

**If you would like to watch the live streaming of the Norfolk Care Awards 2020 please follow the instructions below:**

Dear Colleague

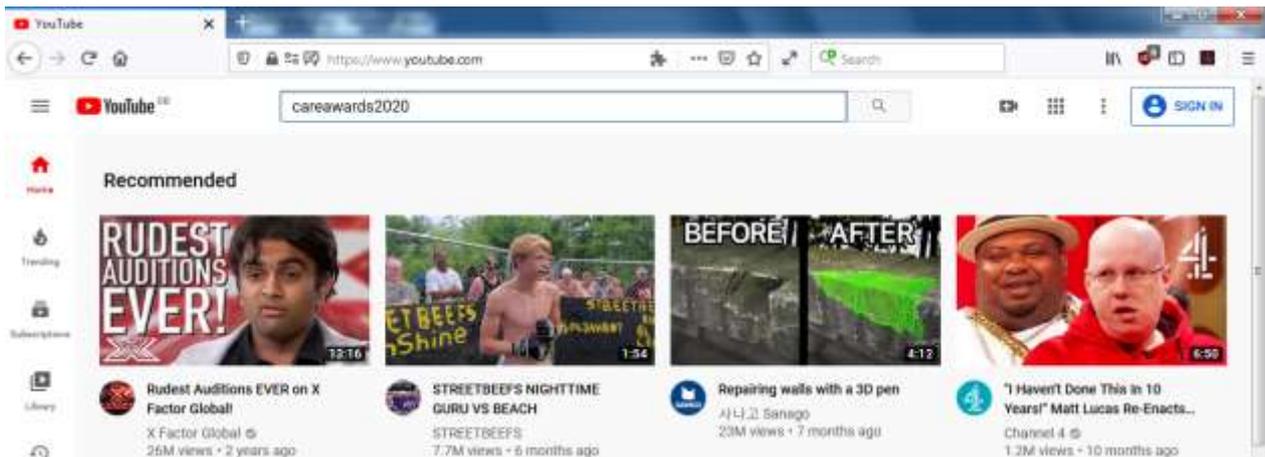
It is almost time for the Norfolk Care Awards and we hope that you are really looking forward to the event. Celebrating what's great about social care is so important.

Once again we are delighted to let you know that we will be live streaming the awards ceremony. This means that your families, friends and the people you provide care and support to can watch the event in real time. They can join in the anticipation and the excitement.

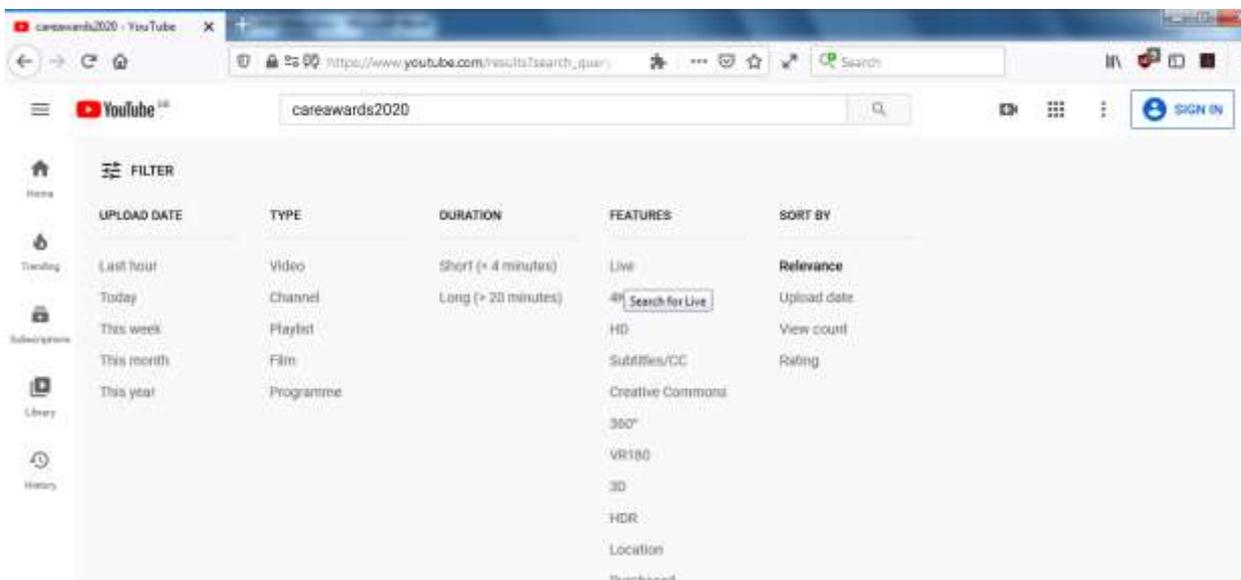
The event starts at 21:00, on Thursday 20<sup>th</sup> Feb; please ensure that you log onto the YouTube site at least 10 minutes beforehand.

In order to do this people will need to go to the YouTube website

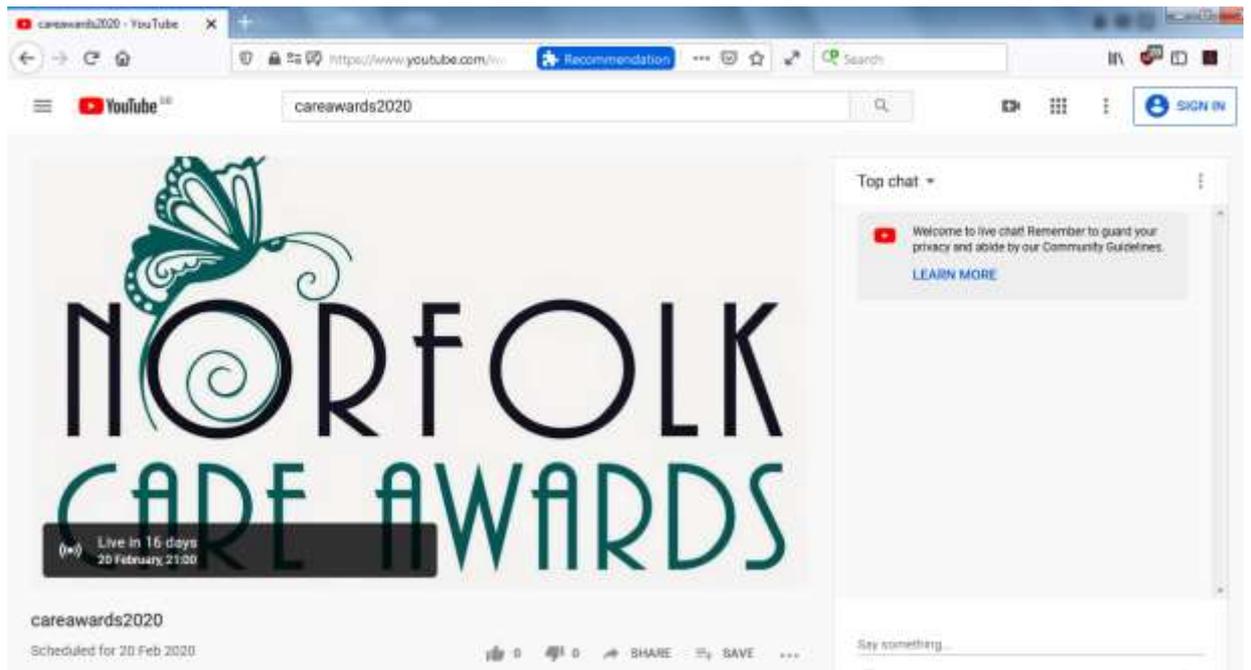
<https://www.youtube.com>



In the search bar you will need to type in **careawards2020** (no spaces) Press return on search bar, you will see the next screen



If it doesn't appear go to the filter icon top left hand side of the screen click on that and then select the 'Live' feature and it should appear you can then select and view full screen.



We really hope that lots of people will enjoy the live streaming and if you need any further information about this please contact [info@norfolkcareawards.co.uk](mailto:info@norfolkcareawards.co.uk)

Yours faithfully

Tracy Wharvell  
On behalf of the Norfolk Care Awards team

## Training

**CareRite** **Dementia endorsed**

### Experiential Dementia Workshops

**Day 1: Dementia – The Wider Picture**  
*Exploring the Brain, Different Types of Dementia, Recognising the Key Characteristics*

**Day 2: Dementia - Distressed Behaviour / Communication**  
*What to say when someone says... What to do when someone does...*

Thursday 26<sup>th</sup> & Friday 27<sup>th</sup> March 2020  
Wednesday 8<sup>th</sup> & Thursday 9<sup>th</sup> April 2020  
Tuesday 26<sup>th</sup> & Wednesday 27<sup>th</sup> May 2020

£87 per day/£169 both days  
The Willow Centre, Congford  
Norwich  
NR14 7JF  
9.30am – 3.30pm  
(The days are designed to be booked as a two-day workshop)

To find out more and book your place please contact Clare Gilbert  
07584 047996 [clare@carerite.co.uk](mailto:clare@carerite.co.uk)

Now a priority part of our core training programme

## Duet Diabetes

### **Diabetic Foot Screening training (including a competency assessment)**

This workshop is particularly useful for the ‘**diabetes champion**’ of any care setting. It goes beyond the everyday foot care / foot health check all carers should be familiar with when looking after someone living with diabetes. NICE recommends that people living with diabetes receive a diabetic foot assessment on diagnosis and at least annually thereafter.

As well as the theory and importance behind a diabetic foot assessment, the ‘hands on feet’ practical session allows the learners plenty of time to familiarise themselves with performing a diabetic foot assessment. In line with NICE and CQC guidance, this workshop provides the tools/processes that are used to undertake an assessment and result in a risk score; the person performing the foot assessment is not required to make a clinical judgement.

**Next date:** 19 March 2020

**Venue:** Lydia Eva Court, 16 Peterhouse Avenue, Gorleston-on-Sea, NR31 7PZ

**Time:** 9.30am – 1.30pm

**Cost:** £55 per person (includes delegate pack, certificate, refreshments)

For further information or to book a place email [info@duetdiabetes.co.uk](mailto:info@duetdiabetes.co.uk) or call Lynne on 01799 584178

This workshop will be delivered by an **experienced HCPC registered podiatrist**



## Upcoming Open Workshops – Norfolk & Waveney

*Run by an experienced diabetes practitioner/educator (nurse) or podiatrist*

More dates are planned at various locations across Norfolk for all our open workshops in 2020 – please register your interest so that we can ensure venues are suitable for those looking to attend.

**Diabetes Awareness Training\***, £50pp:

April/May 2020; Norwich & North Norfolk

\*followed by Blood Glucose Monitoring and Glucometer Training after lunch (£40pp – including competency assessment)

**Diabetes Update for Registered Nurses**, £70pp:

24 Feb 2020; Beccles House, 1 Common Lane North, Beccles, NR34 9BN

May 2020; Dereham

**Diabetic Foot Screening (including competency assessment)**, £55pp:

19 March 2020; Lydia Eva Court, 16 Peterhouse Avenue, Gorleston-on-Sea, NR31 7PZ

**Diabetes & Healthy Eating**, £32pp:

20 March 2020; Beccles House, 1 Common Lane North, Beccles, NR34 9BN

May 2020; Norwich & North Norfolk

[info@duetdiabetes.co.uk](mailto:info@duetdiabetes.co.uk)

[www.duetdiabetes.co.uk](http://www.duetdiabetes.co.uk)

01799 584178

The full range of our workshops can be found on our website.

Our workshops can also be delivered in house at your place of work for up to 12 people, please contact us for prices

## FREE DEMENTIA TRAINING WORKSHOPS

For family carers and those who come into contact with people with dementia through their work

The training workshop consists of one 2 hour session covering:

1. Alzheimer's Disease & Other Dementia's – gives participants a good basic understanding of the condition, its symptoms and impact on behaviour.
2. Capturing Life's Journey – introduces the benefits of recording information about the life of the person and shows how this can be used to provide high quality care.
3. Techniques to Manage Behaviours – demonstrates how some understanding together with a number of simple techniques can have a very positive impact on the individual and carer alike.
4. Activities to Encourage Engagement – provides understanding, ideas and techniques to help the carer engage the person with dementia.

The workshops are run from the Home Instead Senior Care training suite in Norwich and are free of charge. Places are limited to provide a friendly, comfortable and welcoming environment. Alternatively, we can come out to your organisation or venue to run a session. Workshops are being run on the following dates:

Wednesday 12<sup>th</sup> February at 18:00

Thursday 5<sup>th</sup> March at 14:00

Tuesday 14<sup>th</sup> April at 18:00

Wednesday 6<sup>th</sup> May at 14:00

Tuesday 2nd June at 10:00

For more information or to reserve a place please email Mark Johnston at [mark.johnston@homeinstead.co.uk](mailto:mark.johnston@homeinstead.co.uk) or call 07776 060837



**Patient and Public Involvement (PPI) Representative - NIHR  
Academy Advisory Groups**

The NIHR Academy are pleased to announce exciting opportunities for patients, service users, carers or members of the public to be a Patient and Public Involvement (PPI) Representative on an NIHR Academy Advisory Group.

We are currently recruiting for PPI Representatives for the NIHR Academy Forum, NIHR Academy Research Capacity Development Group (RCDG), NIHR Academy Involvement Group and NIHR Leaders Programme Advisory Board.

The NIHR is the nation's largest funder of health and care research in the UK, investing approximately £1.3 billion in research every year. Our aim is to improve the health and wealth of the nation through research. The NIHR offers a wide range of support at all stages of a researcher's journey in each of its centres.

The NIHR Academy is responsible for the development and coordination of NIHR academic training, career development and research capacity development.

The NIHR Academy welcomes applications from the general public who have experience of PPI in health and social care services and/or research and experience of participating in formal meetings. The advisory groups meet either annually or biannually. Expenses will be reimbursed for attendance and preparations for meetings. The NIHR Academy also offers payment for attendance at meetings (if you are not in receipt of a full-time salary from public funds). Learn more details about the role and how to apply in the Information Pack.

The deadline for receipt of applications is **5pm on Monday 9 March 2020**.