

Community Lives

Community Inclusion Training for workers supporting people with learning disabilities to get the lives they want.

Community Lives training has been specially designed by NDTi for organisations and groups that support people with learning disabilities. It:

1. Shows new ways to help people (including people with complex needs) to lead 'ordinary lives', meeting the Valuing People Now vision.
2. Offers real value for money in these tough financial times by supporting people with learning disabilities to take opportunities and use resources more in their communities, often with no direct cost to the organisations involved.

Community Lives helps front line staff and managers to understand what community inclusion really means and how it helps them to be more person centred. This can change both lives and services at the same time as making progress with policies like Valuing People Now and The Big Society. For organisations providing services it can help thinking about how to get better value for money as a result of people with learning disabilities doing more of the things that non-disabled people do.

Community Lives training is:

- Fun, energetic, helps to make real change happen and helps the people who take part to develop their own skills and knowledge
- High quality, action based training at a low cost per head. Training can be delivered to groups of up to 30 people, giving a cost as low as £25 per person for one day.
- Flexible, with two different courses (one day and four day) and special tailored made courses available (see over for details). Mixed groups can also take part, including people with learning disabilities, families, carers and people from different groups and organisations.

Community Lives is led by Jo Seddon. Jo inspires people through her strong belief in community inclusion for people with learning disabilities and her practical ideas and experience in really making it happen. Some quotes from people who have taken part in Jo's training show this:-



'Really well presented, thought provoking and inclusive training. You've done your job well - people won't all walk away from this and promptly forget it! Thank you.'

'Jo was "Ace" - very interesting live examples relevant to our work.'

'This was a fantastic session and allowed me personally to re-focus on what I do and why.'

'A very enjoyable day and gave me a sense of our future.'

Contact us to find out more and discuss how NDTi could support your organisation

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Two Community Lives courses have been developed:

- A one day course introducing community inclusion and networking. It will help people to develop knowledge, skills and ways of supporting people with learning disabilities to lead the lives they want in our communities. This course is suitable for a wide mix of people: front line staff; managers; people with learning disabilities and their families; carers and people from a range of organisations and groups in the community.
- A four day course, starting with the one day above, followed by more in depth work on different ways of improving community inclusion and new ways of working which can help people with learning disabilities to take part more in their communities.

More information on what people taking part will learn is shown below. We can also design courses specially to meet the needs of different organisations and groups, including the areas shown below – and / or other topics which organisations want to include.

Day 1 – Introduction to Community Inclusion – making a difference

By the end people will know about community inclusion, how it links to 'personalisation', and why people get excluded from 'ordinary life'. Staff will learn about how they can support people in different ways to stop exclusion happening and how to find and use new (often free) opportunities that are open to people in their communities. Staff will also think about what their own organisation is doing to promote real inclusion and given support and resources to work in new and exciting ways.

Day 2 – Community Mapping

The day explores what we mean by 'community' in all its parts and what potential barriers there are for people with learning disabilities to participate and contribute. Staff will look at their own current practice in supporting people to access mainstream opportunities of their own choosing and try out new approaches and strategies. The day looks at how we relate to community organisations and form allies as well as the opportunity to do a practical exercise in community mapping for inclusive opportunities and welcome. The day is designed to encourage positive thinking about community and developed confidence and passion to break down barriers.

Day 3 - Person Centred Approaches, Supporting Friendships and Relationships

This will enable people to identify the differences between person led and service led approaches and reflect on their own views about being person centred. The day will explore how we communicate and help others to communicate, including how we hear and support people's dreams. Staff will learn about the best ways to help people make friends and develop relationships beyond services and tackle things which can get in the way of friendships developing for people with learning disabilities.

Day 4 – Using the Inclusion Web and Community Building

Participants will leave knowing about different ways to measure outcomes and gather evidence about community inclusion for people with learning disabilities, such as *The Inclusion Web*. People taking part will know about key skills and new approaches for community building and accessing resources and support.

This training has already been done with thousands of staff. The evidence is that people end the course with a new enthusiasm for community inclusion, with many becoming champions, going forward themselves and inspiring others to make a real difference.