

Merry Christmas from the team at Norvic!



News from Norvic

Open Courses in 2012

Moving and Handling Courses

We are pleased to announce that, due to demand, we are now planning to run open courses in this subject every month.

First Aid Courses

We are happy to report that our open courses in first aid proved to be very popular this year with many courses selling out. In order to meet the needs of our clients we are planning to increase the number of open courses we run in 2012. We plan to alternate between holding both an Emergency First Aid at Work and a First Aid at Work Requalification course one month and a three day First Aid at Work every other month.

We will continue to run First Aid courses at our sites in King's Lynn and Cambridge as these have both proved to be highly popular.

Courses launched this year.

This year we launched Tissue Viability, Phlebotomy and our highly popular Care Home Induction course as open courses. I am pleased to confirm that we will continue to run these sessions throughout 2012.

To sign up to our E-newsletter simply send a request to gill.perks@norvictraining.co.uk

HSE accredited
First Aid courses

Basic Life Support

Patient Handling
Techniques

Phlebotomy

Rescue from
Ligature

Management of
Acute Anaphylaxis

Epilepsy Awareness

Advisory External
Defibrillation

Oxygen
Administration

Infection Control

Food Safety

EMT

Care Home
Induction

Report Writing

Awareness of
Dementia





First Aid for New Parents



Free course - Held in Impington Pavilion on 11th Jan 2012
Come and join us for a New Parent and Baby First Aid Advice Session
over tea, coffee and biscuits.

We are pleased to be holding a free first aid session for new parents. We plan to hold two sessions in the day.

The following format for the first session of the day will be repeated for the second session.

10:00 - 10:15 Introduction

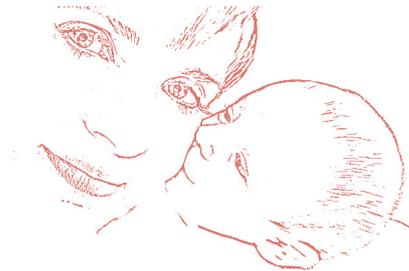
Fill in forms to state specific concerns – these are dealt with in the second part of the session.

10:15 - 11:15 Formal training

Baby resuscitation
Baby choking
Febrile convulsions
Burns/scalds
Bleeding

11:15 – 12:00 Tea and Coffee
Informal Q and A

Discussion of concerns written down earlier, general discussion.
Paediatric books will be on sale.



Places are limited - call Andy or Jo to book places on 01603 861612

Norvic Training (UK) Ltd Drayton Old Lodge, Drayton, Norwich NR8 6AN
norvictraining.co.uk



Community News

Exercise for all abilities



Our trainer takes a session with Bill, 99 years old.

Research has shown that staying physically active into older age can have many advantages. Exercise can help prevent or delay many disabilities and illnesses as well as benefiting those suffering from disorders such as diabetes, arthritis and heart disease. Additionally it can lead to improved coordination and balance so reducing the number of falls an elderly person experiences.

Moderate exercise can also have a positive psychological effect. It can reduce feeling of depression and improve cognitive function. This can help delay the onset of conditions such as Alzheimer's and dementia.

Our exercise sessions for those with limited mobility can be adapted to suit all participants and can be chair-based if required. Classes are available for care homes wishing to offer this opportunity to their residents. Classes are taken by our qualified Personal Trainer Paul who has specific qualifications and experience of exercise classes for older adults.

Paul says 'The aim of the sessions is to help daily activities for residents become easier, reduce the chance of resident falls and improve confidence of residents to take on activities and tasks with more independence. Most of all I ensure that everyone has plenty of fun!'

If you would like further information or would like to book a session do contact us on
01603 861612





Open course venues

Do you know that we regularly run open courses in Cambridge and King's Lynn? Call us to book your places.

Nutrition Training

We are pleased to be launching a nutrition course in 2012 entitled Nutrition and the Older Person. Aims of the half day are to:

- Highlight some of the nutritional factors which put older people at risk of malnutrition
- Highlight consequences of malnutrition in the older person
- Teach how to identify which factors put older people at risk of malnutrition
- Teach how to identify and assess patients at risk of malnutrition
- Teach how to provide nutrition support for older people

On **25th April** we will be holding our first study day at Drayton Old Lodge. The idea of the event is to build on the half day course and include:

- Malnutrition Universal Screening Tool (MUST)
- Explanation of Dysphasia - DYS (difficulty) PHASIA (to eat)
- Chef on hand to demonstrate the effective use of liquid foods formed into an attractive meal using moulds.

Testimonials

"Would always recommend Norvic - another great course"

"Superb course. The best I have attended. I feel much more confident about using the first aid procedures covered and I am sure I will retain all the information - excellent."

"Good course, refreshing content. Good value for money compared to other training providers"

"The use of video clips and interactive whiteboard really helped. The course was a good pace and the content was made interesting. It's the most enjoyable First Aid course I have attended in 20 years."

"I have been doing First Aid for 33 years and it was the best course I have been on."

"The trainer was excellent. He gave a really good feel of 'real life' situations. I feel a lot more confident because of this - many thanks."

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for information on special
offers, changes in legislation
and new courses being
launched.

For all our latest news and course dates
visit our website

www.norvictraining.co.uk

