

Improve skills, improve care

Accredited, mandatory and enhancing training for staff working in health, social care and education

At National Star we do what you do everyday. We draw on our real-world experience to offer effective training solutions. Our excellent trainers understand first-hand the challenges staff face in their different job roles.



StarTraining

Developing professional excellence

Build your own training package

StarTraining courses can be mixed and matched to create half or full-day packages tailored to your needs, scheduled flexibly to fit in with staff rotas and delivered at National Star or at your premises – whichever is easiest.

Courses include...

Health and safety • Infection control • Moving and handling of people • Back care and posture management • Safeguarding foundation • First aid • Boundaries and safer working practice • Equality and diversity • Basic food hygiene • Safe handling of medication – designated person • Supervision and appraisal • Person-centred approaches • Recognising disability and responding appropriately • Disability awareness • Understanding learning disability

Improve skills, improve care

Contact us

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Directions

www.natstar.ac.uk/map



National Star

Health and safety

1.5-hour training course for staff working in health, social care and education

During this practical and exploratory course you will dynamically risk assess everyday activities that are specific to your work settings. Group, paired and tutor-led activities will include responsibility and accountability in line with recognised legislative requirements.

Training objectives

- To describe three pieces of legislation
- To identify five hazards in the workplace
- To describe your responsibilities regarding health and safety
- To respond appropriately to a health and safety issue



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Infection control

1.5-hour training course for staff working in health, social care and education

You will be guided through this important subject, developing your awareness and understanding of how to prevent infection. Creative and practical activities will support your learning experience in an engaging way.

Training objectives

- To identify three pieces of legislation relevant to the control of infection
- To understand roles and responsibilities in the control of infections
- To gain awareness of the causes and spread of infection
- To describe the general principles for environmental cleaning



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Moving and handling of people

2-day introductory course for staff working in health, social care and education

This comprehensive course includes detailed information, instruction and the practical application of all recognised handling techniques. Training is delivered through a broad range of presentations, group work activities and facilitated discussions.

Training objectives

- To clarify the legal guidance relating to back care and posture management
- To identify risk assessments and employers' responsibilities
- To gain a basic understanding of the spine and how to keep it safe
- To identify five core principles of standing transfer
- To demonstrate how to position a client safely using a variety of equipment, including inserting a sling to move them safely in bed



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Back care and posture management

1.5-hour training course for staff working in health, social care and education

This course explores and defines the foundations of positive ergonomics, back injury prevention, moving and handling techniques, basic understanding of anatomy and how these aspects of back care impact on everyday practice.

Training objectives

- To gain a basic understanding of the spine and how to keep it safe
- To understand how to risk assess your own ergonomics when working within role
- To clarify health and safety legislation related to moving and handling
- To state three core principles relating to moving and handling inanimate objects



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Safeguarding foundation

3-hour training course for staff working in health, social care and education

During this session you will explore and define types of abuse, responding to and reporting allegations and disclosures. Safeguarding is sensitively explored through a range of creative group activities and tutor-led discussions.

Training objectives

- To identify why an adult is vulnerable
- To recognise abuse and poor practice
- To know when to alert the relevant person or organisation



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First aid

1.5-hour training course for staff working in health, social care and education

This interactive basic first aid session defines how to manage health emergencies in an uncomplicated and efficient way. Our experienced trainers will support you to feel confident when faced with a health emergency through a range of scenarios and practical activities.

Training objectives

- To state key skills for ‘identified’ health emergencies
- To demonstrate how to help an unconscious person who is breathing



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Boundaries and safer working practice

1.5-hour training course for staff working in health, social care and education

You will explore a range of everyday dilemmas faced when working with service users, recognising the challenges and defining suitable methods to overcome them. We will reflect on the roles of individuals and groups in the settings you work in.

Training objectives

- To clarify workplace policy and good practice
- To provoke thoughts in relation to boundaries in the workplace
- To explore thoughts that promotes good practice



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Equality and diversity

1.5-hour training course for staff working in health, social care and education

Reflecting on both legislation and socially thoughtful approaches, our experienced trainers will guide you through this important subject. Focusing on a range of case studies you will discuss and explore attitudes, assumptions and discrimination.

Training objectives

- To know the nine protected characteristics
- To identify two ways your organisation promotes equality and diversity
- To describe what equality and diversity means



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Basic food hygiene

1.5-hour training course for staff working in health, social care and education

This course closely reflects guidance from the Food Standards Agency. You will engage in a range of activities including a fun quiz to test your understanding.

Training objectives

- To identify sources of contamination
- To know the causes of food poisoning
- To be aware of safe food preparation, handling and storage practices in domestic and work environments
- To gain awareness of ways to minimise risk



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Safe handling of medication – designated person

7-hour training course for staff working in health, social care and education, including test and observations

A comprehensive journey through legislative and practice requirements when administering medication, using a broad range of activities to engage you and support your learning.

Training objectives

- To understand the law, your responsibility and accountability and that of the people you work with
- To develop safe working practices when administering medication
- To understand the need for records and how to use the relevant documentation
- To understand how to support self-medicating service users



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Supervision and appraisal

6-hour training course for staff working in health, social care and education

During this course you will learn how to manage difficult conversations, identify training needs and celebrate successes. Includes group, paired and self-reflection activities along with trainer-led presentations and discussions.

Training objectives

- To recognise the process and structure of supervision
- To identify the benefits of supervision
- To generate four agenda items
- To identify how your progress is developed and achieved
- To recognise how supervision and appraisal enhance each other
- To generate three SMART objectives



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Disability confidence

3-hour training course for staff working in health, social care and education

This unique, tailor-made training course explores a range of visible and hidden disabilities, the barriers people with a disability face and some methods and approaches to enable everyone to overcome them.

Training objectives

- To identify barriers facing disabled people
- To recognise methods and approaches to support them



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Care planning and record keeping

3-hour training course for staff working in health, social care and education

During this session you will define, discuss and develop needs assessments through the use of case studies. Group work, practical activities and tutor-led direction supports the development of care plans and methods of review.

Training objectives

- To gain an understanding of legal requirements
- To develop person-centred care plans
- To understand assessment of needs
- To understand confidentiality and principles of good record keeping



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Person-centred approaches

3-hour training course for staff working in health, social care and education

You will explore person-centred approaches, helping people to be heard and make decisions. Practical activities will include how to develop care plans that reflect how the service user wants things done.

Training objectives

- To describe the application of person-centred approaches
- To describe ways to support individuals to make choices, establish consent and risk assess
- To describe ways to implement and promote active participation
- To describe how to promote wellbeing



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Understanding learning disability

3-hour training course for staff working in health, social care and education

You will learn about different types of learning disability and explore a range of approaches to support the needs of each individual. The training methods used during this interactive session include case studies, research materials, group discussion and video excerpts.

Training objectives

- To understand the nature and characteristics of learning disability
- To understand the basic principles of empowerment, advocacy and activity participation
- To know how to identify and promote communication in a range of ways



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Autism

3-hour training course for staff working in health, social care and education

You will gain an understanding of how autism affects people in their daily lives. This visually engaging session explores the subject through the use of videos, practical activities and case studies.

Training objectives

- To define the autistic spectrum
- To explore person-centred approaches
- To clarify hyper and hypo sensitivity
- To understand behavioural characteristics



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**National
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Level 2 and level 3 diplomas in health and social care for adults, children and young people's services

Designed for staff working with service users
in health and social care settings

You will work through mandatory and personally
selected optional units, supported by highly qualified
assessors. They will keep in touch through face-
to-face meetings at your place of work, along with
regular telephone and email contact.

Additional training opportunities are
available to support you to progress
seamlessly through your qualification.

See over for details



StarTraining

Developing professional excellence

Level 2 diploma in health and social care (adults) and (children and young people)

Achievable within 18 months of commencement

Package includes

- Registration with awarding body
- One-to-one workplace assessments and ongoing support
- Supporting work packs
- Verification and certification

Level 3 diploma in health and social care (adults) and (children and young people)

Achievable within 24 months of commencement

Package includes

- Registration with awarding body
- One-to-one workplace assessments and ongoing support
- Supporting work packs
- Verification and certification



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**National
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Level 5 diploma in leadership for health and social care and children and young people's services

Designed for staff working in a lead, supervisory, deputy or managerial role in health and social care settings

Achievable within 30 months of commencement

You will work through mandatory and personally selected optional units, supported by highly qualified assessors. They will keep in touch through face-to-face meetings at your place of work, along with regular telephone and email contact.

See over for details



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Level 5 diploma

Choose one of these six pathways

- Management of adult services
- Management of adult residential services
- Practice in adult services
- Management of children and young people's services
- Management of children and young people's residential services
- Practice in children and young people's services

Package includes

- Registration with awarding body
- One-to-one workplace assessments and ongoing support
- Regular information, advice and guidance
- Verification and certification



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