

Touch Trust Training



Prospectus

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Introduction

The Art of Movement for Health and Happiness

Touch Trust is a pioneering charity that offers unique and creative movement education, and dance programmes primarily for individuals affected by complex needs, Autistic Spectrum Disorder and behaviour that challenges, but also to other vulnerable groups in the community suffering from dementia, Alzheimer's disease and locked-in syndrome.

We aim to aid self-development and active, life-long learning within a social, creative and nurturing environment.

We promote the development of an inclusive community through the provision of creative movement opportunities for those who are isolated and often denied access to society and the therapeutic arts, also to their carer's and families.

Celebrating diversity and the integration of the disabled and non- disabled within our inclusive and prestigious facilities, we will make Touch Trust a model for community in the 21st Century.



Touch Trust Training Course

Touch Trust offers training courses for related professionals in Creative Movement Education and Touch Trust Programmes (Touch Therapy).

What is Creative Movement Education?

Creative Movement Education has taken the best points from education and therapy in the arts using the principles of the educational pioneers such as:

- conductive education
- the relevant philosophies of Steiner
- other holistic approaches
- mainstream pedagogy (importantly Piaget and Maslow).

Through practice and research we have married these approaches to the *Creative Art of Movement* ideas of Rudolf Laban to create a uniquely successful specific programme.

The Touch Trust Programme powerfully addresses health, relaxation, wellbeing, and the social and emotional needs of individuals, seeing these as essential issues in today's society.

Our movement activities have being shown to promote:

- deep breathing
- activation of endorphins
- increased circulation
- sensory stimulation
- positive body image
- partnerships
- sharing and showing
- intensive interaction
- personal expression
- positive activities
- enjoyment

Who can benefit from Creative Movement?

- Autistic Spectrum Disorder (ASD)
- Complex needs
- Depression
- Behaviour that challenges
- Dementia
- Toddlers and Parents
- Families
- Carers and professionals



Touch Trust Certificate including Movement Studies for Carers*

Course Information

Touch Trust trained staff in special schools, colleges, community houses, care homes, day centres, nursing homes and health boards have found many benefits of exercising the Programme and have commented on the positive changes noticed by the users and the staff also. The Programme is unique in its delivery and pioneering in its educational quality. School Inspectorates and Medical Health Boards see the importance of the Touch Trust Programme and the standard at which it is delivered in our partnership schools.

“An example of outstanding practice is the school’s commitment to ‘Touch Therapy’, an educational and creative multi-sensory programme involving touch, movement, music and massage. Programmes for each pupil are specifically designed to meet individual needs. Three trained Learning Support Assistants (LSAs) lead the programme and organise the sessions in a specially adapted, multisensory room. The programme is highly valued by parents and staff. Both report a wide range of benefits including pupils’ improved social interaction, increased confidence and higher self-esteem. Pupils find the sessions enjoyable and many display reduced anxiety.”

Estyn Report on Hollies Special School, Cardiff.2005

The Programme requires its leaders to be energetic and able to hold the attention of the group. The training will encourage you to holistically find confidence and satisfaction within yourself. An ethos of Touch Trust is equality and so we affirm that in our training we believe in lifelong education for ourselves and others.

Many schools and day centres have now built specialized rooms for our Programme and are making these central to their educational activities (please see ‘Compulsory Membership’ page for more details about our Provider Member Centre scheme).

Who can access this course?

The course is open to everyone with interest and enthusiasm towards disability. We often attract specialists who live and/or work in the field: teachers and teaching assistants; occupational, speech and music therapists; social workers; residential staff; care workers, nurses and parents. We also gain interest from those involved in the arts, whether studying or professionally working. Though previous experience is helpful we request only that you stay committed, open minded and, especially, enthusiastic!

Course Structure

The course runs annually from October to April and consists of:

- 4 compulsory training Sundays
- Workbooks to be completed in own time
- 30 – 40 hours of observation/leading time over the year

The 4 training days explore the theory behind Touch Trust's Creative Movement Education Programme. Prospective students are advised to check that they are able to attend **every** training day before enrolling. Students will be expected to use their own time to complete the workbooks. If deadlines are missed Touch Trust cannot be held accountable for delay in passing or failure of the course.

As detailed earlier, the course aims to prepare students to lead the Creative Movement Programme. This will require students to make ample time for observing sessions and also, more importantly, time to practically lead sections of the Programme. This experience will build towards successfully leading a full session. We suggest 30 – 40 hours of observation and practice throughout the year understanding that everyone will learn at their own pace. This can take place at the student's place of work (if agreed by Touch Trust) or any of Touch Trust's approved Centre's.

Course Content

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|--------------------------------|---------------------------|
| 1. Creative Movement Programme | 6. Intensive interaction |
| 2. Music and voice | 7. Communication |
| 3. Relaxation techniques | 8. Sensory integration |
| 4. Confidence building | 9. Safety |
| 5. Holistic philosophy | 10. Planning |
| | 11. Positivity and praise |

At Stage 1 of the course the students will explore the basic concepts of massage, passive and active movement, relaxation and the effects of music. At this stage students will explore the principles of development and holism. At Stage 2 of the course the students will explore the practical skills of touch and massage, observation and adaptation, specific movement activities and relaxation and taking the Touch Trust Session. At the end of Stage 2 students will prepare and deliver a Touch Trust session.

On placement students initially work with and 'partner' the Guests within the session whilst keeping a reflective journal. The student will begin to lead sections of the Programme, building up to lead the whole session, before leading two whole sessions again for their final assessments. In addition to the reflective journal students also keep record charts and complete written tasks on the key topics explored in the seminars.

N.B. Bespoke, shorter and intense courses can also be delivered by arrangement.

Compulsory Membership

Quality Standard

Those that have completed the course in Movement Studies for Carers Stages 1 and 2 and have the Touch Trust Certificate will be classed as Members of Touch Trust and can lead sessions in a Provider Member Centre*.

The minimum requirement for this annual individual Membership is:-

- Movement Studies for Carers Stage 1 and 2 and Touch Trust Certificate
- An annual quality assurance assessment
- Payment of an annual Membership fee

Members will achieve annual certification (authorising their ability to lead the Creative Movement Programme) upon successful completion of assessment.

Provider Membership (UK)

The Touch Trust Creative Movement Programme is a licensed programme. Only organisations that have joined our Provider Member Centre Scheme can provide the Programme. Only Touch Trust Trained Session Leaders can lead the Programme, which must be within a Provider Member Centre (*Trained Session Leaders can also become individual Provider Member Centres themselves*). Joining the Provider Member Centre Scheme incurs an annual membership fee. Fee prices depend on the number of trained Session Leaders employed at the Provider Member Centre. For more information please contact the Touch Trust office on 029 20 635 660 or info@touchtrust.co.uk.

The Touch Trust Creative Movement Programme is a licensed programme which allows only those Members with up-to-date certification to lead it within a registered and authorised Provider Member Centre.

Unfortunately, receiving official certification from Touch Trust to lead the Programme will not guarantee paid work with Touch Trust or any licensed Provider Member Centre.

Benefits of the Scheme

- Lead the Creative Movement Programme;
- Receive on-going quality control visits;
- Be included in Touch Trust's publicity material as a valued partner;
- Be associated with and included in relevant collaborations with Wales Millennium Centre – a flagship arts centre;
- Receive and ask for advice from Senior Session Leaders;
- Receive regular relevant information, resource materials and news events;
- Be linked to the Touch Trust website for more support and news;
- Be eligible to receive/attend 'twilight' sessions.

Touch Trust's Founder and Director: Dilys Price OBE, Honorary Fellow CMU

Dilys began her journey as a student of Rudolf Laban – often referred to as the ‘Father’ of modern dance. As a young dance student, she was privileged to have been taught by the master himself and he has remained a major influence on her life and work. Dilys’ Touch Trust programme is based on his principles and practices.

In 1960 Dilys became part of the teaching staff at the University of Wales Institute, Cardiff (UWIC) where she was a senior lecturer. She worked on the Human Movement Studies Degree courses and was responsible for Dance Studies. She pioneered the first British Adapted Physical Education courses for Physical Education and Movement Studies and trained teachers in this field throughout the UK. She lectured in the USA at California State University, Long Beach and at Illinois State University.

She was the Special Needs and Dance Tutor for many years for the British Association of Lecturers and Advisers in Physical Education, and Chairman of British Amateur Gymnastics (producing Recreational Gymnastic Awards for Special Needs). In Wales, she was part of a team which founded and built the Wales Sports Centre for the Disabled (UWIC) and ran the first Special Olympic activities and *Play to Grow* clubs. She was a founder member of the Wales Sports Association for Special Needs and was a consultant for Movement activities for a variety of special needs.

On her retirement she wanted to continue her work with adults and children with disabilities. She started thinking about a ‘happiness centre’ and in August 1997 she and a small group of friends sat in her living room to discuss how they would go about creating a beautiful place to be easily accessible for adults and children with disabilities. They would create a ‘Cathedral of Light’ where they would provide Touch Trust programmes and train others in this life-changing programme. Touch Trust was born.

Touch Trust grew in reputation and its big break came in 1998 when it was invited to become one of the resident companies in the wonderful flagship centre for the arts in Cardiff Bay, the Wales Millennium Centre. To be placed side-by-side with such arts organisations as Welsh National Opera and National Dance Company Wales was a real achievement and testament to Dilys’ drive and determination.

Wales Millennium Centre, Cardiff, UK

The Wales Millennium Centre (WMC) were delighted to have Touch Trust with them sharing their commitment to excellence, diversity and inclusiveness, where people from all parts of Wales with all abilities could benefit through working and playing closely together.

In 2004, WMC opened for business and Touch Trust was there with its beautiful purpose-built suite. Funding kindly came through the Welsh Government and the Arts Council Wales. Through Touch Trust’s time at WMC they have grafted great partnerships with their neighbouring resident organisations, participating in acclaimed projects and events, and expanding their space within WMC enabling more guests to access the Programme.

www.wmc.org.uk

For more information about Movement Studies for Carers and Provider Membership please contact;

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Touch Trust

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"I am very happy to provide a recommendation for Touch Trust in their role as provider of a unique and high quality service to people with a learning disability. My endorsement of Touch Trust comes from two sources. The first has been through my specialist epilepsy service in which I see many individuals with complicated physical, cognitive and emotional disabilities. Many of these attend Touch Trust and over the years I have had nothing but the highest praise from these families and carers about both the quality of the service and, most importantly, about the positive changes in emotional and physical well-being they see in the individuals. It was these endorsements that led me to meet with Touch Trust directly and see for myself the exceptional environment and input they provide for these individuals with complex needs, leading to real change in people's lives"

Professor M Kerr

Professor Learning Disability Psychiatry

Welsh Centre for Learning Disabilities 2011

