

Bespoke
Training



Who are we?

We offer high-quality tailored training face-to-face at an affordable cost, which is outcome driven.

The company's founders have worked in Health and Social care for over 50 years, utilising a number of training organisations. On reflection, an increasing number of organisations offer a tick box solution, which is increasingly delivered online.

Training should improve standards and instil confidence in your workforce whilst offering value for money.

Karisa Training was conceived to deliver a higher standard of training for our sister companies; Karisa Healthcare Staffing Solutions and Compleso. Through discussions we discovered our clients had experienced the same frustrations as ourselves, wanting a more engaging approach and to upskill their workforce.

Our Aim

Throughout the global pandemic, all training was moved online, which in our opinion lowered not only the training quality but also the participants' enjoyment.

We aim to reengage the Health and Social Care workforce in training that is fit for the purpose for your organisation, but more importantly to ensure that every participant leaves our courses competent and confident in the knowledge they have acquired.

We do this by ensuring that all our courses are mapped at a level 3 standard, and are interactive, engaging and enjoyable for the participants. This means that the participants will enjoy the training which in turn means they will absorb more knowledge. The feedback has been very positive from participants and companies alike, enjoyable engaging training, fit for purpose, which has also been attributed to improved staff retention and reducing recruitment costs.

What do we offer?

Karisa Training has two different offerings when it comes to training –

Organisational Course – Karisa Training can provide training on your site, at a venue of your choice or at our bespoke training suite in Wolverhampton. The course will be specifically for your organisation and where possible, given enough notice we will tailor the course to meet any specific needs.

Open Course – At Karisa Training, we appreciate that you will not always need 10 or 12 individuals to be trained at the same time; to combat this we offer open courses at our Bespoke Training suite in Wolverhampton. You are able to book training spaces individually, meaning your new starters can be trained quicker and more cost-effectively than putting on an organisational course that you cannot fill.

“ I was looking for a training provider who were able to facilitate training at short notice. Karisa was able to provide us with Medication and First Aid Training within a few days of me reaching out to them. Dan had put me into touch with Lesley who had organised the training. Lesley arrived on time, engaged with staff well and staff found the training informative. Lesley had gone above and beyond by sharing we could contact her if we ever needed further support or advice. ”

Thank You Karisa.

Kind Regards, SH, Registered Manager, Children's Home, Birmingham



Our Mission

“ Our mission is simple, we want to upskill the workforce by providing training that is functional, engaging, and enjoyable for all participants.

By providing training that meets these criteria, the knowledge will be absorbed and retained better; meaning that the learner will be more efficient at their role which will lead to better productivity and outcomes. ”



Our Values

- **Learners First** – Our learners are at the heart of everything we do. We are constantly reviewing and updating our content based on feedback received to ensure our training is interactive and enjoyable. •
- **Inclusive** – Everybody should have access to quality training, no matter what needs they have. Our trainers can adapt any training session so that everyone can learn and participate in a safe environment while ensuring the learning outcomes are met. •
- **Quality** – All of our training is mapped to level 3 standards and is created by individuals who have used the training functionally in previous roles. This means that the training has been created and delivered by trainers who have real-life experience in that course. •
- **Adaptability** – As an organisation we will always do everything in our power to facilitate your booking request but also adapt the course to your needs where it is possible and time allows. •

Key Bios

John Harper
Managing Director



Following a successful 25 years working in Retail with Next and Asda Walmart, I established a Nursing and Care Agency in 2011. Karisa now supplies quality staff to a variety of organisations across the Midlands and Shropshire. In 2016 we added Complecco to the group of companies, a care provider supporting the public sector. The quality of training is a vital element in the care sector and Karisa Training supports organisations to deliver high standards of care in the UK.

Dan Skett
Director of Operations



I have been in the Health & Social care arena for the last 10 years overseeing both regulated and non regulated businesses.

Throughout my time in the industry, I have always been passionate about upskilling the workforce and providing engaging and exciting training; this is the reason I am excited to be part of Karisa Training since its inception.

I first fell in love with training when I was in school and started sports coaching, which then led me to do a Sports Coaching & Management Degree at Worcester University. I then adapted my love for training and coaching to Health and Social Care when first becoming an accredited Safety Intervention Trainer (MAPA) in 2019.

Lesley Stone
Health & Social Care Trainer



I began working within the Health and Social Care sector in 1991 working with children. In 1999 I moved on to working with adults. Throughout the years I have experience working in many different care settings including working within the NHS in multiple departments, including Accident & Emergency and in Medical Care settings.

With over 16 years of delivering Health and Social Care courses training with continuous CPD accreditation, I am fully qualified in training and assessing individuals and experienced in delivering training to an apprenticeship standard. This includes being a Moving & Handling practitioner and a specialist trainer in End of Life care.

Health & Social Care

- Autism Awareness
- Buccal Midazolam
- Catheter Care
- Dysphagia & Swallowing
- First Aid (1 Day)
- First Aid (3 Day)
- Infection Control
- Medication
- Moving & Handling (Full Course)
- Moving & Handling (Refresher)
- Peg Feeding
- Positive Behavioural Support
- Pressure Care
- Schizophrenia
- Personality disorder
- Bipolar

Essential Workplace

- Fire Safety
- Health & Safety
- Moving & Handling of Inanimate Objects
- Food Hygiene
- Emergency First Aid at Work
- First Aid at Work
- Safeguarding



Autism Awareness

AIMS:

This course has been designed to give the learner an understanding what Autism is. To learn about statistics regarding Autism and the diagnosis of Autism. This course aims to illustrate the common signs of Autism that are present in children and adults. It will also highlight what different conditions are also related to ASD (a person with Autism Spectrum Disorder).

COURSE CONTENT:

- Understanding what Autism is
- Autism diagnosis
- Signs of Autism in adults & children
- The importance of good communication

COURSE DURATION:

2 Hours



Buccal Midazolam

AIMS:

This course is to educate the learner on seizures and the appropriate rescue medication to administer during a seizure. This training follows medication administration guidelines and best practice.

COURSE CONTENT:

- The need for using Buccal Midazolam
- Types of medication used for seizures
- Safe Administration e.g. Rescue Medication
- Understanding emergency procedures

COURSE DURATION:

2.5 Hours



Catheter Care

AIMS:

This course is aimed at anyone working in the social care sector who may be required to care for someone who has a catheter in situ. It will give you an understanding of why people may require catheters, the medical reasons and how to safely care for someone with an indwelling catheter.

COURSE CONTENT:

- Understand what catheters are
- Why might a catheter be needed
- The difference between the sexes
- Super pubic catheters
- Care of catheters & infection control
- Catheter blockages
- Promoting good drainage
- Emptying and changing.

COURSE DURATION:

2.5 Hours



Dysphagia & Swallowing

AIMS:

The intention of this training is to give you understanding of dysphagia, its causes, how it can be treated and how to support service users with dysphagia to have the correct nutritional support.

COURSE CONTENT:

- To understand choking, what it looks like
- To understand dysphagia
- Understand causes of dysphagia
- Statistics with dysphagia
- Diagnosis
- Normal swallowing
- Aspiration
- Treatment
- IDDSI introduction
- IDDSI drink and food test

COURSE DURATION:

2.5 Hours



Emergency First Aid at Work

AIMS:

This course has been designed for anyone wishing to learn basic first aid skills. You will learn skills to preserve life, prevent a situation from getting worse and promote recovery of the individual.

COURSE CONTENT:

- Covers basic emergency procedures
- Burns, scalds, bleeding, head injury, cardiac arrest, stroke, choking, epileptic seizure, CPR

COURSE DURATION:

6 Hours



First Aid at Work

AIMS:

This course has been designed for care workers who need to understand the principles of first aid. The course will raise awareness, educate the care worker, and enable them to have confidence and competence to deal with basic first aid emergencies. The course provides the theory and information with some hands-on practice, with assessment in both elements.

COURSE CONTENT:

- CPR
- Dealing with shock
- Bleeding
- Choking
- Nose bleeds
- Asthma
- Seizures
- Diabetes
- Sepsis
- Meningitis
- Heat Stroke
- Hypothermia
- Crush injury

The course will give you skills and confidence to deal with basic first aid emergencies.

COURSE DURATION:

3 Days



Infection Control

AIMS:

This course on infection control will enable the learner to understand key issues relating to cross infection and cross contamination, and to identify at risk groups. It will highlight responsibilities of the worker relating to Health and Safety Law, COSHH and personal hygiene, including effective hand washing. The learner will have a better understanding of what infection control is. They will be able to identify appropriate and legislation Act's which relate to infection

control and which responsibilities they have in ensuring infection control procedure are adhered to. The learner will understand about types of infections, some signs and symptoms, Communicable diseases and the chain of infection and their role in preventing the spread of infection in the care setting.

COURSE CONTENT:

- Understanding bacteria & viruses
- The chain of infection
- Handwashing
- Cross contamination

COURSE DURATION:

4 Hours



Medication

AIMS:

This course has been designed to support competence in medication administration. It will help you to comply with law and legislation and company policies and procedures. relating to the administration of medication It links to the Royal Pharmaceutical society of medicines principles, CQC fundamental standards and Diploma standards. It includes underpinning knowledge which covers law and legislation, infection control, health & safety and your duty of care.

COURSE CONTENT:

- Relevant Legislation
- CQC Guidelines
- Safe Handling
- Royal pharmaceutical principles of medication administration
- Administration Routes
- Equipment
- Drug Classification & Common Medicines

COURSE DURATION:

4 Hours



Moving and Handling People

FULL COURSE

AIMS:

To provide participants with the necessary knowledge and skills to be able to carry out their jobs in a safe and effective manner whilst complying with current legislation.

COURSE CONTENT:

- Relevant Legislation
- Appropriate Equipment
- Duty of care
- Injuries that occur in the workplace
- Anatomy & Physiology
- Risks & Hazards
- Safe use of a range of equipment
 - Slide sheets
 - Hoists
 - Stand aids
- Consent & mental capacity
- Preserving dignity
- Practical & theoretical assessment

COURSE DURATION:

6 Hours



Moving and Handling People

REFRESHER COURSE

AIMS:

Our refresher course will assess your current theory knowledge and recap you on your Duty of care, current legislative requirements and best practice. You will have an opportunity to demonstrate your practical skills and competency. Training also includes risk assessments and safe handling fundamentals.

COURSE CONTENT:

- Recap of legislation and duty of care
- Recap of controversial techniques
- Hands on practical application of techniques including :
- Correct and safe rolling of a service user
- Application and safe use of slide sheets
- Application and safe use of slings and hoists and stand aids

COURSE DURATION:

3 Hours



Peg Feeding

AIMS:

The course is aimed at anyone working within the care sector and will give you knowledge and understanding of why people may have swallowing difficulties, and the medical reasons why people may need to be given nutrition through other means. How to safely administer nutrition through endoscopy and how to safely maintain the equipment. The training includes learning how to use the Nutricia feeding machines. The purpose of Peg feed

training is to equip the learning with knowledge and understanding about why Peg feeding may be used, what its purpose is and how it can be used safely. The learning includes different types of percutaneous endoscopic Gastronomy. The course looks at the equipment used, how to set up feeds and deals with arising issues.

COURSE CONTENT:

- Peg, Rig, Pej
- Ng Tube Feeding
- Safe handling & infection control
- Positioning
- Maintaining the peg
- Dealing with blockages
- Medication administration
- Using the infinity machine

COURSE DURATION:

2.5 Hours



Positive Behavioural Support

AIMS:

The course has been designed to help you understand what PBS is and the purpose of PBS. PBS is designed to reduce the need for restrictive interventions and to understand the purpose of a person's challenging behaviours. The training looks at the important components of PBS. It looks at the importance of a person-centred approach. Our course looks at sensory, tangible and environmental factors. We

touch on triggers and the implementation of the PBS plans

COURSE CONTENT:

- Understand what PBS is
- Why people display behaviours that challenge
- Components of PBS
- Triggers
- Communication skills
- How to implement PBS

COURSE DURATION:

3 Hours



Pressure Care

AIMS:

The intent of this training is to provide information and improve understanding of Pressure Area care, your role and responsibilities, legal implications and prevention.

LEARNING OUTCOMES:

- The aim of this course is to highlight the causes of pressure ulcers, prevention and identification.
- To understand duty of care and law and legislation.
- To understand the skin and the purpose of the skin

- To understand the causes of pressure sores
- To understand where pressure sores can develop
- To understand the grading of pressure sores
- To understand how to prevent development of sores
- Look at equipment used for supporting and reducing pressure sores

COURSE DURATION:

3.5 Hours



Safeguarding Adults

AIMS:

- Identifying risk and vulnerability to abuse and neglect
- Duties and responsibilities for individuals and organisations
- The key safeguarding principles of the Care Act
- Ways of working together and information sharing
- Explore the Mental Capacity Act and safeguarding
- Responding to concerns, allegations and disclosures.

LEARNING OUTCOMES:

Attendees will establish a good knowledge of their safeguarding duties and responsibilities.

Participants will:

- Gain confidence in applying the six key principles of safeguarding
- Understand Care Act responsibilities and how these affect practice.

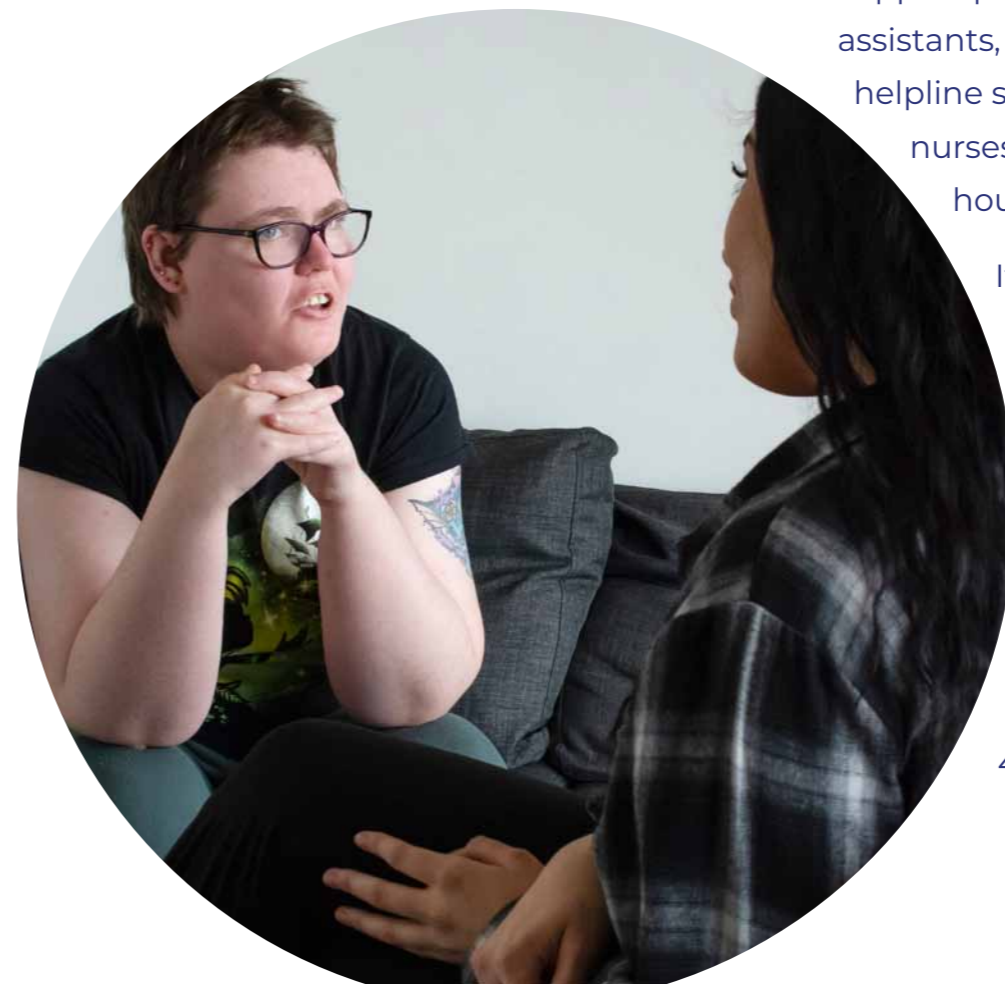
WHO SHOULD ATTEND?:

Frontline staff, team leaders and managers working for care and support providers. Also personal assistants, volunteers, advocates, helpline staff, GPs, health visitors, nurses, pharmacists and housing officers.

It is not designed for experienced safeguarding leads or local authority staff with additional safeguarding responsibilities.

COURSE DURATION:

4.0 Hours



Children's Safeguarding

AIMS:

To provide learners with knowledge and understanding of the law that surrounds safeguarding and how these impact on the carer role.

It will provide learning around the types of abuse and indicators, it aims to increase your confidence in child protection and enable you to apply the correct actions to help safeguard children.

LEARNING OUTCOMES:

- What is child abuse & neglect?
- Where can abuse occur?

- Who can be a perpetrator?
- Vulnerability
- Misunderstanding signs of abuse
- Faith & religious links
- Types of abuse
- Indicators of abuse
- What to do if you suspect abuse?
- Disclosures
- Age related indicators
- Key legislation
- Key principles in a residential home
- Protecting against accusations
- Child centred approach
- Myths
- Statistics

- Characteristics of a perpetrator
- A child may not recognise its abuse
- Technology and abuse

COURSE DURATION:

6.0 Hours



Risk Assessment CARE ENVIRONMENTS

AIMS:

To understand the legal requirements around risk assessments and health & safety legislation.

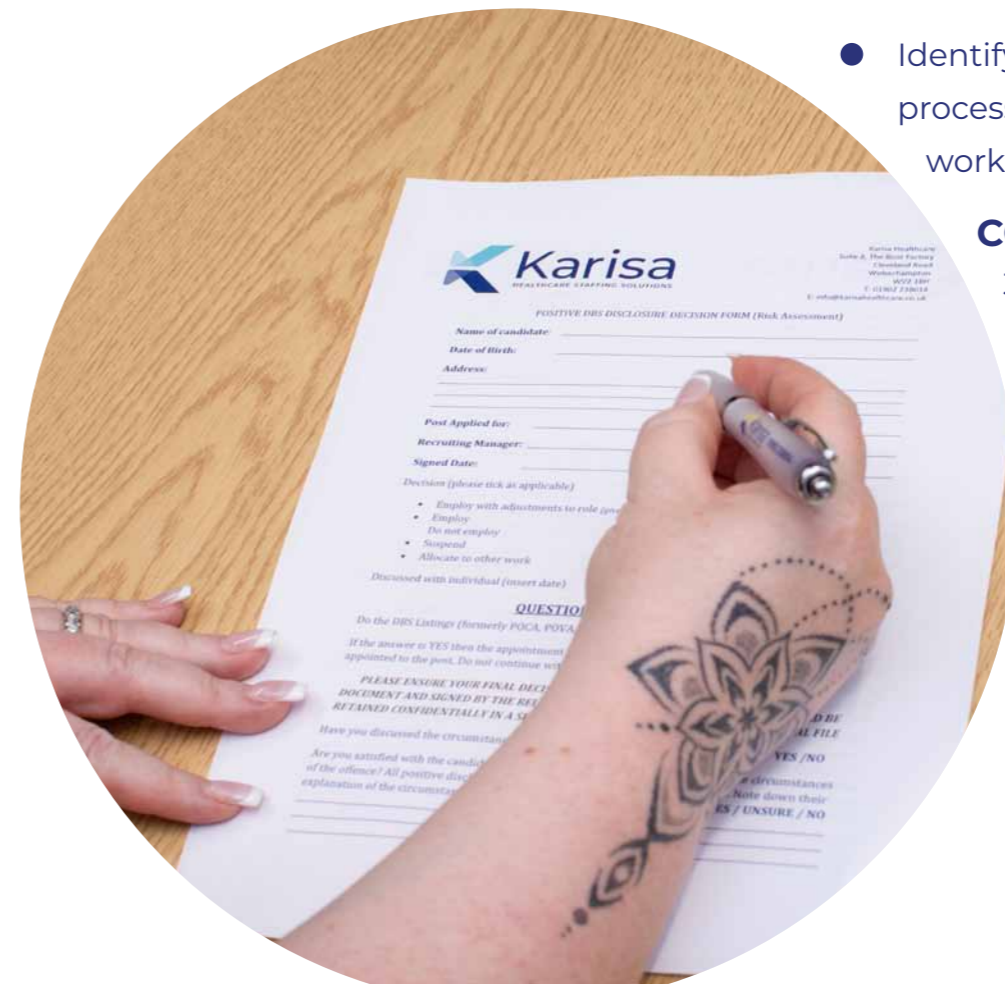
The course aims to provide all delegates with the knowledge and skills necessary to allow them to undertake risk assessments in the workplace. We use real-life situations to illustrate the principles of risk assessment in a fast-paced and interactive session.

LEARNING OUTCOMES:

- State the legal obligations of themselves and their employers with regard to health and safety
- Recognise a range of hazards and the harms that could be caused by them in their working environment
- Identify a hierarchy of hazard controls that could be put in place to minimise hazards
- Use the risk matrix risk assessment method to prioritise where controls are needed
- Identify where risk assessment processes can be used in their workplace.

COURSE DURATION:

3.5 Hours



Stoma Care

AIMS:

Our stoma care training course aims to teach staff the practical skills and theoretical knowledge so they feel competent and comfortable working with stomas.

The course will teach delegates the correct technique and methods of changing a stoma bag, as well as giving them examples of the different types of stoma bags.

We teach the importance of maintaining effective infection control and the underpinning of

privacy, dignity and respect for the service user.

The course is suitable for all levels of care staff.

LEARNING OUTCOMES:

- Duty of care
- Understanding why some people need stomas and what they are
- Infection control and the use of personal protective equipment
- Safe waste disposal
- Personal care and skin integrity
- Key fundamentals in changing the stoma bag.

COURSE DURATION:

2.5 Hours



Falls awareness

AIMS:

For the delegate to have a better understanding of what falls are and why they occur, to gain knowledge and understanding around what they can do to help minimise falls in the environment.

LEARNING OUTCOMES:

- To understand what a fall is and the consequences of falls
- Identifying the risk factors intrinsic and extrinsic factors
- Reducing the risks
- Prevention of falls
- Statistics of falls in the UK

What can you do to help.

COURSE DURATION:

3.5 Hours



Fire Safety

AIMS:

Designed to keep your employees and your business safe. Our awareness course covers the essential information to allow everyone to be fire safety aware.

LEARNING OUTCOMES:

- Provide a clear understanding of fire safety in the context of your workplace
- How to spot fire hazards at work
- How to prevent fires at work
- Employees' roles in fire prevention

- What to do when you hear a fire alarm
- What a safe evacuation looks like
- The importance of risk assessments
- Understand the classifications of fire and intended usage of fire extinguishers
- How to use the right fire extinguisher
- Understand the actions you need to take in the event of a fire

COURSE DURATION:

3.0 Hours



Health & Safety

AIMS:

- The aim of this course is to understand what health and safety at work
- Harm to people affected by work
- Costs and benefits
- Legal framework
- Enforcement of health and safety law

- Electricity
- Fire
- Equipment, storage and signage
- Risk Assessment
- Manual handling
- Hazardous substances
- Maps into the care certificate

COURSE DURATION:

3.0 Hours

LEARNING OUTCOMES:

- Introduction to Health & Safety Legislation
- Accidents & reporting
- Slips, Trips, Falls



Manual Handling

INANIMATE OBJECTS AWARENESS

AIMS:

For the learner to understand the requirements of law and legislation. To understand and learn the practical skills for moving inanimate objects to keep oneself safe.

LEARNING OUTCOMES:

- Law and legislation on manual handling
- Anatomy and physiology of the back
- Injuries and warning signs
- Ergonomics
- Risk assessments
- Safe handling fundamentals

COURSE DURATION:

2.5 Hours



Food Hygiene/Safety

AIMS:

This is an ideal course for anyone who is required to handle, prepare, cook and serve food as part of their role in the workplace, including pubs, hotels and restaurants, care homes, schools.

LEARNING OUTCOMES:

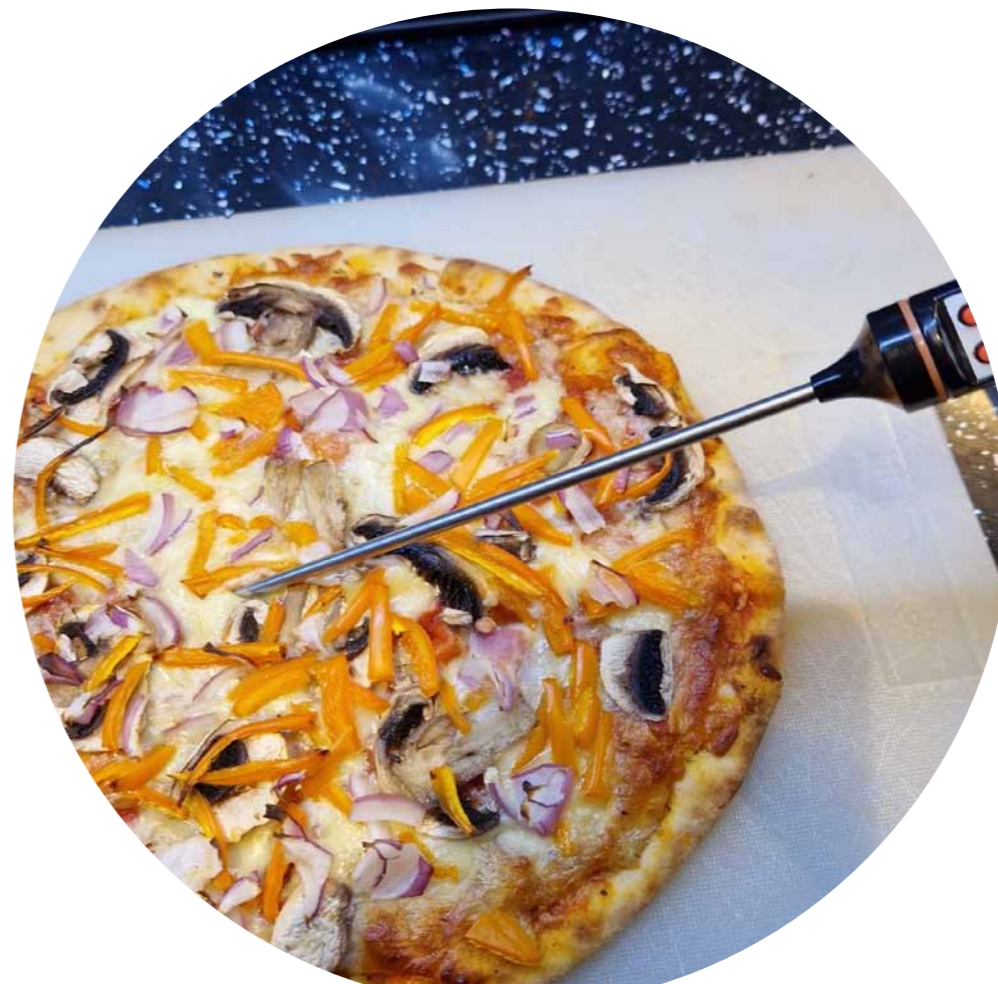
- Legislation
- Roles and Responsibilities
- Food Safety Hazards
- High & Low Risk Foods and Preserving Methods
- Temperature Control
- Safe Food Storage
- Food Handlers
- Cleaning
- Food Pests and Control

QUALIFICATION:

Maps into the care certificate

COURSE DURATION:

3.0 Hours



Mental Health

SCHIZOPHRENIA

AIMS:

The aim of our mental health courses is to provide insight into the types of mental health conditions people need support with at any point in their lives.

LEARNING OUTCOMES

SCHIZOPHRENIA:

- Definition of the condition
- Facts and figures
- Causes
- Street drugs & schizophrenia
- Symptoms
- Positive symptoms
- Modern treatments, therapy and ECT

COURSE DURATION:

2.5 Hours

Mental Health

PERSONALITY DISORDER

AIMS:

The aim of our mental health courses is to provide insight into the types of mental health conditions people need support with at any point in their lives.

LEARNING OUTCOMES

BORDERLINE PERSONALITY DISORDER:

- Signs of a borderline personality disorder
- Diagnosis
- Paranoid personality disorder
- Schizoid personality disorder
- Schizotypal personality disorder
- Genetic factors
- The controversial diagnosis
- Treatment

COURSE DURATION:

2.5 Hours



Mental Health

BIPOLAR

AIMS:

The aim of our mental health courses is to provide insight into the types of mental health conditions people need support with at any point in their lives.

LEARNING OUTCOMES

BIPOLAR:

- Basics on bipolar
- What is bipolar?
- Symptoms
- Manic & hypomanic episodes
- Types of bipolar
- Causes of bipolar
- Treatments

COURSE DURATION:

2.5 Hours



What People Say About Karisa?

"Karisa Training have been amazing.

Their open course model is fantastic, we have been able to start staff quicker as we can slot them into singular spaces which has really escalated our growth.

Lesley is very knowledgeable, and all my staff have thoroughly enjoyed their sessions with her. The training sessions are well created, materials are great and always supportive of any specific requests."

KM (Registered Manager) Community Response Service

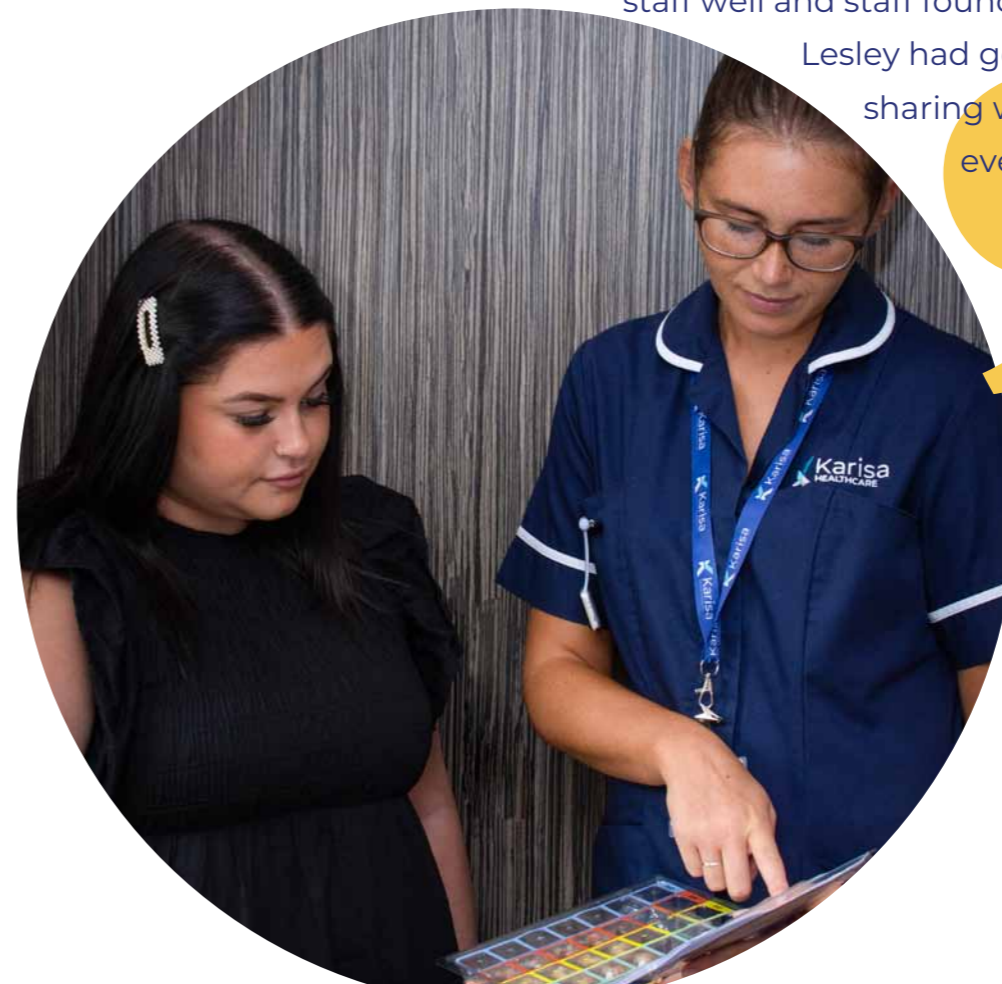
"I was looking for a training provider who were able to facilitate training at short notice. Karisa was able to provide us with Medication and First Aid Training within a few days of me reaching out to them. I had contacted other training providers who were unable to accommodate our training. I had initially liaised with Dan; Dan had put me into touch with Lesley who had organised the training. Lesley arrived on time, engaged with staff well and staff found the training informative.

Lesley had gone above and beyond by sharing we could contact her if we ever needed further support or advice.

Thank You Karisa."

Kind Regards,
SH,

Registered Manager,
Children's Home,
Birmingham



Partnerships

Complesso
Healthcare Solutions



Complesso was founded in 2015 with the sole purpose of providing high quality support and care to those in most need. Complezzo offers a value based tailored, care service, which has evolved around, for and with the people we support.

Karisa
HEALTHCARE STAFFING SOLUTIONS

Our sister company, Karisa healthcare, was founded in 2011 and provides Nurses, Carers and Support Workers across a variety of services, both public and private sector.



The CPD Certification Service is the world's leading and largest independent CPD accreditation institution operating across all industry sectors. The CPD Certification Service provides support, advice to support the Continuing Professional Development obligations and policies of professional bodies and academic institutes.



Black Country Safety Statutory inspections are a highly professional body with years of experience ensuring your equipment and services are inspected to industry leading standards.



Every setting will receive a Karisa Training Voucher. Book 9 courses and you will receive your 10th Course FREE.

VENUE: Karisa Training will be carried out at our bespoke training office in Wolverhampton or your location.

PRICE PER COURSE: available upon request.

Karisa Training

Suite 8, The Boot Factory,
22 Cleveland Road
Wolverhampton WV2 1BH
Tel: 03331 881390

Email: enquiries@karisatraining.co.uk

www.karisatraining.co.uk

