

Safeguarding Adults



About Us

We're a passionate, lived experience-led team delivering training and consultancy across health and social care.

With over 30 years' experience, our teams have worked with organisations such as the NHS, local authorities, and large care groups to develop and roll out training programmes, safeguarding strategies and more.

Our training is shaped by those who know care best. Every member of our training team brings a unique depth of insight, either through active roles on the social care frontline or through personal lived experience. This brings authenticity, empathy, and relevance to every session, making learning practical and deeply impactful.

We don't just deliver training. We partner with organisations to understand their needs, support workforce development, and drive meaningful change in practice.

Our mission is to empower people, shift cultures and drive quality.

Quality assured care learning that is current, accessible, real and engaging



2,600

Care staff trained



200+

Courses delivered



94%

Average course rating

EXCELLENT



Based on 52 reviews

Google



Sue Middleton

9 April 2025



Just had Oliver McGowan training with one stop training. very engaging and easy to understand, easy to follow but



Laura Templeman

8 April 2025



We had Jenny and the team come to my workplace and carry out the training for Tier 2 Oliver McGowan, we all found the

Commitment to Quality

We're proud to hold a number of nationally recognised quality marks that reflect our commitment to delivering safe, inclusive, and impactful training across health and social care. These endorsements are more than just badges. They represent our dedication to meeting national standards, championing lived experience, and continuously improving the way we support learners and services.

Each [Quality Mark](#) we hold has been earned through rigorous assessment and reflects the trust placed in us by organisations such as the Department of Health and Social Care, Skills for Care, Highfield, and the Hertfordshire Care Professional Academy.

We value 1Stop as an independent business and organisation, who are able to really understand our needs. They are an excellent partner of ours and we really value working with them – Druglink

Funding for Training

1Stop Training are proud to be a Hertfordshire Care Professional Academy Quality Assured Training Partner for the year 2025/2026.

If you are a care service based in Hertfordshire, and you are an [HCPA Member](#), you can access funding for social care training.



Training subjects that can be funded include: Adult safeguarding and capacity, Care Planning and Recording, Caring for individuals living with Dementia, Fire safety, Food hygiene, Infection prevention and control, Medication administration, Mental Capacity, Moving and Assisting people, Supporting Autistic individuals and Supporting individuals with a Learning Disability. Terms and conditions apply. [Click here to find out more.](#)



**Department
of Health &
Social Care**

Eligible adult social care employers in England can also claim staff training costs from the Adult Social Care Learning and Development Support Scheme, provided by the DHSC. The LDSS is available for non-regulated care staff, including deputy and Care Quality Commission-registered managers and agency staff, within the adult social care workforce. [View funded training courses and qualifications here.](#)

Funded opportunities include the Oliver McGowan Training and the Level 2 Adult Social Care Certificate. You can read more about the LDSS scheme and eligibility criteria [here](#).

Course List

Course	Overview	Delivery Method	Duration	Maximum Number of Learners
Autism and Behaviours of Concern (Tier 2)	This course supports staff in understanding and responding to behaviours of concern in autistic individuals. Learners will explore how capable environments, communication needs, and staff actions influence behaviour, and how distress can be reduced through person-centred planning. The course highlights the importance of wellbeing, sensory awareness, and recognising unique expressions of joy. It also covers de-escalation techniques, crisis planning, and the risks of restrictive practices, promoting respectful, strengths-based support that honours individual preferences and autonomy.	Virtual or In Person	6 hours	16
Autism and Safeguarding (Tier 2)	This course supports staff to safeguard autistic people in a way that is person-centred, rights-based, and informed by current legislation. Learners will explore how to balance duty of care with individual preferences, promoting autonomy and positive risk-taking. The session highlights types of abuse that may disproportionately affect autistic individuals and	Virtual or In Person	3 hours	16

	<p>how to recognise signs of neglect, exploitation, and unsafe relationships. It also addresses online safety, including the risks and rights associated with digital platforms and social networking. Practical strategies are introduced to help autistic people understand and avoid harm, while maintaining choice, control, and dignity.</p>			
Autism and Safeguarding (Tier 3)	<p>This course is designed for experienced practitioners and leaders who support autistic people at risk of harm. It explores the complex interplay between safeguarding, autonomy, and rights, encouraging critical reflection on how legal and ethical frameworks shape practice. Learners will examine how autistic traits influence relationships and vulnerability, and how technology can both empower and expose individuals to risk. The course also considers how safeguarding policies can be misused or become oppressive, and introduces strategies for leading inclusive, rights-based service provision that protects autistic people while promoting their freedom and dignity.</p>	Virtual or In Person	4 hours	16
Mental Capacity, DoLS, and Restrictive Practice Awareness (Adult Social Care)	Course Under Review	-	-	-

MCA and DoLS for Leaders and Managers (Adult Social Care)	This full-day course is designed for leaders and managers in adult social care who are responsible for ensuring lawful, person-centred practice under the Mental Capacity Act (MCA) and Deprivation of Liberty Safeguards (DoLS). Learners will analyse the legislative framework and associated codes of practice, exploring how the principles of the MCA guide assessment, support planning, and care provision. The course covers best practice in capacity assessments, approaches to maximising decision-making, and how to identify and respond to arising and accumulating risks. Participants will examine restrictive practices and deprivation of liberty, including how to meet legal requirements and recognise when thresholds are met. The session also explores partnership working in best interest decisions, evidencing proportionate restrictions, and how case law informs current practice in capacity, consent, and defensible decision-making.	Virtual or In Person	6 hours	16
MCA for Leaders and Managers (Adult Social Care)	This course is designed for leaders and managers in adult social care who are responsible for ensuring lawful, person-centred practice in relation to capacity and consent. Learners will explore the legal framework underpinning the Mental Capacity Act, including its principles, codes of practice, and	Virtual or In Person	6 hours	16

	<p>relevance to care planning and treatment decisions. The course covers best practice in capacity assessment, when and how to make and record best interest decisions, and the importance of taking a less restrictive approach. Participants will examine the best interest checklist, the powers and limitations of Lasting Power of Attorney, and the differences between advance statements and advance decisions to refuse treatment. The session also introduces the roles of the Court of Protection (COP) and the Office of the Public Guardian (OPG), and explores how case law continues to shape practice in capacity, consent, and the provision of care.</p>			
Safeguarding Adults for Social Care (Awareness)	<p>This course provides a comprehensive foundation in safeguarding adults, grounded in current legislation, national frameworks, and local systems. Participants will learn to identify the 10 types of abuse, recognise risk factors, and respond appropriately to disclosures. The course emphasises professional curiosity, the importance of consent and information sharing, and the central role of Making Safeguarding Personal in promoting dignity, safety, and empowerment.</p>	Virtual or In Person	3 hours	16

Safeguarding for Leaders and Managers (Adult Social Care)	<p>This course is designed for leaders and managers in adult social care who are responsible for embedding effective safeguarding practice across their services. Learners will explore the legal, policy, and practice frameworks that underpin safeguarding, and examine how legal literacy supports confident, defensible decision-making. The course introduces strategies for embedding professional curiosity, identifying risk factors linked to closed cultures, and applying the principles of Making Safeguarding Personal. Participants will analyse the challenges of positive risk-taking, understand the distinction between 'considering' and 'suspecting' abuse as outlined in NICE guidance, and learn how to escalate and manage complex cases through partnership working. The session also covers the safeguarding enquiry process and approaches to developing a confident, competent workforce that consistently delivers safe, person-centred care.</p>	Virtual or In Person	6 hours	16
Safeguarding Adults for Healthcare Level 1	Coming Soon	-	-	-
Safeguarding Adults for Healthcare Level 2	Coming Soon	-	-	-

Safeguarding Adults for Healthcare Level 3	Coming Soon	-	-	-
Supporting Behaviours of Concern	Coming Soon	-	-	-



info@1stoptraining.co.uk
www.1stoptraining.co.uk
01727 322483
