaningful engagement course has definitely helped to achieve our improved CQC good rating. Our staff are now much more confident in delivering a variety of activities. I'd recommend it other homes.

Manager, Bernash Care Home.

Training Courses

We run a mix of classroom based training, and digital learning, with practical activity and discussion interwoven . We offer both set days and bespoke training.

All our training is available face to face and online. We will train care staff from homes together, and some courses are open for individual sign up – please see our website for dates.

Full day courses normally run from 9.30 -3.30, half day from 9.30- 12.30pm and up to 12 care staff can attend.

Off the shelf courses

½ day:

- Engaging People Living with Dementia
- Managing Volunteers in a Care Home
- Connecting with Your Community
- The Power of Music and Dementia
- Enriched Environments – Making Your Care Home Engaging
- Equality and Diversity in Activities for Older People
- Understanding Distressed Behaviour
- Multi-Sensory Engagement
- Co-Producing Activities

Full day:

- An Introduction to Meaningful Engagement – Getting Started In Activities
- Life Story Work and Reminiscence
- Touchscreen Technology and Older People
- Meaningful Activities for Everyone
- Integrating Nature Based Activities into Everyday
- Team Building – The Whole Home Approach to Activities and Engagement
- Volunteering In a Care Home – for Volunteers
- Living Well With Later-Stage Dementia

Bespoke courses

We also provide bespoke training on many aspects of person centred care. We plan this alongside you, so it is tailored to the needs of your individual staff and settings.

Costs

Off the shelf days cost £300 for ½ day, £600 for a full day

Bespoke costs £800 for a day

For detailed course breakdown please request the '**Alive Training and Coaching course content**' document.



Audits

Activity audits are a great way of improving your activity provision through expert support and advice. Offered nationwide, we can come to your care setting and support you in improving your activity provision. Using our knowledge, experience and understanding, we will spend time evaluating your existing provision, linking it to your residents' care plans, and supporting you in understanding how you can improve it – and ultimately enhancing your residents' quality of life.

What does an activity audit involve?

- We will come and observe two separate activities
- We will audit your activity plans
- Our trainers will look at your care plans, and link the activity to these
- We will write a report, linked to CQC KLOE's, which shows where you are doing well and what needs to be improved

It's a simple process, but will have a huge impact on your activity provision and the well-being of your residents.

Benefits:

- Enhance the lives of older people in your care by improving their health, independence and social interaction
- Ensure your activities are varied, person-centred, relevant and frequent
- Show your staff what they are doing well and what can be improved – from an expert external provider
- Care for residents that are happier, more fulfilled and purposeful, with a rich quality of life
- Achieve higher CQC ratings and local authority commissioning objectives
- Invest in your staff, increase their skillset and further their development.

Cost:

- **£750 for 1 activity audit.**
- **£1400 for 2 activity audits in 12 months.**

There will be a discount for auditing multiple care homes in the same care group. To book your Activity audit today, call the office on **0117 377 4756** or [email info@aliveactivities.org](mailto:emailinfo@aliveactivities.org).

Activity Mentoring Service

Our Trainers are experienced in all areas of activity provision in care homes and will offer hands-on mentoring and advice on a one to one basis for staff requiring support working within the role of Activities or Well-being.

- Mentoring can be provided face to face in your care setting, digitally or over the phone.
- Support for staff who are new to the role or who would like to take their activity provision to the next level
- Instilling confidence, motivation and inspiration
- Staff feel supported
- The Activity Mentoring Service is available as a one-off session or as a block-booking of up to 4 sessions.

Cost:

- **1x 1 hour session - £75**
- **4x 1 hour sessions - £280**
- **1x 2 hour session – £130**
- **4x 2 hour sessions - £500**

Our Influence and Impact

“I couldn’t have wished for a better trainer. I loved every minute.”

“I run a session on what I learnt at the Alive training course now when new staff come”

“We have two residents who were very unresponsive - we have now been able to make them laugh, smile and interact.”

Our training is well respected and has been Alive’s work has been independently evaluated using the ArtsObs tool cited by Public Health England in their latest guidance on evaluating arts programmes that seek to improve health and wellbeing.

Alive’s work has a positive impact on older people’s wellbeing and increases social interaction among care home residents and staff. This, in turn, improves relationships within the home and creates a greater sense of community.

We are regularly told by care home managers and staff that we are able to connect with people who are normally very hard to reach, that people who don’t normally interact at all thoroughly enjoy our sessions, and that the effects of our sessions can last for days. Staff members tell us they gain inspiration by participating as well as the confidence to provide more activity as part of residents’ everyday lives.

“I recommend Alive to all the care groups that I work alongside. Their outstanding training programmes, projects and activities, are embedding creative and meaningful activity into day to day life at care settings across the country- building the confidence and skill of staff and seeing CQC ratings improve. Their approach to activity enhances day to day life for older people, putting mental health and wellbeing at the heart of care.”

(Martin Green, Care England)

Policy and consultancy track record

- We regularly speak at national events, including National Dementia Congress, NAPA Conference.
- Our CEO is on the BNSSG Dementia HIT, working with both University of Bristol and UWE to improve outcomes for people living with dementia
- We worked with Bristol City Council to adopt quality of life standards for their new care home service specification
- Advised the SCIE on new guidelines for introducing iPad technology into care homes to improve residents' quality of life.

Contact Us

We would love to welcome you and your staff on one of our training courses today. Please call us in the office if you would like to book or talk in more detail.

0117 377 4756

info@aliveactivities.org

For more information about our projects, or our impact and influence, please go to our website

www.aliveactivities.org



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