



## The 'Protect Yourself and Others' training Pack

**MENCAP**  
*Understanding learning disability*

Mencap endorse  
The 'Protect Yourself and Others' training Pack

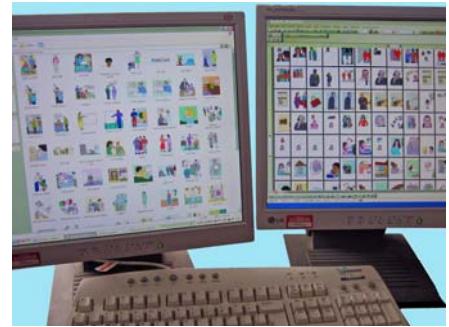


## The Protect yourself and Others' pack

The 'Protect Yourself and Others Training pack' is designed to be an accessible course in 'Adult Protection Training' for people with a learning disability.

The pack has:

- A disc of over 240 abuse related images. These images have already been used in accessible information by the Adult Protection Teams in Sunderland, Newcastle and North Tyneside.



- The training has a detailed course guide that shows exactly how to run the training.



- The training has many group exercises. One exercise includes the use of 58 A4 abuse related picture cards.



- The course also has three completely image based PowerPoint presentations which look at:

1. Understanding the Different Types of Abuse
2. Signs and Symptoms of Abuse
3. Telling People About Abuse



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**Here are some of the comments about the pack**

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**MENCAP** : "Mencap supports the **Protect yourself and others pack**".  
*Understanding learning disability*


'The training is well thought out, pitched at a good level for many people with a learning disability and tackles sensitive issues in a realistic way. The language is clear and unambiguous and the trainers notes are well thought through'.



**From the Health Care Commission:**

The 'Healthcare Commission has reviewed the material and believe it could be of benefit to any person or organisation seeking to provide high quality and safe services to people with learning disability'

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Northumberland, Tyne and Wear   
NHS Trust

**From Hillview Psychology Service:**

'This is an excellent, clear and well thought out course which is long overdue. It will be an effective tool in empowering people with learning disabilities to protect themselves and others from abuse. The pack will give people the practical knowledge and the confidence to know what to do and how to get help if they or others are being abused'

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## How to 'Order the Protect Yourself and Other's Pack'

The 'Protect Yourself and others' pack	How many Packs do you require?
Cost of Pack £120 {Advocacy Groups £80}	

Total Cost

Please Tell us where to send the packs:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please send you're completed form to:**

Sunderland People First, 30 Roker Park Road, Roker Sunderland, Tyne and Wear,  
SR6 9PG

Or email your details to: [contactspfmembers22@f2s.com](mailto:contactspfmembers22@f2s.com)

Phone 0191 549 8168

**An invoice will be sent out with the packs – please contact us if you wish to pay by BACS and we will give you the SPF banking details.**