



Stepping Out Workshops

The Stepping Out Programme

Stepping Out promotes self-management skills after stroke. There are 3 main components:

- A workshop for stroke practitioners to learn effective skills, theory and research relevant to stroke self-management and how to deliver the Stepping Out approach successfully.
- One-to-one sessions with stroke survivors.
- A Stroke Workbook to support survivors' self-management.

Team Workshops: we come to you

A two-stage certification process of two separate workshop sessions with an intervening period of 3-6 months.

Session 1 (Introduction) explains the Stepping Out Programme and how to use the Stroke Workbook.

Session 2 (Follow up) requires participants to report on and discuss at least one Stepping Out case study.

Open Workshop: based at St George's University of London

Later this year we will hold our first Open Workshop for individual practitioners who are unable to host their own workshop. The Open Workshop includes both the Introduction and Follow-up sessions and will be held at St George's University of London. Full details are available on request or through the website.

Who are the workshops for?

Workshops are aimed at all stroke professionals, including nurses, physiotherapists, occupational therapists, speech and language therapists, psychologists, doctors and any other health care practitioners working within the stroke pathway.

How much does it cost?

Team Workshop: we come to you

£2950 for up to ten participants.

Additional participants (up to a maximum of 20) at £245 per participant.

Open Workshop: based at St George's University of London

£350 per participant.

Costs include 5 copies of the Stroke Workbook and resource pack per participant, access to our web-based interactive discussion forum and email support. Costs do not include travel and overnight accommodation (if required) for one Stepping Out trainer, venue hire or catering costs, post and packaging.

Other costs:

Additional copies of the Stroke Workbook can be purchased for £12.50 per workbook or 50 copies for £600.

All costs are fixed until end of 2008.

Contact details:

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steppingout

a stroke self-management programme

www.steppingoutuk.org.uk

Workshop Booking Form

Please fill out the Booking Form and return it to the Stepping Out team at the following address:

**Dr Fiona Jones, Stepping Out Programme Director, Faculty of Health and Social Care Sciences,
Grosvenor Wing, St Georges University of London, Cranmer Terrace, London SW17 0RE.**

Alternatively, e-mail your requirements and details to stepout@hscs.sgul.ac.uk

Please tick which type of workshop you require.

Team Workshop: we come to you

No of participants:

Location:

Open Workshop: based at SGUL

Name:

Position:

Address:

Postcode:

E-mail Address:

Telephone No:

Invoicing Address (if different from above):

Postcode:

Other details (e.g. purchase order no):

Authorising signature: I understand that once a workshop/place has been confirmed my organisation is committed to payment (subject to terms and conditions).

Signed:

Terms and Conditions

- A full refund will be given if notice of cancellation is received a minimum of 28 days prior to the first workshop session.
- Cancellations received between 28 and 10 days prior to the first workshop session will be subject to a 50% administration fee.
- No refund for cancellations made less than 10 days prior to the first workshop session.
- Cancellations must be received in writing.
- Substitution of delegates is acceptable at any time.
- In the event of cancellation by the organisers, liability will be restricted to refund of fees paid.
- Speakers, content and timing of Workshops is at the organisers discretion and may be changed at any time.