

Living a Full Life

Connections with purpose and meaning for people living in care homes

Connections are at the heart of our wellbeing. COVID has shown us just how vital people are to each other alongside the chance to pursue things that give us purpose and meaning.

How can we support connections during the current situation and take them forward into the post pandemic world?

Are you supporting people living in care homes who are looking for ways to keep involved with the things that matter to them, explore new opportunities and ways to connect? Before and during the pandemic we have been working with care home colleagues, developing and testing “This is one of the most important developments in social care.” Professor John Bolton – National expert in preventive social care and outcomes approaches which enable older people to connect to people and activities important to them and to contribute to their communities – with great results.

This course will support you to explore using person-centred approaches and tools to find out what matters to people and creative ways to enable what is practical and possible for keeping people connected and safe.

Who is the course for?

This course is useful for anyone supporting people living in care homes, including care home managers, support staff and activity co-ordinators. Local commissioners and development staff may be interested in this introduction to a range of solutions and approaches to build asset-based approaches with care homes and their local communities

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The course is delivered over 7 weekly sessions via bite-sized zoom sessions (all recorded to allow flexible access). An optional on-line group is available for follow up discussion and sharing of resources.

What will you learn?

Following this course you can get started making a difference straight away.

Course participants will learn how:

A range of community and person-centred approaches delivered via various types of “Community Circle” can help support people to access connections with purpose and meaning to them and grow community opportunities to grow these connections

To successfully develop and start to apply a range of effective approaches which don't require major resources but which can increase your impact in building connections and opportunities

A range of effective tools and approaches can be applied in practice, adding value to what you do including via use of communications technology

What else is included?

Access to a range of practical tools and templates for use along with examples and stories of successful connections

Guides and materials for the development of Community Circles

Optional online support between sessions, via a course group

£3,500 for ten places

Contact us now:

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For more info:

www.community-circles.co.uk
[@C_Circles](https://twitter.com/C_Circles)

Community Circles

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