

## **Vitalyz SPA & Resistance and Relaxation** **4hr training workshop**



- Carers who understand the potential of regular physical activities are encouraged to offer a more person-centred and sustainable service.
- Why should activity provision be the sole responsibility of the activity coordinator? Vitalyz promote the 'team' approach to activities.
- Exercises with resistance bands CAN be delivered by non professionals and Vitalyz recommend the inclusion of some relaxation exercises into a regular programme.

### **Aims and objectives**

**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** - Learners will be introduced to resistance bands and be shown how to use them safely when working with seniors and less able adults. The additional exercises demonstrated in this 'hands on' workshop will allow learners to develop their seated exercises further and include some basic resistance work. Health and safety regarding using such equipment will be included, also hygiene and storage.

NB: Learners are to be advised this workshop involves using Non Latex resistance bands.

**Section 3** - To compliment all the seated exercises shown, a demonstration of a simple relaxation session will be included which can be utilized for use within an activity programme.

### **Outcomes**

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 an understanding of how to use resistance bands in seated exercises sessions.
- Experience a relaxation session which they can easily reproduce for their clients.
- 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 - to name but a few! This workshop is informative for those working/intending to work in care settings.

**In-house price = £595.00** (exc VAT)

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

Maximum workshop group size is 10

## **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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