

Results of Training Project – Community Support in the Sherborne Area

Organisations involved and their role in this project:-

[BearCat Collective](#)

- Research
- Artwork & Printing
- Press & Advertising
- Bookings
- Correspondence
- Financial Management
- Refreshments

[Rotary Club of Sherborne Castles Community Fund](#)

- Grant Funding

[Simply Training](#)

- Course Content
- Audio Visual Equipment
- Professional Trainer
- Information Pack

Number of Courses: 3 | Total Number of Delegates: 34 | January & February 2018  
Training in Dementia Awareness and Autistic Spectrum Disorder Awareness  
At Tinneys Lane Youth and Community Centre in Sherborne



## Training Feedback Questionnaire

### - *Who will directly benefit from this training?*

**Approximate figure given:** 150 people

**Answers given by delegates:** My household  
Friends and their children  
Myself  
My family  
Our parent carers support group  
Co-workers  
My parents  
Grandparents  
Young people who attend my educational setting  
People I work with  
My daughter and son

### - *Others who will indirectly benefit?*

**Approximate figure given:** 400 people

**Answers given by delegates:** Those working with our son  
Friends  
Clients  
Volunteers who I work with  
My Family  
My colleagues in mainstream school  
Colleagues  
School group  
Those I speak to in my role as a Samaritan  
Support group  
Colleagues in the primary school where I work

*Feedback excerpts from ASD Awareness Training 13/02/18*

### - *What have you learned?*

"on a personal level, has helped me to begin to understand why my son behaves the way he does" – parent

"Lots! ...understanding the experiences of autism, reasons for unusual behaviours, ways of supporting someone...ways of supporting the family of a person with autism" – volunteer

"how neuro sensitivity affects day to day life. Not discouraging 'stimming'... make it safer and more socially acceptable" – educator

"strategies for supporting young people to enjoy the time they spend with us" – educator

"That as a parent I'm doing ok! Science behind the brain and chemical imbalances, how they have an impact" – teacher & parent

"harm reduction via diversion, proactive interaction" – volunteer

"divide instructions into many steps. How they understand, and see and hear life" – parent

"perspective of the autistic individual. Recognising signs and behaviours" - family member

"some of the reasons for my son's behaviour and routines which will help him" - parent

*Feedback excerpts from ASD Awareness Training 06/02/18*

**- What have you learned?**

“how to channel wired behaviour into helpful learning behaviour ...and to spread the knowledge I have gained here today to all I meet” – grandparent

“more about how stress plays a huge role in autism and I think this will help me manage things better” – parent

“the different way things can be perceived by people on the autism spectrum” – home carer

“greater understanding of why some things can cause reactions and how to help” – parent

“more awareness of how people with ASD see things and how stress can cause behaviour to escalate... I will share with my colleagues in the primary school...” – teacher

“behaviours of autism, positive incentives, the chemical balance and how to help ASD person in stressful situations”- parent

“how to cope / guide my child” – parent

*Feedback excerpts from Dementia Awareness Training 30/01/18*

**- What have you learned?**

"This session helped me very much, so important to be able to talk to others openly in a similar situation, especially people you don't know" - family carer

“hope to cope better now I have a better understanding of dementia” – family carer

“Types of dementia, why, effects, how to spot signs, ways to support people with dementia. The need for patience, tolerance and communication” - community work professional

“A lot!” – friend

“I feel assured that I am dealing with my own situation satisfactorily” – family carer

"that lots of patience is needed, dementia is more complex than I realised" - professional carer

“So much... the difference between the three, dementia, vascular and alzheimer's” – family carer

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**Other Delegate Comments**

Everyone should do this course

Felt involved and at ease

Really interesting – Thanks!

Please email any further courses in Sherborne

Very informative

Excellent, time spent well – will be recommending such courses to others

Well worth attending

Fitted a lot of info in a short space of time

More of these sessions needed

Very interesting course, delivered well in a friendly informal atmosphere

It has been very informative and professional

Looking forward to the notes

A lot to take in

Thank you

## Further Training and Information Requested by Delegates

- Managing challenging / violent behaviour x6
- Self harming x5
- Emotional and mental health x4
- Parent support group (ASD) x2
- Seatbelt safety (ASD)
- Support for carers (Dementia)
- How to manage sleep
- ADHD
- Help for siblings
- Adult autism
- Substance related behaviour
- Autism in the workplace
- Social skills for young adults (ASD)
- Autism and puberty

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### Financial Report

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#### *Costs*

Research	3hours	£36
Artwork	2hours	£24
Promotion*	6hours	£72
Advertising		£30
Bookings & Correspondence	5hours	£60
Refreshments		£10
Venue hire		£108
Printing		£35
Report Prep	2hours	£24
Simply Training		£450
<b>TOTAL COSTS</b>		<b>£849</b>

#### *Income*

Grant Funding		£490
Delegate Contributions		£340
<b>TOTAL INCOME</b>		<b>£830</b>

- \*Promotion - Facebook posts and event [event details viewed by 245 people – 46 people responded]
- Email newsletters [Jan'18 = 231 views | Nov'17 = 242 views | Oct'17 = 268 views]
- Blackmore Vale magazine article
- Sherborne Times article
- Posters
- Twitter posts



John Buckley, President Rotary Club of Sherborne Castles, presents the cheque to Samantha Jane Flounders, Musician & Workshop Leader at BearCat Collective

## Training sessions in dementia and autism awareness

Home carers and voluntary and community group workers can now book a place on a professionally-run training day in autistic spectrum disorder awareness, or dementia awareness, for a heavily reduced fee as a result of an award of £490 from the Rotary Club of Sherborne Castles Community Fund.

The course will be delivered by Simply Training and is organised by local not-for-profit group BearCat Collective.

Samantha Flounders of BearCat says: "It can be challenging for families to care for loved ones who have a mental condition. Rarely does a family carer receive professional training advice, which would be mandatory for others. Our solution is to provide affordable training close to home, at a convenient time and as cheaply as possible, from a highly experienced provider. We hope that if these courses are popular, we can provide a further range of accessible training courses to the local community in future."

All courses will take place at Tinney's Lane Youth & Community Centre in Sherborne, on a Tuesday from 10am to 1pm as follows:

- 30th January - Dementia Awareness
- 6th February - Autistic Spectrum Disorder Awareness
- 13th February - Autistic Spectrum Disorder Awareness

Each session will cost only £10 per place, with refreshments provided. Each delegate will receive a certificate following completion. Contact : [training@bearcatcollective.co.uk](mailto:training@bearcatcollective.co.uk) to book a slot.

### Subsidised Training Courses

**Autistic Spectrum Disorder Awareness & Dementia Awareness**

Especially for local individuals and small local groups eg. family carers, youth, voluntary and community clubs

on Tuesdays 30th Jan, 6th Feb & 13th Feb 2018 from 10am-1pm at Tinneys Lane Youth & Community Centre in Sherborne, Dorset

To apply for a £10 place on one of these training days please write to [training@bearcatcollective.co.uk](mailto:training@bearcatcollective.co.uk)

**BearCat Collective**

Funded by a Rotary Club of Sherborne Castles Fundraisers Community Fund Award

### Subsidised Training Courses for 2018

## Autistic Spectrum Disorder Awareness & Dementia Awareness

Especially for local families, individuals and small local groups eg. family carers, youth, voluntary and community clubs

on Tuesdays from 10am to 1pm

30th Jan - Dementia Awareness  
6th Feb - Autistic Spectrum Disorder Awareness  
13th Feb - Autistic Spectrum Disorder Awareness

Sherborne Area Youth & Community Centre  
Tinneys Lane, Dorset DT9 3DY

To apply for a £10 place on one of these training days please write to [training@bearcatcollective.co.uk](mailto:training@bearcatcollective.co.uk)

**BearCat Collective**

In partnership with Simply Training  
Funded by a Rotary Club of Sherborne Castles Fundraisers Community Fund Award



**John Buckley, President Rotary Club of Sherborne Castles, presents the cheque to Samantha Jane Flounders, musician and workshop leader at BearCat Collective**

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## Talk on T E Lawrence

Blackmore Vale and Yeovil National Trust Association will present a talk by Susan Vincent (member of the Lawrence Society): T E Lawrence: his life & friends in Dorset at the Digby Hall, Sherborne on Saturday 3rd February at 2.30pm. £3/£5 (includes tea and biscuits).

Susan's talk will cover the time T E Lawrence spent in Dorset from 1923 to his death in 1935. She will focus on his time as Private Shaw at the Army Barracks in Bovington, why he bought Clouds Hill nearby and his closest friends in Dorset, who included Thomas Hardy and his wife.

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Training Courses ASD Awareness & Dementia Awareness - Sherborne

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INSIGHTS SINCE 16/10/2017

7.2k Reached 245 Viewed 46 Responded

Edit



**Subsidised Training Courses**  
Autistic Spectrum Disorder Awareness & Dementia Awareness  
Especially for local individuals and small local groups eg. family carers, youth, voluntary and community clubs  
on Tuesdays 30th Jan, 6th Feb & 13th Feb 2018 from 10am-1pm at Tinneys Lane Youth & Community Centre in Sherborne, Dorset  
To apply for a £10 place on one of these training days please write to [training@bearcatcollective.co.uk](mailto:training@bearcatcollective.co.uk)  
BecarCat  
Funded by a Jersey Club of Sherborne Garden Publishers Community Fund Award

EVENT TIPS

Help people find your Page's events

Reorder the tabs on Bearcat Collective's Timeline so that Events is one of the first tabs.

Manage Tabs

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**Training Courses ASD Awareness & Dementia Awareness - Sherborne**  
Public · Hosted by Bearcat Collective


Going

3 dates · 30 January – 13 February  
Event ended about 1 week ago

Tinneys Lane, Sherborne, DT9 3, United Kingdom

About Discussion

39 interested



**Details**

Autistic Spectrum Disorder Awareness or Dementia Awareness Training for those who care for loved ones in the home. In a relaxed, friendly environment at Tinneys Lane Youth & Community Centre in Sherborne, Dorset DT9 3DY, includes refreshments and a certificate.

This funded training is especially for individuals and small local groups, eg. family carers, youth, voluntary and community clubs.

Mental health

**Recent posts**

**Rachel Maat** — Hello. I booked a place for 13th Feb course but I've broken my ankle and can't get there. Please let me know if you plan further courses in the future...  
10 February at 10:11

**Bearcat Collective** — Feedback from today's ASD Awareness Training - What have you learned? "how to channel wired behaviour into helpful learning behaviour...and to spread..."  
6 February at 21:21

**Bearcat Collective** — These courses are provided in partnership with Simply Training, who are just launching their new website - <http://www.simplytraining.org>. There are st...  
5 February at 11:29

Example Twitter post

Home Moments Notifications Messages Search Twitter Tweet



**BearCat Collective**  
@SamOnTheFiddle

Not-for-profit group of skilled professionals & trained volunteers bringing accessible, hands-on family education & entertainment to Wessex community venues

Dorset & Somerset  
bearcatcollective.co.uk  
Joined April 2014  
557 Photos and videos

Tweets	Following	Followers	Likes	Lists	Moments
1,308	1,074	425	839	1	0

Edit profile

Raffle Prize Donations appreciated! for #Sherborne Charity #BarnDance for @UpsandDownsSW #Dorsethour @Dorset\_Hour @lzbobchilton



1 3

**BearCat Collective** @SamOnTheFiddle · 30 Oct 2017  
#Training #Dementia & #ASD Awareness for #HomeCarers & community groups - ONLY £10 #DorsetHour #Sherborne #Dementia @Dorset\_Hour please RT



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**BearCat Collective** @SamOnTheFiddle · 30 Oct 2017  
Hello @Dorset\_Hour :) this week we're busy planning workshops for summer events in the Craft & Swap Tent. Yay! #Dorsethour

