

# Training Prospectus



2021-22

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# Contents

Welcome

Which Course is right for you?

Booking arrangements and enquiries

Our Training Offer

- \* Carer Awareness
- \* Carer Champion
- \* Supporting Carers in Employment
- \* Connect 5
- \* Telling Your Story
- \* Write a Good Case Study
- \* Getting the best from Co-Production
- \* Personalised Care and Support Planning
- \* Person-Centred Thinking

About Us





# Welcome

**Every-One** is a Lincolnshire based charity that works with carers, and the people they care for, through person-centred approaches.

We deliver a range of projects and services at both operational and strategic level, focused on working towards

## Making Wellbeing Personal

We offer a variety of training and awareness sessions and workshops, developing new courses to meet the changing needs of practitioners and organisations.

We firmly believe that *every day is a school-day*, and that there is always something to learn, especially from those with lived experience.

We look forward to working with you.

Vicky Thomson, CEO



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## Which Course is right for you?

	Health & Social Care professionals	People with lived- experience	Employers	Community Groups and Charities	Schools, Colleges & Universities
Connect 5	✓		✓	✓	✓
Person-centred Care & Support Planning	✓			✓	
Person-centred Thinking	✓			✓	
Carer Awareness	✓	✓	✓	✓	✓
Carer Awareness Bite-Size	✓	✓	✓	✓	✓
Carer Awareness E-learning	✓	✓	✓	✓	✓
Carer Champion Training	✓		✓	✓	✓
Supporting Carers in Employment	✓		✓	✓	✓
Telling Your Story		✓			
Getting the best from Co-Production	✓	✓	✓	✓	✓
Writing a Good Case Study	✓	✓	✓	✓	✓

# Booking Arrangements

We are able to offer some grant-funded courses at no cost to you.

Some sessions are chargeable, and we are always happy to discuss your budget with you.

If we don't currently provide the course you need, or you would like us to adapt an existing one, please get in touch to discuss how we could help you.

To discuss and book your course or workshop

Please call us on : **01522 811 582**  
or email at: **hello@every-one.org.uk**

To find out more about our work, visit us at:  
**www.every-one.org.uk**

# Carer Awareness Training

**Duration** 2.5 hours

Also available as a 1 hour bite-sized course, or as an e-learning module

**Cost** FREE

**Availability** Any group, team, service, or business within Lincolnshire

## Content

Carer Awareness Training will help you and your organisation to:

- Know what is meant by the term 'carer'
- **Better identify carers who are employees, colleagues or customers**
- Understand the key principles of the Care Act
- **Understand the Carers Assessment**
- Understand your legal responsibilities to carers in employment/ under Equal Opportunities legislation
- **Know more about the challenges carers face and the support they may need**
- Encourage carers to access support and know where to find it
- **Start action-planning for carer support within your own organisation**

*'Very informative and interesting, I feel we can support people better now'*

*'Informative, inclusive and well-delivered'*

Course Participants



# Carer Champion Training

**Duration** 1.5 hours

**Cost** FREE within Lincolnshire

**Availability** FREE for any group, team, service, or business within Lincolnshire.

If outside Lincolnshire, please call to discuss pricing.

## Content

A course designed for organisational Carer Champions, or those who are looking to become Carer Champions within their own organisation.

Carer Champion Training will help you to:

- Understand the role of a Carer Champion
- **Consider the Carer Champion role within an organisation**
- Proactively engage with unpaid Carers
- **Increase identification of Carers**
- Refer Carers to services
- **Offer support to carers**

# Supporting Carers in Employment

**Duration** 1.5 hours

**Cost** FREE within Lincolnshire

**Availability** FREE for any group, team, service, or business within Lincolnshire.  
If outside Lincolnshire, please call to discuss pricing.

## Content

Supporting Carers in Employment Training will help your organisation to

- Explore the true value of Carers in the workplace
- **Get some useful Top Tips for employers and for carers**
- Find out more about Employers for Carers, the benefits and how to access it



# Connect 5 Training

**Do you need to help people understand, manage and improve their mental wellbeing?**

**Connect 5** is a mental wellbeing programme, developed through a unique partnership between Public Health England and Health Education England

**Duration** Up to 2.5 days workshop, can be delivered in separate modules

**Cost** Please contact us to discuss your budget

## Content

Connect 5

- Will help increase the confidence and effectiveness of front-line staff having conversations about mental health and wellbeing
- Promotes a positive, self-help philosophy, helping people better understand, manage and improve their own mental health and wellbeing, building personal resilience
- Is relevant, interactive and participative, helping you strengthen your practice



# Telling Your Story

## Do you deliver Health or Social Care-based services?

Do you invite people with lived experience to share their personal stories at events, in case studies, in evaluation, or in co-production?

**Telling Your Story** is a series of half-day workshops that helps people with lived-experience prepare and present their stories for sharing with others.

**Duration** Half-day workshops adaptable to suit your needs

**Cost** Please contact us to discuss your budget

### Content

Telling Your Story will enable participants to:

- **Connect with their own stories of lived-experience**
- Understand the power of stories for themselves and for influencing change
- **Craft their stories for greater impact**
- Present their stories with confidence



Developed in partnership with Stepping Stone Theatre for Mental Health



# Write a Good Case Study

## Keen to develop your case study writing?

The value of learning through case studies is well documented, providing a form learning through real-life scenarios that require a resolution. Case studies are a compelling way to improve learning, gain involvement and encourage immediate use of newly acquired information and skills.

**Duration** Half-day workshop, adaptable to suit your needs

**Cost** Please contact us to discuss pricing and your needs

### Content

Writing a Good Case Study will enable participants to

- Understand the key ingredients to writing a good case study
- Understand best practice for writing case studies
- Practice skills in developing case studies
- Understand the range of benefits and uses of case studies
- Develop strategies for writing case studies within busy professional roles

# Getting the best from Co-Production

## Do you invite people with lived-experience to contribute to service development and design?

This workshop has been developed by Every-One with the Lincolnshire Co-Production Network, and is based on learning from our experience of facilitating co-production across a range of groups and services.

**Duration** Half Day workshop, adaptable to your needs

**Cost** Please contact us to discuss pricing and your needs

### Content

This workshop will enable participants to

- Understand the difference between co-production, engagement, participation and involvement
- Work more effectively with people with lived-experience
- Understand best practice and the key principles of co-production
- Gain the knowledge and confidence to put co-production into practice
- Identify opportunities for co-production within their organisation

# Personalised Care & Support Planning

How do we ensure that people are at the centre of their own health and social care, and that planning is done with the person, not to them? Personalised Care and Support Planning training is delivered through qualified trainers using Helen Sanderson Associates training methods and tools.

**Duration** 1-2 days, to meet the needs of your organisation, team or business

**Cost** Please contact us to discuss pricing and your needs

## Content

This interactive training provides practitioners with the tools, knowledge and confidence to take their practice to another level. It will cover:

- **What does person-centred mean?**
- Keeping the person at the centre
- **Developing one-page profiles**
- Decision making
- **Developing person-centred outcomes**
- The support-sequence
- **Person-centred reviews**

# Person-centred Thinking

Are you keen to build services around people and not processes?

Do you believe that people should be supported to live and thrive in their communities?

Person-centred thinking will enable you to help the people you work with to have greater choice and control, providing support where it is needed.

**Duration** Flexible 2 hours

**Cost** Please contact us to discuss pricing and your needs

## **Content**

This interactive training is for anyone who wants to become more effective at leading or contributing to the planning of person-centred support. Training includes:

- **What do we mean by person-centred?**
- Person-centred support in your practice—how are you doing?
- **What challenges do you face?**
- One size does not fit all
- **What's important to you, and for you?**

# About Us

## At Every-One, we believe:

- People should be at the centre of their own health and social care through having choice and control
- Services should be built around the person and not the process
- Many people need support to exercise their choice and control effectively
- People are the experts in their own lives and sharing their lived-experiences can improve services and support.
- Where possible, people are best supported within the community they live in and in a way that recognises the whole person.

## Our Values

**P**erson-centred – treating people as individuals

**E**mpathy – caring and compassionate for people

**O**ptimism – positive, brave, and agile

**P**artnership working – developing and being part of networks

**L**earning – evolving and innovating

**E**ngaging – valuing people and the lived-experience