

## **Vitalyz SPA & Dementia and Activities** **4hr training workshop**



- Carers who understand the potential of regular physical activities are encouraged to offer a more person-centred and sustainable service.
- Have you ever really thought what it might be like to have dementia? Vitalyz will enable you to consider the implications of this condition in more detail.

### **Aims and objectives**

To develop a basic understanding of how and when to attempt the delivery of safe and appropriate seated physical occupational activities (seated exercise), whilst considering the needs of any clients living with dementia and related conditions.

**Section 1** – Introducing learners to a variety of exercises that can be included in a basic seated activity session. Practical group work will help re-enforce the learning process and enable learners to deliver this activity straight away. Learners will be encouraged to think about health & safety, risk assessments and appropriate record keeping for activities.

**Section 2** – To gain an insight into the world of those who are living with dementia and living in a care setting. A unique recording will be played which will take learners on an experiential 'journey' during which they will have a chance to explore and share their own feelings. The CD recording is available for purchase after this workshop, if required.

**Section 3** - Discuss what people living with dementia might think about the people around them and how they may be feeling. An opportunity for learners to gain a personal understanding of dementia to ensure they become even more sympathetic towards this condition. Some practical activity ideas are explored to help include clients with dementia related conditions.

### **Outcomes**

In a relaxed, safe and controlled environment, learners will:

- Develop a basic understanding of how and when to deliver safe and appropriate seated exercise, whilst considering the needs of the client.
- Explore a variety of ways of delivering a FUN, meaningful, and stimulating seated physical activity session.
- Gain a basic understanding of dementia, having explored and experienced some feelings that their dementia clients may be experiencing and what needs to be considered when developing activities for adults with dementia related conditions.
- Receive comprehensive workshop notes, a certificate of attendance and a Vitalyz lapel pin
- Take away what they have been shown and start using it straight away!

Suitable for - Carers, Health care support workers, Social Care Management, Healthcare professionals and Volunteers. Also informative for those working/intending to work with dementia related conditions.

**In-house price = £595.00 (ex VAT).**

Travel fee is applicable, please supply venue postcode for quote.

Maximum workshop group size is 10

*The dementia section of this workshop has been kindly developed for Vitalyz by leading dementia consultant, Dr Daniel Nightingale. PCSC, RNMH, PhD, LD (doc), ADHP (NC), ECCH, FNCSAG, UKCP, Senior Consultant in Dementia, Learning Disabilities & Psychotherapy, Fellow of the National College Student and Alumni Guild and Director of Clinical Healthcare & Psychotherapy.*

## **Vitalyz SPA Workshops** **Booking Terms & Conditions**



- Bookings are accepted by telephone, E-mail or post.
- On confirmation of booking, Vitalyz will generate an invoice and Email or post it to the customer
- Full payment is to be received by Vitalyz at least 30 days before training date.
- If the training is to be held within the following 30 days, full payment is due on receipt of invoice.
- Vitalyz cannot guarantee training will take place if payment is not received before training date.

### **Payment by BACS** (preferred method)

The Cooperative Bank  
Sort Code 08-92-50  
Acc No. 68006839

### **Cheque to:**

Vitalyz Ltd,  
St Croix,  
37 Preston Road,  
Portsmouth,  
Hampshire,  
PO2 7JT

### **Receipt**

If a receipt of payment is required, please ask and this may be sent by Email or post, as agreed.

### **Cancellations**

It is the intention that all training shall take place on the agreed date and at the agreed venue.

**Vitalyz** - In the unfortunate event that a trainer cannot attend, the customer will be notified by telephone straight away and eligible for a full refund.

If an alternative date can be agreed within the following 3 months, the customer will be entitled to a 5% refund.

**Customer** - If a customer needs to cancel, they are advised to telephone the Vitalyz office immediately.

If written notification of cancellation (letter or E-mail) is received by Vitalyz less than 14 days before the date of training no fees will be refunded (ie: full payment is due).

If written notification of cancellation (letter or E-mail) is received by Vitalyz 14 days before the training date, the customer will be eligible for a full refund (ie: no payment is due)

### **Short notice bookings**

If a booking is made where the training is to be held within the next 30 days and the customer later cancels, full payment remains due and NO fees will be refunded.

**Confirmation of booking denotes acceptance of the above terms.**

## **Vitalyz Booking Form**

One form per training date is required and Vitalyz *suggest you keep a copy for your records*



**\*PLEASE COMPLETE IN BLOCK CAPITALS TO ENSURE ALL WRITING IS READABLE TO AVOID MISTAKES\***

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**Contact name -**

**Job title -**

**Work address (inc postcode)**

**Telephone -**

**E-mail -**

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**Title of SPA Workshop required**

**Training Date**

**Start time**

**Training Venue address (inc postcode)**

**Telephone no. for venue -**

NB: If there is no parking space available for the trainer, please ensure Vitalyz are made aware of this.

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**Name of Organisation** (if different from above):

**Your Purchase Order Number** (to be quoted on invoice)

**Invoice address (inc postcode):**

**Telephone -**

**E-mail -**

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I have read, understood and accept the Vitalyz booking term and conditions

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **Office use only**

Date Booking form received:-	Booking form received by:	Date payment received:-	Payment method:-
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