

STRENGTHEN GROW REINVEST

SOLUTIONS+ LEARNING & DEVELOPMENT

Sharing Expertise for Community Good



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Solutions+

For more than five decades, Local Solutions has built teams with deep expertise in people-focused services. Our work has always been driven by purpose, compassion and the belief that every organisation deserves the right tools to make a difference.

Solutions+ is how we share that expertise, partnering with mission-led organisations to help them become stronger, more resilient and more effective.

What makes Solutions+ different is simple

Our support doesn't just improve organisations - it strengthens communities.

Every service is values-led, practical and affordable. And every penny earned is reinvested to expand Local Solutions' mission to:

- Tackle homelessness
- Support carers
- Empower communities

Learning & Development

Build skills, confidence and safety across your team.

At Local Solutions, we deliver training that works in the real world. Our Learning & Development offer is built around the needs of people-focused organisations, where staff confidence, safety and skills matter every day.

All training is delivered by experienced practitioners who understand frontline work. Sessions are practical, relevant and designed to give people the confidence to use what they've learned straight away.

We deliver a range of core training courses, alongside bespoke support for organisations that want to develop their workforce longer term.

Training can be delivered:

- On site at your organisation
- At Local Solutions venues
- As one-off sessions or part of a wider programme

FIRST AID (ADULT & PAEDIATRIC)

Full day

This comprehensive course equips staff with the knowledge and confidence to respond to a range of first aid situations involving both adults and children. Participants learn how to assess incidents, provide immediate care and respond calmly in emergencies. The session includes practical demonstrations, hands-on scenarios and time to practise key techniques, helping learners feel prepared to act when it matters most.

Cost: £40 per person or £400 per group (max 12)

Group size:

Maximum 12 participants with 1 trainer

Maximum 30 participants with 2 trainers

EMERGENCY FIRST AID

Half day

Designed for smaller teams or lower-risk settings, this course focuses on essential life-saving skills. Participants learn how to respond to emergencies including CPR, choking and sudden illness, with clear guidance on when and how to seek further help. The session is practical, engaging and ideal for organisations needing a shorter but effective first aid option.

Cost: £30 per person or £300 per group

MOVING & HANDLING FOR CARE

Full day

This course supports staff working in care and support environments to move and assist people safely and confidently. It covers best practice techniques, risk assessment, the use of equipment and how to reduce the risk of injury to both staff and those being supported. Training is grounded in real care scenarios and encourages good habits that protect wellbeing and dignity.

Cost: £60 per person or £550 per group (maximum 10 participants)

All costs are indicative and exclusive of VAT. Additional charges may apply depending on location, travel requirements or bespoke delivery needs.

FLUIDS & NUTRITION

Half day

This session helps staff understand the importance of hydration and nutrition in maintaining health and wellbeing. Participants explore common risks, signs of concern and practical ways to support people with their daily needs. The course is particularly relevant for care and support settings, helping staff feel confident in promoting healthy routines and responding appropriately to issues.

Cost: £30 per person or £300 per group

CATHETER, STOMA & NEBULISER AWARENESS

Half day

An awareness course designed to build staff confidence when supporting individuals who use personal care equipment. The session covers basic understanding, good practice, hygiene considerations and recognising when further support is needed. It is suitable for staff who are not providing clinical care but need to feel informed and reassured in their role.

Cost: £30 per person or £300 per group

BLOOD PRESSURE & OXYGEN AWARENESS

90 minutes

This short session introduces staff to basic blood pressure and oxygen monitoring. Participants learn what readings mean, how to recognise potential concerns and when to escalate issues appropriately. The course supports safer monitoring and better-informed decision-making in care and community settings.

Cost: £15 per person or £150 per group

All costs are indicative and exclusive of VAT. Additional charges may apply depending on location, travel requirements or bespoke delivery needs.

CAREER COACHING & PATHWAYS

We offer 1:1 or group coaching to support staff development, confidence and progression. Coaching sessions help individuals reflect on their skills, identify goals and explore next steps, whether they are new to a role or preparing for leadership responsibilities.

Cost: Bespoke

ORGANISATIONAL LEARNING NEEDS ASSESSMENT

We work alongside organisations to understand their workforce, identify skills gaps and prioritise training needs. This process results in a clear, realistic learning plan that supports compliance, staff development and long-term organisational goals.

Cost: Bespoke

All costs are indicative and exclusive of VAT. Additional charges may apply depending on location, travel requirements or bespoke delivery needs.



How It Works

We keep things simple, flexible and shaped around your organisation.

1. Discovery call

Week 1

We start with a conversation to understand your organisation, your challenges and what support would be most useful.

2. Tailored proposal

Within 5 working days

You receive a clear, bespoke proposal outlining recommended services, timescales and pricing.

3. Kick-off

Weeks 2-3

You're introduced to your named lead or consultant, and we confirm scope, priorities and delivery plans.

4. Delivery

Weeks 3-6+

Support is delivered in line with the agreed plan, with a focus on practical outcomes and minimal disruption to day-to-day work. Delivery can be one-off or ongoing, depending on what works best for your organisation.

5. Follow-up and ongoing support

Ongoing

We check in, review progress and adjust support where needed. Many organisations continue with follow-on services or additional support as priorities change.

Lead contact

Andrew Moore – Workforce Development Manager

AMoore@localsolutions.org.uk

Andrew leads recruitment and Learning & Development at Local Solutions, supporting teams to build the skills, confidence and behaviours needed to deliver high-quality services. With over two decades of experience working with staff and leaders, he focuses on practical, person-centred training that helps people grow and feel confident in what they do.



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We deliver accessible, hands-on training designed around the needs of people-focused organisations. Courses are led by experienced practitioners and focused on building confidence, safety and skills that staff can use straight away.

Get in touch

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www.localsolutions.org.uk/external-training

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