



## Pricing Structure

Valuing the input and expertise of those with lived and worked experience has never been more important. My purpose for working is to future proof my ability to support and fund the Social Care I need and progressively contribute towards my independence and reablement. At the same time, continue to work in a field I have great passion for and work towards turning my own barriers into employment into hurdles I can get under, over and around to make my future brighter. Doing what I love and have ingrained and unrivalled passion for.

### Social Care Training/ Workshop Packages

Co-produced or Tailored training workshops are usually in blocks of one or two hours and delivered remotely to enable costs to be kept low.

Onsite delivery would usually include travel costs and where required the support of a Personal Assistant and overnight accommodation if outside of the Northeast Region. If all travel and delivery can be achieved within 6 hours accommodation would not ordinarily be required.

#### **Workshops – (One off E-delivery)      1 hour is £75                      2 hours is £125.**

The cost of tailoring and delivering training workshop modules that last for up to one hour for any organisation or Local Authority is set as a package as is two hours. This comprises meeting to discuss what your needs are through Co-production, then tailoring, and delivering remotely over Teams or Zoom. As I am aware that many teams may want to combine together to receive a workshop and it's far more cost effective that way, you can fit as many as you can, but 25 places max usually is a good amount for the training to be most effective.

It can stretch to up to 40 but the quality of group work is far more diluted than I would like it to be. I would rather Local Authorities booked me twice have that rich quality of colleague reflection when I deliver. Group work within the workshops usually require the use of splitting the group into separate sub rooms for a time to work through scenarios and questions to share ideas for practice. Teams of 5 are far more productive than teams of 8 as more colleagues get to share and speak within subgroups.

The difference between one hour and two is huge as we can achieve reflective practice, more group based work and an in depth focus on the topic. One hour summary workshops usually during practice week or for events are ideal and the two-hour workshops are for teams, it is entirely what you would like and we co-create something that fits with the time and budget allocation you have.

By creating workshops through Co-production, we achieve a great way to create something custom to your current workforce challenges and aligning with the key workplace culture or themes you have or would like to convey to your Local Authority Workforce which are either driven by Principal Social Worker focus or wider Social Care Workforce development.

## Workshops Available from 1<sup>st</sup> February 2023

### Jaks Story

2-hour workshop

A judge in the 2022 Social Worker of the Year Awards, Jak has a skilled eye for spotting the secret ingredients needed for transformational and impactful Social Work.

Jak has not only had a childhood journey involving Social Care but an adult journey too. She has trained in Social Care and Education and had a working career throughout the last 30 years in Children's education, social care and Adult Social Care too and now as an Individual Employer and drawing on Social Care to meet her care needs. A journey that involves 360-degree knowledge, learning, experience, and practice which is unique and insightful.

This workshop focuses on the power of great Social Work and the influence this can have on an individual's journey. Focussing on Jak's Story which a journey of empowerment and turning barriers into hurdles. Carefully part animated to cover issues of where Social Work practice has worked and where it has not. Exploring questions such as; is the way we practice or communicate making a difference? Is what we do really working towards the best possible outcome for an individual and how active listening and creative resourcing can help in achieving a better outcome.

Moving and emotive topics are covered in a journey from drawing on children's social care, leaving care and later drawing upon adult social care after acquired illness and disability. Exploring the great strengths in good social work and factoring in where we need to consider additional requirements, reasonable adjustments and additional needs before a Care Act Assessment through to a continuing plan for meeting support needs. Considerations for tackling things a different way and ensuring the voice of those requiring care and support is a central driver throughout.

Involving reflective practice and sharing ideas participants are encouraged to be analytical about how they accomplish working with active listening principles and working with challenges and barriers to engagement.

### Sliding Doors

2-hour Workshop

Jak has always had a vested interest in the promotion of independence and although drawing on care and support now she has a trained and worked background that has included many roles. Including working in reablement and being a support worker in a short stay MDT residential setting in Stockton-On-Tees and as a reablement support worker in the community assisting those making the transitional period of support for up to 6 weeks between hospital and home or requiring a period of assessment with a view to assessing their care needs.

Jak was used to assessing adults' activities of daily living and providing care and support around these before having to experience these herself.

The boot being on the other foot being a phrase that springs to mind and experiencing a journey that has brought about a full circle and experiencing how it feels and the ever-changing landscape. A life through the lens has given great knowledge and wisdom and allowed for much growth personally and professionally to shape a better care future.

Care Planning to promote Reablement, Independence and recognising when those that draw upon social care would benefit from a different approach. Carefully part animated to demonstrate the difference between Social Work care planning to allow thriving instead of just surviving. Seeing and aligning our vision of what our care looks like to your vision of what it looks like. How to promote independence, the health difference this could make and promoting autonomy.

A comparative journey of two alternative outcomes for an individual drawing on Adult Social Care. Turning barriers into hurdles to achieve a better outcome with an emphasis on promoting quality of life, autonomy, and sense of self which in turn promotes wellbeing. How often are the right questions asked and answers meaningfully understood and transferred into an ability to grow, improve, accomplish and nurture positive difference in a care journey.

How often is this not achieved and what we can be doing to ensure the right person is driving? An interactive, reflective, engaging, and thought-provoking workshop that can be tweaked through Co-production to encapsulate key themes you wish to target or cover.

## Promoting Personal Budgets and The role of an Individual Employer

### 2-hour Workshop



learn  
from others



### Being a great individual employer: Jak Savage

Date: November 2019

#### Introduction

Jak Savage is an individual employer and employs two personal assistants to support her with her everyday care needs. Since becoming an employer just over a year ago, Jak has become more independent and is more involved in her community. She says that being an employer has enabled her to be more positive and focus on what she can achieve, rather than focusing on her condition and needs.

Nominated for a Skills for Care Accolade in 2020 in the Individual Employer of the year category by Stockton-On-Tees Borough Council, Jak received a Highly Commended certificate at an awards ceremony in London. Since then, going from strength to strength with managing personal assistants in her own home who deliver upon her care and support needs through the use of a Personal Budget for 18 hours a week plus an hour each month for a 360 degree supervision.

Jak has excelled at navigating the transition from using a commissioned care provider to doing this herself for the last five years and shares her expertise gained through the process as an individual Employer. For the first two of these years during being too ill on a managed budget progressing to self-directed and self-managed personal budget a far cry from using commissioned care through an agency.

This workshop is great for Newly Qualified Social Workers, all Social Workers and those who support through the wider Social Care workforce. Covering the role of an Individual Employer and managing personal assistants effectively. To encourage the early promotion

of personal budgets as an option to meeting support needs, also enabling current and future Individual Employers to be supported to do this role well.

This workshop includes handy resource sheets to take away to pass onto other Individual Employers who may be new to the process. Good Practice guides of how this can be done well and information guides around achieving a good 360-degree supervision, annual appraisals and fostering good practice around care planning, keeping records, COSHH, Risk Assessments and contracts.

Promoting Wellbeing of Personal Assistants in the workplace and a better care planning journey using personal budgets. Useful resources to pass on to those drawing upon care, knowledge and sharing thoughtful practice are all included in the programme. Tailored to your Local Authority and co-produced to ensure the needs and current key themes of your Local Authority or Organisation are factored into delivery.

## Doing Co-Production Well

2-hour workshop

Jak has spent the last four years co-producing and engaging with her Local Authority from co-designing questions for Social Worker and Senior Social Worker posts to sitting on many, regular interview panels to interview Social Workers for a variety of teams in Adult Social Care. Best Practice defined and through worked experience, Jak shares good practice and meaningful engagement processes to encourage Local Authorities to co-produce effectively. Managing a working group effectively to widen participation and turning barriers into hurdles



to ensure considerations are met including reasonable adjustments and being heard.

Jak is passionate about Co-production and promoting the possibilities and scope for change co-producing with those with lived experience can bring. In this workshop, opportunities for Social Care service delivery and service growth are explained and explored. Jak has co-produced with Stockton-On-Tees Borough Council on a four-month working group for the Festival of Learning in Practice week, another over two months for ADASS Northeast for the Spring Seminar 2022 and continues to now work with other Local Authorities and bodies within Social Care.

Jak has been part of a steering group for The Care Register for a joint project between NACAS and the Institute of Health and Social Care Management for the last seven months. Also as Vice Chair of the Impact and Innovation Board for the Institute of Health and Social Care Management for the last six months too. Working with a diverse selection of professionals from across Health, Social Care, Research and Training to drive innovation in the care sector.

In the last two years Jak has been engaging in Co-Production working groups with University College London's Coproduction Collective and currently as part of a working group Co-Producing their Co-Producer Programme for the last eight months which is ongoing. February and March 2023 will see Jak working with Skills for Care on workshop for *Values based approaches to recruitment and retention for individual employers: an introduction*.

Working with diversity, inclusivity and an inspiring programme that has led to changes in wider areas of life has been truly transformative. Jak celebrates the difference this has made to her life and the impact of this work in this workshop.

An Introduction to Jak's journey and her top tips for Co-Production and doing this on an equitable and equal basis for all involved are covered. The different Co-production approaches, the pros and the cons are opened up and the impact that each can have on those involved. The good, the bad and the ugly.

This workshop demonstrates that Co-production when done well can be transformative and richly fruitful to fostering trust between Local Authorities and those in receipt of support. From one hour get togethers, co-producing small initiatives, feedback, services, and the way we achieve it to working groups and steering groups and how participation should be managed through sharing best practice.

An insightful, uplifting journey to freedom is how Jak describes her journey back to the world of employability after acquiring care needs, disability and her whole life landscape changing and all thanks to the Co-production initiatives and the mindset and focus of her Local Authority and the UCL Coproduction Collective which have both triggered changes to the way Jak views her potential. Affecting how Jak rediscovered her usefulness, inspired creativity, and reignited passion to achieve employability after acquired disability and social care.

Co-Production done well, can influence and enhance future care delivery and the lives of those with lived experience drawing upon services. Harnessing a journey of innovative thinking, changes to delivery and hopefully as the landscape of reform happens, building a better Social Care. Together.

**Additional workshops will become available in addition to these above in future months but development of these would not start until September 2023.**

**Courses currently in development for April release are.**

**Embedding Compassionate Leadership - Managing Personal Assistants, Personal and Professional Development and Wellbeing**

**Me, My Identity & I – How to plan well for people to prioritise Identity.**

## Additional Work

Social Care Consultancy Rates	£25 per hour
Working or Steering Group Participation Rate	£25 per hour
Event Speaking	£150 up to half day £220 up to full day plus £80 travel subsidy.

In some cases, this cost may raise to £37.50 per hour if the work is intensive and requires additional out of group preparation with a PA and planning hours or work which would be included in the cost of attendance hou of the working or steering group.

Additionally, if this work is onsite or requires rail transport and accommodation this would be required as a transferable cost.

## Contact

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