

# SOCIAL INCLUSION TRAINING PACK



## The Social Inclusion Planner has evolved...

### A Training Pack for Front Line Staff teams

We spent ten years listening and analysing the things you do to support people participate in community life. We fed the learning into training sessions for thousands of people in hundreds of organisations, and learnt some more. We built all it into a software package, and listened again as people wrestled with technical difficulties with the way the materials had been presented.

The core ideas have now been formed into a training pack containing practical exercises, a worksheet, study cards and an extensive reference list. Apart from a pen or pencil, you need no fancy equipment to access over 100 ideas, stories and hints.

This pack, supported by your ability to learn, adapt and innovate, will broaden your repertoire<sup>1</sup> and help you to do the right thing at the right time for each person you support. You will learn about new ways to offer support to individuals and communities so that they can get along together and enrich one another's lives.

Many of the cards include references to further reading.

Every intervention described in the study cards is illustrated with a true story drawn from the workplace, clubs, shops and universities – almost every aspect of community life is addressed. Barriers come down and friendships are triggered as people work and study alongside each other, talk over the garden fence, and enjoy a cappuccino in the cafe.

You will be helped to listen carefully to people and to plan thoroughly with them for successful inclusion in neighbourhoods, workplaces and interest groups. You will systematically address the seven areas<sup>2</sup> that need to be considered if the inclusion plan is to be sustainable. You will reach beyond mere attendance toward true belonging and contribution, for yourself and the people you support.

<sup>1</sup> We have analysed 650 inclusion plans developed with the help of the *Social Inclusion Training Pack* and found that they contain an average of 32% of interventions that were new ways of working for the supporters concerned. The resulting plans were more creative, diverse and person-centred.

<sup>2</sup> We outlined these 7 steps in the English and Scottish training packs on the Ten Essential Shared Capabilities for Mental Health Practice, and the principles hold good for any citizen at risk of being excluded.

The *Social Inclusion Training Pack* is available from the *National Development Team for Inclusion*, price £20 plus £5 p+p (postal charges to countries outside the UK may vary). People make best use of it when it they complete our training *Strategies for supporting individuals to build connections* and receive a copy of the pack at the end of the day. Contact the NDTi office to place your order for the training day and/or the *Social Inclusion Training Pack*.

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