

Bookings and Programme Information

Contact 0115 846 1437

Individual training days

Course cost: £70.00 per course per person —book a month in advance and save 10%

Book two courses together and save 10%

In house training - price on request

For in house training for up to 20 participants

Next Course dates -

Reminiscence, A creative approach—Wednesday May 16th 10.00– 3.30

Creative Activity Planner—Wednesday June 13th 10.00—3.30

Reminiscence, A creative approach—Wednesday July 11th 10.00– 3.30

Creative Activity Planner—Wednesday July 25th 10.00—3.30




activities and learning for health and wellbeing

Creative and Reminiscence Training

For Care Activity Professionals

2017/2018


activities and learning for health and wellbeing

www.creativepaths.org.uk

0115 846 1437

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Reminiscence; A Creative Approach

This course is aimed at carers who are interested in providing Reminiscence activity in their care settings. Care settings can be residential, respite, day care or home care.

Creative Paths are specialists in the delivery of creative and reminiscence activities and learning in care settings. Reminiscence work is a catalyst for increased engagement, better social connections and life story work, and it can enable carers to gain a greater understanding of an individual's current needs, past life and future wishes.

This one day confidence building and skills based course benefits people with health and social care needs, by providing the people that care for them with the inspiration, motivation and tools to provide reminiscence activity in their care settings. The session is a mix of learning through active participation, group work and one to one activities.

Introduction to Reminiscence– participants will:

- Gain ideas for one to one and group reminiscence work appropriate for the people they care for and their settings.
- Explore effective delivery methods and communication techniques for using reminiscence activity.
- Be able to identify common pitfalls and barriers to reminiscence activity and ways of reducing and eliminating them.

Reminiscence and Resources- participants will:

- Gain practical and delivery skills for using objects, photographs and paper resources.
- Identify creative means and ways of making and accessing suitable materials for reminiscence use.
- Plan an appropriate reminiscence activity that they could use and identify how it would be resourced.
- Identify ways of capturing feedback and information from your participants for the benefit of future care planning.



The Creative Activity Planner

This course is aimed at care workers and activity coordinators who are interested in providing creative activity in their care settings. Care settings can be residential, respite, day care or home care.

Creative Paths are specialists in the delivery of creative activities and learning in care settings. Creative participation and expression is a basic human need and maintains our sense of well-being. Recent studies have shown that access to good creative opportunities can enable people with dementia to communicate emotions and ideas; it can also stimulate memories and encourage engagement and interaction.

This one day confidence building and skills based course benefits people with health and social care needs by providing the people that care for them with the inspiration, motivation and tools to provide a creative activity care service in their care settings. The session is a mix of learning through active participation, group work and one to one activities.

Ideas Workshop:

Participants will gain skills in generating ideas for creative planning and activities.

Participants will create a simple creative plan for their care home based on the needs of their residents.

Participants will try out accessible taster creative activities.

Creative group work in practice:

Participants will gain some strategies for managing and delivering successful creative group work to people with a disability or chronic illness.

Participants will identify simple tools for assessing, evaluating and recording the impact of their activities for care planning.

Practical:

Participants will work in small groups to create and deliver a micro group session to their peers.