



Learning and Development Programme

www.break-charity.org

break
Changing
young lives

At Break, we make life better for vulnerable young people.

We believe every child and young person needs a home where they feel safe and loved, so they can grow in confidence and look to the future with hope.

That's why we work tirelessly to help young people in care, children with disabilities, and families who need support, finding a way through difficult times and opening the door to brighter tomorrows.



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- We listen to and respect all individuals
- We are inclusive
- We do the right thing
- We make a difference
- We are optimistic
- We inspire and create hope

Break as a training provider

Break has a long history of delivering and commissioning high quality training relating to the care task. This training programme is designed to meet the training and development needs of those working in the care sector – from newly-appointed staff with little experience to those with a wealth of experience and skills.

This brochure shows our range of courses. You can view dates by clicking the link on each course. If you are interested in attending a course please complete the expression of interest form. A course will run provided a minimum number of participants are confirmed for the course. Once the minimum number of confirmed registrations has been met you will receive an email containing a booking form and terms and conditions.

You will be notified no later than 12 weeks before the course start date.

Bespoke Training - We are also able to offer bespoke training specifically for your organisation's needs. To find out more please get in touch.

Working Safely

The basic courses to ensure compliance with legislation and safe working practices. These courses are run several times a year and are to be completed in the initial stages of employment and for refreshers.

Building Positive Relationships

This programme introduces to the workforce a range of concepts that are crucial to working with children, young people and families. These courses highlight the need to understand the root of behaviour, rather than reacting to the behaviour itself, in order to make positive, sustainable relationships.

Developing Reflective Practice

These courses are aimed at professionals with experience and knowledge. There is a focus on gaining a greater understanding of the young people and developing strategies to enhance practice.

Main training venue addresses:

Diamond House, Vulcan Road North, Norwich, Norfolk, NR6 6AQ

South Lynn Community Centre, 10 St Michaels Road, King's Lynn, Norfolk, PE30 5HE

Schofield House, Spar Road, Norwich, Norfolk, NR6 6BX

March Community Centre, 34 Station Rd, March PE15 8LE

Role-modelling Expertise

Designed to develop the individual, their teams, the service and the organisation, these courses are aimed at the more experienced professional – those who have undertaken a range of courses focusing on developing reflective practice and are able to share this knowledge appropriately with others.

Leading People and Change

This programme considers all aspects of the management role, from an introduction to management to more in-depth features of the management and leadership task.

Get in touch

For more information or queries regarding any of our courses and prices please email: training@break-charity.org



Working Safely

Working Safely

Norfolk Steps (2 Days)

Norfolk Steps Refresher (1 Day)

Norfolk Steps Setting-based Refresher (1/2 Day)

First Aid

Health and Safety Refresher

Moving and Handling

Fire Training

Ebay

Facebook

Professional Boundaries

NSCB Child Protection

Anti/Cyber-Bullying

Care of Medication

Prevent

Child Protection - CWD

Domestic Abuse Awareness

Food Hygiene

Epilepsy

CEOP

Lone-Worker

Rescue from Ligation

Data Protection - GDPR

IT Training

Sexual Exploitation Awareness

Induction Day

Working Safely

Norfolk Steps (2 Days)

This course explores a therapeutic model for understanding and responding to both pro-social and anti-social behaviour. The course looks at law and guidance relevant to the use of physical intervention. Delegates are provided with the most commonly used personal safety and restrictive physical interventions, relevant to services supporting children and young people.

Contact training@break-charity.org

Norfolk Steps Refresher (1 Day)

This refresher is designed for staff who have already completed the 2 day course and is specifically to refresh your skills and confidence in using the techniques focused on in that course. Must be undertaken within the 1 year certificated timescale from the full Steps course.

Contact training@break-charity.org

Norfolk Steps Setting-based Refresher (1/2 Day)

This refresher will take place to enable teams to consider the effect of their specific environment in the application of Steps techniques.

Contact training@break-charity.org

First Aid

An elementary course dealing with all aspects of emergency first aid including resuscitation, dealing with minor injuries and accidents.

Health and Safety Refresher

A basic knowledge of all aspects of workplace Health and Safety, including elements of manual handling, legal issues, food hygiene and an overview of risk assessments.

Moving and Handling

Dealing specifically with people with complex care needs, this course covers all theoretical and practical aspects of moving and handling people with impairment in line with the requirements in the Manual Handling Operations Regulations 1992 and other legislation relevant to manual handling within a complex care environment. The course looks at client handling techniques to be used through a wide range of disabilities and ages, and is designed to assist in meeting the requirements of numerous care qualifications.

Contact training@break-charity.org

Fire Training

A basic course outlining the guidelines when dealing with fires in the workplace. Clear guidance is given on evacuation procedures and dealing with minor fires. The course trains the delegates to use the right fire extinguisher at the right time in the right way.

Ebay

A workshop looking at all you need to know about selling on Ebay.

Contact training@break-charity.org

Facebook

A beginner's guide to creating, using and maintaining a Facebook page including understanding Facebook privacy policies and settings.

Contact training@break-charity.org

Professional Boundaries

Essential for all new staff, this considers how we interact with our service users in a professional and personable way. The practitioners will be asked to consider the messages they give to the young people and adults they work with through verbal and non-verbal messages. There will be a focus on understanding the need for boundaries and the dangers of an unboundaried workforce. The course considers a number of real life case studies to challenge perceptions and cultural practices. The course will consider team and organisational cultures that promote professionalism and transparency and the shared responsibility to report inappropriate practice.

NSCB Child Protection

This one day training course delivered by the NSCB considers the signs and symptoms of child protection and challenges our misconceptions of abusers or abusive situations. This course also considers how to react if a child / young person discloses to you and the necessity of accurate and fact-based recording.

Anti/Cyber-Bullying

Children consistently rate bullying as one of the most important personal issues facing them. It infringes their rights and damages their childhoods. For those caught up in it, the consequences for their education, health, safety, positive social engagement and economic well-being can be serious and may be severe and long-lasting. This session aims to support people working with children and young people to: understand the various forms bullying takes; be able to recognise bullying behaviour; understand what you can do to prevent and respond to it; know how to teach assertiveness strategies to young people to reduce the likelihood of them being bullied. Technology is fast paced and ever changing. This course will also cover the bullying our young people can encounter online, and how to help them protect against it.

Care of Medication

This course covers the logging in, storage and administration of medication. It will also include best practice guidance. This course is complemented by the Care of Medication Competency Assessment that is carried out for all new employees in-house.

Prevent

It is important to understand what the radicalisation process looks like in order for families, friends, and communities to help prevent acts of violent extremism. This course aims to provide an understanding of what causes people to be vulnerable to radicalisation or influenced by extremism, some skills to help recognise those potentially vulnerable to radicalisation, and information on what to do if concerned about individuals.

Contact training@break-charity.org

Child Protection - CWD

Children with disabilities are recognised as the most vulnerable group in respect of safeguarding their wellbeing. They may have physical, sensory and learning disabilities or difficulties. This setting-based course will be additional to the NSCB child protection course and will explore the additional factors to consider when safeguarding the young people in your care.

Contact training@break-charity.org

Domestic Abuse Awareness

This course is designed to enable delegates to gain a greater insight into the drivers and effects of domestic abuse. It equips them to identify abuse and feel confident when dealing with those encountering abuse and referring to support agencies. Suitable for those for whom domestic abuse is a frequent aspect of their work as well as those who only occasionally, but no less crucially, encounter it.

Food Hygiene

To raise understanding and achieve good standards of food safety and hygiene. On completion participants will have an understanding of a range of key food safety issues including the three main types of food safety hazard, their sources and methods of control. Participants will know the correct temperatures for storage and food handling activities from delivery through to sale, be aware of common food pests and how to control them, along with the principles of cleaning and disinfection and how these apply to the workplace.

"I learnt that I can make a difference"

Working Safely (continued)

Epilepsy

This course is especially suited to staff who are working with those suffering from epilepsy. The course teaches delegates about the causes and effects of epilepsy, as well as ensuring that they know the correct ways to care safely for someone who is having an epileptic seizure; including the various types of seizure and administering medication.

Contact training@break-charity.org

CEOP

This course is delivered on behalf of the Child Exploitation Online Protection Centre. The course takes a look at who CEOP are and the work they are doing and takes an in-depth look at different technologies that young people are using and the risks that are posed by them. These include social networking sites, instant messenger, gaming sites and consoles, webcams and mobile technology. The rest of the time is then spent looking at the Think u Know education package which provides a number of resources such as films, posters, lesson plans and presentations that can be used directly with children from 4 years up to 19/20 year olds and parents/carers.

This course is free of charge.

Lone-Worker

This course will enable staff to identify potential areas of risk when working alone, the importance of reporting incidents and near misses, assessing risks to personal safety, practical strategies and Break policy and procedures.

Contact training@break-charity.org

Rescue from Ligature

This course covers types and patio-physiology of hanging; ligature risk assessment including the identification of potential ligatures and ligature points and implementing control measures; management of the ligatured person including risk assessment and approach, use of the ligature knife, demonstration and practical exercise; post-ligature procedures including the need for first aid, preservation of the scene, documenting events and critical incident debriefing.

Data Protection - GDPR

The General Data Protection Regulation (GDPR) becomes enforceable from the 25th of May 2018. It is intended to toughen and unify data protection for all individuals within the European Union. Primarily, it aims to give control back to people over their personal data.

This course will provide the learners with an overview of the regulation, including the structure, the role of a data protection officer, and the consequences of compliance and non-compliance.

Contact training@break-charity.org

IT Training

This course is to support teams or individuals who need to improve their basic computer skills and gain confidence in using Break's systems.

Contact training@break-charity.org

Sexual Exploitation Awareness

The recent Independent Inquiry into Child Sexual Exploitation in Rotherham (1997 to 2013) highlights the need to continue to raise awareness and understanding of this form of child abuse in order to ensure that those young people affected receive effective support. Child sexual exploitation (CSE) is not confined to specific areas or communities, it can happen anywhere and any child could be a victim regardless of their background. This course will help equip you with the knowledge and techniques to identify and report CSE and to support young people and their families.

Induction Day

This session is for all new staff to Break to provide an overview of Break services, focussing on its vision and values and to reinforce that Break is one team with a diverse range of services and settings. The afternoon session covers all basic aspects of workplace Health and Safety, including elements of manual handling, legal issues, food hygiene and an overview of risk assessments.

Contact training@break-charity.org

" I have learnt to be more confident in my approach "

Building Positive Relationships

Building Positive Relationships

Signalong Training

Solihull (2 Day Course)

Relationship, Sexuality & Boundaries for People with Autism

Child Development

Working with Trauma

Creative Nutrition

Outstanding Teams

Housing and Anti-social Behaviour

Working in Residential Care

Signs of Safety

Using Art as a Catalyst

Autism: Managing Anxiety, Developing Mental Health Well-being and Preparing for Change

Do Something Amazing: Social Pedagogy in Practice

Deprivation of Liberties

Brain Development in Adolescents

Solihull Top-Up

Understanding Attachment and Resilience

Specialist Case Consultation

What is Social Pedagogy?

Moving on Successfully

ADHD Autism Awareness

Life Story Work

In Wind and Weather

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PECS Level 1

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Emotional Well-being on the AS

Money Mentors

Working with LGBTQ+ Young People in the Care System

Transgender Awareness

County Lines

Benefits Training

Lego Therapy

Building Positive Relationships

Signalong Training

Signalong is sign-supported communication for people with learning difficulties. Signalong training focuses on developing communication skills. The precise Signalong method of presentation enables users to remind themselves of signs which have been forgotten and to learn new signs from the manuals. This training stresses aspects of the application of sign-supported communication. These include: aspects of total communication, such as facial expression, body language and voice tone, plus simplification of language and keyword selection; reading signs performed by others.

This is an eight day course. You must attend all eight dates.

Solihull (2 Day Course)

The Solihull Approach promotes emotional health and wellbeing in children and families. The Solihull Approach model supports practitioners to work with children and families and supports parents and foster carers to understand their child.

Solihull Top-Up

The Solihull Approach promotes emotional health and well being in children and families. The Solihull Approach model supports practitioners to work with children and families and supports parents and foster carers to understand their child. This course is designed for those who have undertaken the Solihull Foundation course and would like to refresh their learning.

Contact training@break-charity.org

Relationship, Sexuality & Boundaries for People with Autism

This course will look at how to talk about and deal with puberty, sex, sexuality and relationships to children and young people with autism.

Contact training@break-charity.org

Working with Trauma

This course explores the impact of abuse and neglect on the physical brain, brain chemistry and child development. Participants will have an enhanced understanding of ways of working with and caring for traumatised children and young people, together with an insight into the potential impact upon carers and professionals who undertake this role.

Contact training@break-charity.org

Creative Nutrition

This course will explore the importance of meal times in supporting young people to become involved in the daily activity of food planning, preparation, budgeting and eating food. It will raise awareness of good nutrition in a creative way.

Outstanding Teams

You can't whistle a symphony on your own! - This course explores how to create, develop and maintain a successful team to deliver the best outcomes possible.

Contact training@break-charity.org

Housing and Anti-social Behaviour

This course provides an overview of housing management, including training on different types of tenancy agreements and the implications of any breach of tenancy. ASB training will cover what is actually deemed as ASB, how to deal with it should it happen in the houses or local area and what agencies are available to work with.

"I loved this new approach"

Working in Residential Care

Specific to those new to residential childcare, this course will enable candidates to gain a better understanding of the role and day-to-day tasks of a residential care worker, as well as an overview of the skills and responsibilities that are expected.

Contact training@break-charity.org

Signs of Safety

Five sessions available looking at:

- Mapping
- Danger Statements and Safety Goals
- Words and Pictures
- Scaling Questions
- 3 Houses

The sessions look at how to support staff to relate signs of safety to the work they do.

Contact training@break-charity.org

Using Art as a Catalyst

This one day course is divided into two parts. The first half of the day looks at how we can use existing art forms to engage with children and young people and the second half of the day looking at practical exercises to help stimulate and capture creativity.

Contact training@break-charity.org

Autism: Managing Anxiety, Developing Mental Health Well-being and Preparing for Change

Anxiety causes lifelong difficulties for many people on the Autism Spectrum. This course will provide understanding and strategies to help manage anxiety issues and promote mental health well-being. The course will demonstrate activities to help with preparation for change and transition.

Do Something Amazing - Social Pedagogy in Practice

This six day course is designed to explore the practical application of social pedagogy to practice, focussing on the care standards and rights of the child, to support staff to continuously improve outcomes for children and young people.

Deprivation of Liberties

This course aims to empower individuals to use mental capacity at the forefront of everyday practice. It will increase awareness of when a DoLS is occurring, what process to apply, and will enable learners to have a healthy debate around decision making and DoLS impact.

Contact training@break-charity.org

Brain Development in Adolescents

This course is for all those who wonder what exactly is going on in a young person's mind. It will consider what compels some young people to engage in risky behaviour, furnish delegates with an understanding of normal adolescent responses and what might indicate a more complex need. It will focus on hormonal changes and how sleeping until noon is a normal reaction to increased brain development.

Child Development

This course introduces different models for understanding child development and considers the impact of positive and negative care giving and experiences. The course explores the role of the professional in supporting a child's developmental pathway.

"Real case studies brought the course alive"

Building Positive Relationships

Understanding Attachment and Resilience

This course will enable the participant to develop an understanding of different attachment styles and concepts of resilience. We will consider how past relationships impact on present and future relationships and consider our professional roles both in supporting the attachment process and in terms of our resilience as individuals and within teams.

Specialist Case Consultation

These sessions will be run at settings to focus on specific cases to identify and target appropriate learning and supportive techniques.

Contact training@break-charity.org

What is Social Pedagogy?

This session is designed to introduce delegates to social pedagogy with a brief overview of its theoretical basis and then the opportunity of seeing it in practice using case studies.

Contact training@break-charity.org

Moving On Successfully

This session will focus on the build-up to young people leaving care, considering statutory and legal frameworks, preparing young people for independence, considering the emotional challenges, managing personal risks, and ongoing support when they have left.

Contact training@break-charity.org

“Very thorough and well presented”

ADHD Autism Awareness

This course is aimed at candidates who look after young people with ADHD and autism. Candidates will gain a better understanding of what ADHD and autism is and the effect it has on young people. The main learning objectives of the course are as follows:

- To gain a basic understanding of ADHD and ODD
- To learn appropriate management techniques and know to improve behavioural difficulties
- To gain an understanding of the term ‘Autistic Spectrum Disorder (Condition)’
- To increase awareness of the challenges associated with the ASD and the triad of impairments
- To effectively understand the ASD perspective
- To gain a better understanding of triggers and behaviours
- To be able to “think and speak autistic” (Lawson)

Contact training@break-charity.org

Life Story Work

This course will provide participants with an opportunity to explore how life story work can support a child's growing identity and capacity to understand how they have become the person they are. Participants will have a chance to reflect on the therapeutic process for the child and consider issues such as timing and pacing. The course will include some direct work techniques and an opportunity to experience the impact of these.

Contact training@break-charity.org

In Wind and Weather

The course will consider the work of Jesper Juul, a prominent European Family Therapist, who believes that we need to understand the emotions behind aggression as his research indicates that if the feelings remain suppressed young people experience mental health and self-esteem issues.

Contact training@break-charity.org

Sexpress Yourself

Working with young people with learning disabilities around sexual health promotion and education.

The course will enable participants to:

- Explain that people with learning disabilities have the same sexual needs as everyone else
- Identify how our own attitudes, values and beliefs can impact on the people we support
- Recognise and describe our responsibilities around keeping the people we support safe
- Name and describe common STIs
- Describe ways to prevent transmission of STIs
- State what resources and services we can access to aid and support us in promoting peoples sexual health

Sexual Health for Care Leavers

This course will enable carers to provide and promote high quality sexual health through increased knowledge and support to young people in a way that addresses their sexual health and relationship needs.

Contact training@break-charity.org

Understanding Aggressive and Disruptive Behaviours

This course will address the nature of violent and disruptive behaviour in young people in care. We will focus on the roots of behaviour as a communication and the role of attachment strategies. We will also explore common diagnosed difficulties in young people including attention deficit hyperactivity disorder, oppositional defiant disorder, conduct disorder, Tourette's disorder, mood disorders (including bipolar disorder), pervasive developmental disorders, intermittent explosive disorder and personality disorders (particularly antisocial personality disorder) many of which feature aggressive behaviour. The course will outline best practice in dealing with aggressive and disruptive behaviours and teach up-to-date strategies in containing violence, exploration of the warning signs and ideas for prevention. Integrating medication, individual and family counselling, educational and psychosocial interventions including the school and community, to increase effectiveness will also be explored.

Contact training@break-charity.org

PECS Level 1

The Picture Exchange Communication System (PECS) is used to teach communication skills to those with limited functional speech. Participants will learn how to implement the six phases of PECS, plus attributes through presenter demonstrations, video examples and role play opportunities.

Participants will leave the workshop with an understanding of how to implement PECS with individuals with autism, related developmental disabilities and/or limited communication skills.

Contact training@break-charity.org

Domestic Abuse

DASH is the Domestic Abuse, Stalking and Harassment and Honour Based Violence Risk Identification, Assessment and Management model. This course is designed for those who come into contact with domestic abuse (DA) on a more regular basis. The course will enable delegates to identify, assess and manage risks and communicate with other agencies to tackle DA. The delegates will be able to refer to Multi Agency Risk Assessment Conferences (MARAC) with confidence as well as making defensible and auditable decisions concerning abuse situations they encounter.

Contact training@break-charity.org

Ignite a Spark

Young people are creative, full of dreams and possibilities, but too often they don't believe in themselves, can't find the appropriate way to express their talents and don't have enough courage to start something new. Traditional ways of learning can stifle this process and send children and young people retreating even further. This workshop aims to provide and share ideas and tools to promote a creative, dynamic and responsive learning environment for young people, to enable the ignition of even the smallest spark of interest in 'learning' something new.

Contact training@break-charity.org

Equality and Diversity

This course considers equality and diversity through activity and self-experiential based learning. The day uses a range of techniques to explore the issues of diversity and considers how to adopt and adapt to changing environments.

Contact training@break-charity.org

Digital Resilience

Young people need to be able to respond positively and be able to deal with the risks they encounter online - the focus shouldn't just be on protecting them from risky content. As parents and carers we need to better understand the impact of the digital world on young people's mental health and well-being, as well as helping them to build their own digital resilience.

Contenance Problems in Children on the Autism Spectrum

This one-day course will focus on the common toileting difficulties in children on the autism spectrum. Examining the potential reasons why children on the autism spectrum may have toileting difficulties, toilet training, specific continence issues, alongside specific autism-related continence issues.

Contact training@break-charity.org

Emotional Well-Being on the AS

With an inevitable emphasis on cognitive behavioural strategies for Autistic Spectrum Conditions, the emotional well-being of people with autism can often be overlooked. This course will explore ways of understanding and supporting emotional development and expression. Delegates will gain an understanding of how emotional stress can create problems for behaviour and motivation. Techniques for supporting emotional development and expression will be presented. Delegates will also be enabled to assess their own impact on the environment of the person with autism.

Contact training@break-charity.org

Money Mentors

This course is for front-line staff to develop skills needed to support the people we work with to improve their financial capability and manage their money more effectively. It will focus on developing the participants' skills and knowledge in providing one-to-one money management support, effective communication as well as identifying the skills and knowledge that the client group already have and ways in which these can be enhanced.

Working with LGBTQ+ Young People in the Care System

Based on research with LGBTQ+ young people in care, the training will help you to:

- Gain greater understanding of sexual orientation and gender identity in childhood and adolescence
- Become more aware of the issues facing LGBTQ+ young people in care
- Develop your skills and confidence in supporting LGBTQ+ young people in care

Transgender Awareness

This half-day workshop will raise awareness of some of the issues transgender young people face, particularly those in care. It will explore different gender identities, challenge stereotypes and provide information on how and where to access support for young people.

County Lines

Many gangs are using vulnerable young people to carry and sell drugs across county boundaries, reducing their risk of detection. This often involves threats of violence, exploitation and intimidation. This course will look at indicators to be aware of and what you as a professional can do to prevent young people becoming involved in this. It will also look at how to support those who may already be involved.

Benefits Training

This course will cover the different type of welfare benefits available and eligibility to these benefits. The session will include training on Universal Credit, the Benefit Cap, Under Occupancy tax and how these will affect our client group. There will also be an opportunity to discuss any upcoming changes under Welfare Reform.

Lego Therapy

Lego®-based therapy is a social development programme for young people with autism spectrum disorders or related social communication difficulties. Young people work together to build Lego® models and through this have the opportunity to develop social skills such as turn taking, collaboration and social communication.

“A good mixture of talking, practical and fun”

Developing Reflective Practice

Developing Reflective Practice

Direct Work

GroBrain - How to Explain Brain Development to Parents

Working with Parents with Learning Disabilities

Writing it Right

Working with Parents as Partners

Working with Sexualised Behaviours

Emotional Well-being for Adolescents

Anxiety and Depression

Understanding Mental Health and How to Get Support

Yoga

Restorative Practice

The Competent Child

An Introduction to Intensive Interaction

Youth Justice System

Observation and Reflection

Transference and Counter Transference

Why We Lie

Developing Staff Resilience

Forum Theatre Techniques

Ofsted Training

Developing Reflective Practice

Direct Work

This course will consider tools and techniques for effective Direct Work with children and young people. We will explore potential challenges and barriers, and consider the different ways in which children communicate with us. We will consider different tools for communication, including the use of self and projective tools. Much of the training is delivered experientially.

GroBrain - How to Explain Brain Development to Parents

This course will look at how practitioners can explain brain development to parents. It focuses on how parents 'wire up' their baby's brain, how the stress responses are set in the early years and looks at different attachment types.

Contact training@break-charity.org

Working with Parents with Learning Disabilities

This course focuses on training to staff teams in ways of working to bring about better outcomes for people with learning disabilities, including better communication, how to recognise the support needs of the parent through the assessment process and how to provide the best support for the parent in the home, during the court process or when a child is taken into care.

Contact training@break-charity.org

Working with Parents as Partners

This course focuses on strengthening partnerships, working with parents and exploring systemic and personal barriers to this. This course will explore opportunities for enhancing meaningful engagement with parents and strengthening the team around the child.

Contact training@break-charity.org

Working with Sexualised Behaviours

This course will look at sexually harmful behaviours and how to deal with them. You will explore how to cope with sexualised behaviour with a focus on learning to listen and to gain the confidence to tackle appropriately.

Emotional Well-being for Adolescents

This course will focus on supporting learners to understand and recognise mental health issues affecting young people and provide them with strategies to promote positive emotional wellbeing and resilience.

Contact training@break-charity.org

Writing it Right

A one-day training course which considers the importance of professional communication in all its varying forms. The day will consider the use of language, particularly in relation to documents written about young people. This course will look at different methods of communication and how organisational culture can impact them.

Anxiety & Depression

Encouraging an active and healthy lifestyle, this course can help to maintain a strong and healthy body, improve co-ordination, concentration and benefit self-esteem. This introduction day provides invaluable skills for educating, exercising and empowering children and young people.

Contact training@break-charity.org

Understanding Mental Health and How to Get Support

This course seeks to provide more information on a range of mental health problems and will focus on these conditions in younger people. We will look at what mental health is and the importance of positive mental well-being, as well as a range of conditions including depression, anxiety, stress, bullying and eating disorders. The course will advise on the impact of these conditions on young people, the signs and symptoms, and how best you can support and provide first aid to somebody with a mental health problem. We will discuss the support services that are available both within the organisation and externally if you are concerned about somebody's mental wellbeing. This course will also provide information on how you can best promote positive well-being in young people and help to prevent mental health problems.

Yoga

Encouraging an active and healthy lifestyle, this course can help to maintain a strong and healthy body, improve co-ordination, concentration and benefit self-esteem. This introduction day provides invaluable skills for educating, exercising and empowering children and young people.

Contact training@break-charity.org

Restorative Practice

This setting-based session will enable delegates to start thinking of pedagogical approaches and formulate a plan implementing restorative practice (based on training). Delegates will look at case studies and success stories to frame restorative practice within Break Values and Steps framework, policies and procedures etc, evidencing good practice.

Contact training@break-charity.org

The Competent Child

Children are competent to express their feelings from birth, and are eager to cooperate. It is adults who must work to listen to and learn from children. The Competent Child is a Scandinavian approach supported by theories and applications providing a unique child-orientated way of working with children and young people. The day will focus on: introducing the underlying understanding and values for child centred working; building relationship competence - "seeing the child / young person"; introducing the Swedish model "Tree of Knowledge" to support children and young people's learning and development; introducing portfolios to document a child's journey.

Contact training@break-charity.org

An Introduction to Intensive Interaction

Intensive Interaction is a well established and proven approach to working with people who either find communication or social interaction challenging including those who have learning disabilities, profound and complex needs and/or autism. It is one of the main tools we use in our work to support the people we work with to have a sense of themselves and explore their influence in their own world.

"I feel equipped with a new range of tools to help me develop my practice"

"I came away from the course with a new burst of life for what we do"

Youth Justice System

Statistics show that looked after children are twice as likely to offend as children their same age who are not in care. This course will provide knowledge on the youth justice system and what it means for the young people who become involved in it. The course will aim to build understanding of the system and ways to support young people through it.

Observation and Reflection

Things are not always as they seem. The day will focus on the skill of observation and reflection and practitioners will be given the chance to consider how individual values impact on what we see or what we think we see. The day will explore observation techniques including reflecting back to the child, young person or family what we think we have seen, ensuring transparent practice and the opportunity for service users to challenge our perceptions. Practitioners will be given a range of tools and techniques to hone observation skills and be challenged to maintain the young person or family at the heart of the work. There will be opportunities throughout the day to learn about the new ideas around observation based on European social pedagogic practice.

Contact training@break-charity.org

Transference and Counter Transference

Working with young people demands that we keep appraised of the latest theoretical understanding of therapeutic concepts. This course will equip practitioners to: gain a better understanding of the concept of transference; see how transference is acted out in relationships; learn how to work with service users who may use transference as a way of communicating; gain an understanding of the power of transference relationships; explore negative transference as a block to healing.

Contact training@break-charity.org

Why We Lie

An interesting exploration of why we all lie sometimes and how we can detect this. We will examine the theory behind lie detection in young people with some surprising findings. Participants will get the opportunity to test their lie catcher abilities. This course explores the origins of lying, cultural and social implications for liars and the most up to date research on this topic. Suitable for anyone working with young people, particularly those in care. This course is an active, fun packed journey and that's no word of a lie!

Contact training@break-charity.org

Developing Staff Resilience

This course is designed to develop staff resilience. Although we may recognize a barrage of abuse as part of the job, prolonged exposure can rapidly develop into burn-out. This workshop will explore coping strategies to enhance your resilience and tools and techniques to deflect and distract challenging behaviour.

Forum Theatre Techniques

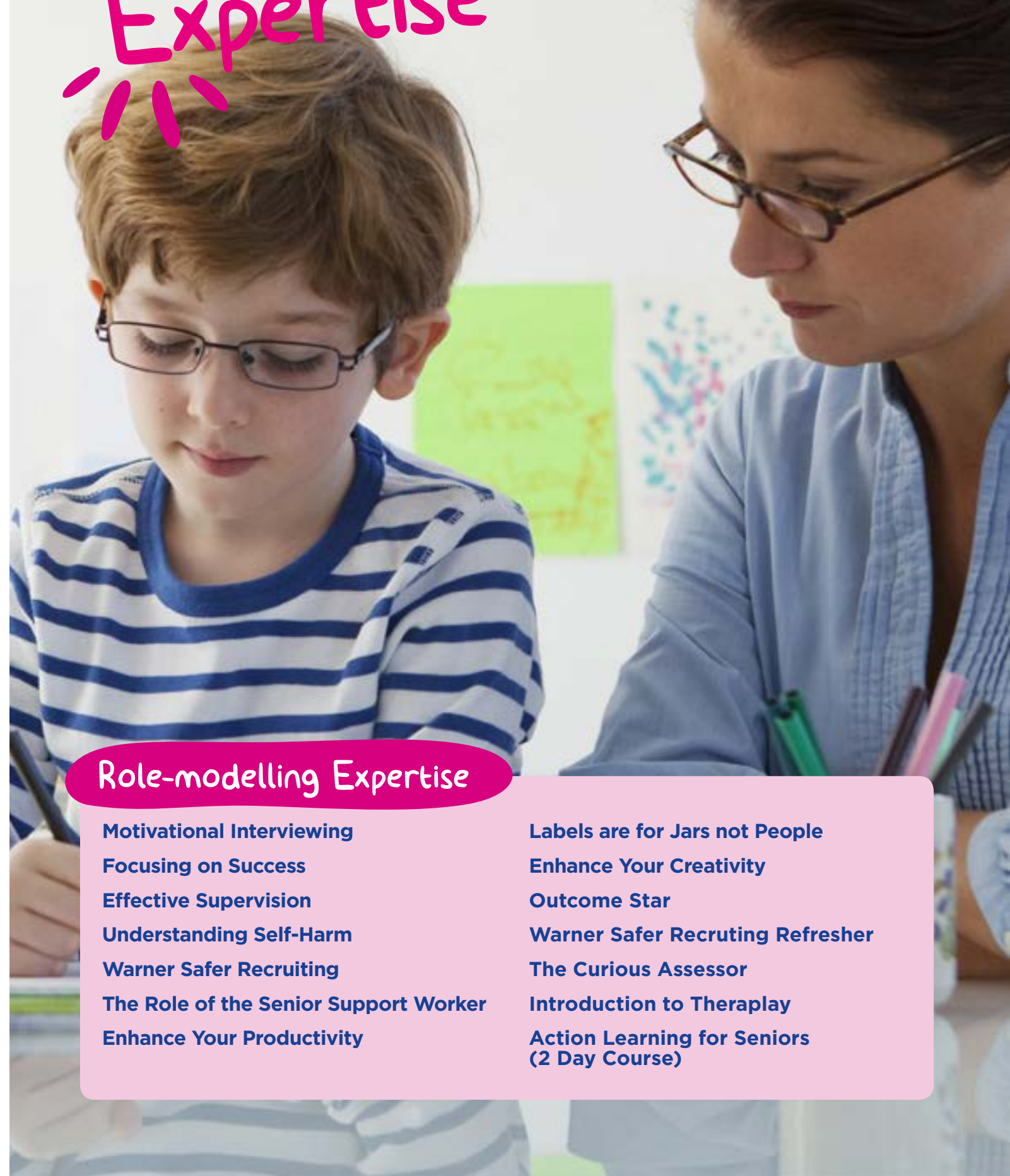
A creative way to look at issues and problems that workers face in their daily life by using a range of practical techniques to achieve positive outcomes.

Ofsted Training

A half-day experiential course which will include a mock inspection with an ex-ofsted inspector. This will develop confidence in teams to be able to engage with an inspector and sell the service you deliver.

Contact training@break-charity.org

Role-modelling Expertise



Role-modelling Expertise

Motivational Interviewing

Focusing on Success

Effective Supervision

Understanding Self-Harm

Warner Safer Recruiting

The Role of the Senior Support Worker

Enhance Your Productivity

Labels are for Jars not People

Enhance Your Creativity

Outcome Star

Warner Safer Recruiting Refresher

The Curious Assessor

Introduction to Theraplay

Action Learning for Seniors (2 Day Course)

“A very good course that was delivered with full knowledge and experience”

Role-modelling Expertise

Motivational Interviewing

This two day course looks at effective motivational interviewing skills. Participants will understand why it works, learn new approaches, disciplines, skills and techniques. The course covers: the necessary skills to provide effective motivational interviewing and coaching; expressing empathy and reflective listening; how to identify and tap into people's sources of motivation and self-confidence; listening and noticing skills and techniques; how to help people reflect and discover; explore ambivalence and developing discrepancy and practice making change plans/goal directed work.

There is a break between training days to practice skills before practicing some of the harder skills around working with resistance.

Focusing on Success

With so many things competing for our attention each day, it is no wonder we struggle to stay on task. What could we really achieve if our focus was pointing us in the right direction? This session will look at understanding that how we think determines how we feel, which in turn directs our behaviour and impacts our outcomes.

Contact training@break-charity.org

Effective Supervision

This course considers the dynamics within the supervisory relationship, including how to recognise patterns of behaviour, how to challenge avoidance of issues, and when to increase the level of managerial oversight. The course highlights the different ways in which we learn and take on new ideas and will encourage participants to think about how their own work values impact on the supervision process.

Understanding Self-Harm

This course is designed to raise understanding and awareness of the causes and functions of self-harm and equip staff with the research based skills with which to respond positively and effectively via a range of sensitive, practical measures. The course will explain why self-harm seems to work in the short term for the person in distress, the negative consequences in the long term and why it can be so difficult to stop. It will explore the impact of responses to self-harming behaviours and will demonstrate how empathy, validation and boundaries, along with a range of simple, practical strategies can help empower the self-harmer to manage their distress in a more positive way.

Contact training@break-charity.org

Warner Safer Recruiting

Based on the DSCF Safer Recruitment training for schools, this course highlights the need for care managers to consider recruitment processes as a means to protect vulnerable people. This course will help practitioners to understand the background to the processes and legal requirements, and address policies and guidance that will safeguard vulnerable people. Managers will have the opportunity to understand the motivation and characteristics of abusers and develop confidence and skills in the safe care interviewing techniques. The course covers the whole recruitment process, from advertisement to short-listing, to interview questions. At the end of the course, managers will have a clear understanding of the risk factors in recruitment and the need to develop safe working cultures within residential care.

The Role of the Senior Support Worker

This one-day course will look at defining the roles and responsibilities of the senior and practical ways of juggling these, along with working alongside the young people in your care.

Enhance Your Productivity

"Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort." Paul J Meyer.

This one-day course focuses on how to get things done - not to get more things done, but to get the RIGHT things done. It will explore the difference between busyness and business and between activity and productivity, and will highlight a range of tools and devices to support you to focus on the important tasks rather than the urgent ones.

Contact training@break-charity.org

Labels are for Jars not People

A one-day course exploring the benefits and drawbacks of labelling children and young people's behaviours. We will explore the major categories of mental health labelling within the DSM IV TR; the reasons why the medical model utilises this system, the benefits of a common language and scientific model and what it can tell us about behaviour and society's attitude to young people. What are the disadvantages and dangers inherent in this way of working? Ideal for professionals and those with some working knowledge of the mental health system with regards to young people.

Contact training@break-charity.org

Enhance Your Creativity

"Creativity is contagious - pass it on"
- Albert Einstein.

This one-day course is designed to teach you the processes of creative thinking using a tool-kit of practical creativity techniques. You will discover your personal creative thinking style in order to select the thinking tools which will harness your personal creativity. It is a highly practical course which focuses on teaching you how to be more creative in your everyday work environment. This means that you will be able to brainstorm new ideas on demand whether you are working on your own or in groups.

Contact training@break-charity.org

Outcome Star

The Outcomes Star is a unique suite of tools for supporting and measuring change when working with people. The course covers an introduction to the star and the journey of change; how to use the star with service users; using the star as a basis of action plans and reviews; and interpreting the data gathered.

Warner Safer Recruiting Refresher

This course is a refresher for those who have completed the initial Warner Safer Recruiting training. It will cover a refresher in skills and some practice on the more difficult aspects of the process.

The Curious Assessor

A one day course for those involved in undertaking assessments across the spectrum of intervention. The course focuses upon the importance of professional curiosity within the assessment process, considers the factors that may compromise this and explores the complex interplay between the context, the assessor and the subject(s).

Contact training@break-charity.org

Introduction to Theraplay

Theraplay is an attachment-based therapeutic approach that uses structured play to enhance self-esteem, trust in others and meaningful engagement. This course will introduce participants to the key principles and practices of theraplay.

Contact training@break-charity.org

Action Learning for Seniors (2 Day Course)

Action Learning is a structured mechanism for working in small groups to address complicated issues. Action Learning Sets are made up of between six and eight people who present and collectively work on problems faced in ongoing practice. The group will then help the 'presenter' work on that problem through supportive but challenging questioning, encouraging a deeper understanding of the issues involved, a reflective reassessment of the problem, and an exploration of ways forward.

These Action Learning Sets are aimed at seniors.

Contact training@break-charity.org

"Really brilliant trainer"

"I loved every minute"

Leading People and Change



Leading People and Change

Successful Appraisals

Moving into Management (3 Day Course)

An Inspector Calls

Practical Management

Managing Change

Effective Recruitment and Selection

Social Pedagogy for Managers

Management Team Development

Being Restorative

Mentor Coaching

Encouraging a Learning Culture

Solihull for Managers

Managing Performance

The External Facing Manager

Successful Appraisals

When it comes to staff performance appraisals, setting SMART objectives and giving constructive feedback are essential skills for any manager and this appraisal training course covers how to carry out appraisal and performance reviews successfully. This one day appraisal course will teach delegates how to raise the motivation of team members and improve performance through setting objectives and giving effective feedback and praise.

Moving into Management (3 Day Course)

This three day course is aimed at managers of tomorrow; seniors/deputies or talented others. The course focuses on some of the challenges new managers face, including moving into management within the same team, when there is an expectation that the team is managed and friends/ colleagues become supervisees, and sharing a vision and establishing a culture. The course will focus on key management aspects: recruitment and retention; supervision; absence management; managing poor performance; appraisal; group dynamics.

An Inspector Calls

This session will explore how to get the best out of Reg.44, Reg.45 and Ofsted, with an opportunity to share experiences and best practice to support Break to deliver the best services that it can. An opportunity for discussion, debate and reflective practice.

Contact training@break-charity.org

Practical Management

Designed to give practical advice and support on everyday management issues which if left unaddressed can create significant disharmony in the workplace. Attendance management, performance management, change management, delegation and team dynamics are all covered as well as the opportunity to bring individual issues to an afternoon surgery.

Managing Change

"If you focus on results you will never change - if you focus on change, you will get results" - Jack Dixon.

Change is a continuous process, not a stand alone activity. It is about creating a new mind-set: it involves giving up what we may love, taking on what is difficult and feeling uncertain and awkward in the middle. It can be exciting. It can offer opportunity. It stimulates creativity and energy. This programme focuses on the aspects of the management role that are essential to lead and deliver high quality and lasting change initiatives. Firstly, actively responding so that people recognise the need for change and the way to achieve it, and secondly, understanding, influencing, adapting and delivering the business outcomes that evidence the change.

Contact training@break-charity.org

Effective Recruitment and Selection

This course is designed to give managers the skills and knowledge to recruit and select efficiently, effectively and within the appropriate legislation. The course will enable managers to: describe key stages of the process, choose the most effective selection methods, prepare effectively for a selection interview including writing effective interview questions, use questions effectively to generate evidence from the candidate; practice interviewing skills and receive feedback, give feedback to successful and unsuccessful candidates.

"I now have a new skill to help me communicate better with the young people I work with."

Social Pedagogy for Managers

This one-day course focuses on how managers can build on the strengths in their teams to deliver the best possible service to children, young people and their families. It explores individuals responses to change and change management, the use of coaching skills within the supervisory relationship, and how to create a recruitment process that assesses staff's values, motivation and ability to build positive relationships with children, young people and families. There will be opportunity to consider team cultures and how they facilitate positive pedagogical working and what might hinder those processes. It will also explore team dynamics and how using creative activities can develop a sense of joint ownership and responsibility.

Contact training@break-charity.org

Management Team Development

Successful management teams are productive and cohesive in their approach. Management teams should take time to work on this and develop their skills as a group. Workforce Development can work with you and your management teams to plan a day to do this which will be bespoke to the needs of your team.

Contact training@break-charity.org

Being Restorative

This course will encourage delegates to think about their responses to challenging behaviour and conflict. It aims to strengthen the skills needed to build and sustain positive relationships by addressing conflict in a more positive way.

Contact training@break-charity.org

Mentor Coaching

One of the arts of leadership is treating people uniquely and enabling each individual to be the best they can be. This is coaching and mentoring in action. Coaching and mentoring is increasingly being used in addition to traditional training. This can range from conversations, where a person influences the thoughts, learning and behaviour of another in a non-directive way, to a more formal development process: inducting new starters, developing talent and supporting a senior team. The benefit of this training is that it helps you to develop and hone your coaching and mentoring skills further. You can also reflect on your areas of strength and development as a coach and mentor and achieve a nationally recognised qualification - a Certificate in Coaching and Mentoring, with the ILM (Institute of Leadership and Management).

Contact training@break-charity.org

Encouraging a Learning Culture

This half-day workshops focuses on supporting managers to create an effective learning culture in their teams. It will consider identifying gaps in the skills, knowledge and behaviours of your team members, finding appropriate interventions to plug those gaps and methods of ensuring impact on practice.

Contact training@break-charity.org

Solihull for Managers

This one-day course is designed to ensure that all managers are familiar with the concepts of the Solihull Approach and have an opportunity to consider how they can be applied in practice and in operational and strategic management. The course is suitable for managers working in a social care setting - previous knowledge of the Solihull Approach is not necessary.

Contact training@break-charity.org

Managing Performance

This course will tackle some of the more testing management responsibilities and provide some practice in managing poor performance; carrying out investigations and disciplinary procedures and termination of contracts.

The External Facing Manager

This session aims to equip managers with the language and tools to become competitive in an external facing market. Deciphering the jargon, understanding requirements and wording the bids are all covered, along with the opportunity for a practice bid.

Contact training@break-charity.org

"I've learnt to challenge myself to always be better."

The Social Care Training Hub

Concept

The concept of bringing together every single specialist trainer within the sectors of Fostering, Children Homes, Adoption and Schools.

Ethos

Deliver specialist training to each and every client based on the most up to date regulations and also acknowledge the specific needs of the young people being looked after to enable all learners to deliver their duty of care.

Sectors

Foster Care training that adheres to The Fostering Services (England) Regulations 2011. Children's Services training that adheres to The Children's Homes Regulations (England) 2015 and Children's Homes Quality Standards 2015.

Online

Online training created by professionals within Fostering and Children's Services. Courses that go beyond our competitors' standards. Content delivered via videos, games, drag and drop and reading all within a Learning Management System which is entirely self managed.

Promise

Training will be fully Ofsted compliant and cover the learning outcomes as dictated by The Fostering Services (England) Regulations 2011 and The Children's Homes Regulations (England) 2015 and Children's Homes Quality Standards 2015. If we ever fail to deliver on our promise we will not charge you for the session and your next session will be free of charge.

Courses include:

- Child Development for Foster Carers
- Promoting Education in Young People
- Oppositional Defiant Disorder
- Understanding the Youth Justice System

Plus many more!

Contact training@break-charity.org for more information.

Break Vocational Assessment Centre



What qualifications do we offer?

We offer the following nationally recognised work-based competence

- **Level 5 Diploma in Leadership and Management for Residential Childcare**
- **Level 5 Diploma in Leadership for Health and Social Care and Children and Young People's Services**
- **Level 3 Diploma for Residential Childcare**
- **Level 3 Diploma for the Children and Young People's Workforce**
- **Level 3 Diploma for the Children and Young People's Workforce (Early Years Educator)**
- **Level 3 Certificate in Assessing Vocational Achievement**

These qualifications are validated and certificated by the awarding body Skillsfirst. All learners must be in a relevant job role and an appropriate work setting in order to gather their evidence, build a portfolio and show their knowledge, understanding and competence in the workplace.

For all qualifications learners will have an assessor to plan, guide and support them to achieve their qualification. All qualifications and portfolios will be internally and externally quality assured.

Level 5 Diploma in Leadership and Management for Residential Childcare

This qualification forms part of the children's homes regulations which came into force in April 2015.

It provides the skills and knowledge needed to manage, practise and lead others in residential childcare settings for children and young people. The qualification enables the learner to gain essential skills and knowledge for leading in a residential childcare setting; including:

- leading and managing a team
- leading and managing group living
- leading practice to support children and young people
- implementing policies and procedures

It also offers the learner the opportunity to cover optional topics which are particularly suited to specific residential childcare and respite care settings.

It is a 65 credit qualification on the Qualifications and Curriculum Framework (QCF) and consists of 18 units.

Contact training@break-charity.org

Level 3 Diploma for Residential Childcare

In line with the current Children's Homes and Looked After Children (Miscellaneous Amendments) (England) Regulations 2013, and The Children's Homes (England) Regulations 2015 all new care workers will have two years from commencing their role to complete this qualification. Those unqualified care workers who are already working in the sector will also be expected to achieve this qualification.

This Diploma is a nationally recognised qualification comprising of 16 mandatory units and 3 additional units, totalling 61 credits at level 3 on the Qualifications Curriculum Framework (QCF). It is designed to improve the quality of care provided to vulnerable children and young people in residential care by guiding and assessing the development of knowledge and skills and to confirm competence.

Contact training@break-charity.org

Managing Direct

Management Direct is an online business tool designed to support any formal or structured learning and development process, encourage managers own self-directed learning and help them to be more effective in their day-to-day work. It has been described by users as the most comprehensive online management library at your fingertips. The content is divided into a number of engaging and highly contextual areas: Concepts; Multi-media; Best Practice; Books and Articles; Competences and more.

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break
Changing
young lives