

# Get On-Board The Training Network

## User-Led and Carer-Led Training Network Launch



**Tuesday 6th November 2007**

The Bordesley / Muath Centre, Camp Hill, Birmingham B11 1AR



## Welcome

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Skills for Care West Midlands would like to welcome you to today's exhibition to launch an exciting new network of user-led and carer-led training providers in the West Midlands. At today's event, you will have an unrivalled opportunity to meet and talk to a broad range of training providers from across the region, each of whom has their own unique brand of expertise, offering staff development and training for service users in areas as diverse as:

- how to ensure disability equality in services and at work;
- taking control of your Direct Payments;
- user-controlled services;
- making meetings accessible to people with learning difficulties;
- supporting young carers to build networks;
- enabling women to make changes;
- and much much more....

Many of the exhibitors will be making brief presentations throughout the morning, explaining how the training and support they offer can help your organisation. The face of social care is changing with service users and carers playing far more of a central role in directing how services should be run, delivered and managed. Who better therefore to train your staff than experts who are also carers and people who use services!



The presentations this morning will be graphically explained and illustrated to make things clearer and easier to understand. Skills for Care West Midlands would like to thank New Perspectives for organising today's launch and the Bordesley / Muath Centre for hosting this important event.

Please enjoy the presentations. Take time to relax over a free buffet lunch, browse the stands and network. Skills for Care West Midlands hopes this will be the first of a series of such events, showcasing and bringing together user-led and carer-led training providers for their mutual benefit and support, whilst also assisting those involved professionally to access some of the best, most powerful and practical staff development tools available today.

**Jan Burns**

**Skills for Care West Midlands Regional Development Manager**

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## Programme for the day

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10.00am	<b>Registration and refreshments</b>	
10:30am	<b>Welcome and housekeeping information</b> by Jan Burns, Regional Development Manager, Skills for Care West Midlands	
10:45am	<p><b>Sandwell People First</b> 'Training led by people with learning disabilities: the added Value!'</p> <p><b>Birmingham Women's Advice and Information Centre</b> 'Enabling Women to Make Changes'</p> <p><b>Coventry Young Carers Project</b> 'Understanding the Needs of Young Carers'</p> <p><b>Spectrum West Midlands Mental Health Network</b> 'Reaching the parts other training doesn't reach!!'</p> <p><b>Powerful People discuss training and easy words</b></p>	
11:50am	<b>Comfort Break</b>	
12:15pm	<p><b>Young Voices of Twelve</b> 'A day in the life of a young carer'</p> <p><b>Council of Disabled People Training Consultancy, Coventry</b> 'The difference between disability awareness and disability equality'</p> <p><b>The Art of Living Foundation</b> 'Coping with Stress and promoting Health &amp; Well Being'</p> <p><b>Solihull Mind</b> 'Proud, Passionate and Professional'</p>	
1.15pm	<b>A complimentary hot and cold finger buffet lunch will be available</b>	
1.15pm - 4.00pm	<b>Opportunity to look round exhibition stalls and network with exhibitors</b>	

**Sandwell People First** supports people with learning disabilities to speak up for themselves so people can make their own choices and decisions about their lives, take control of their lives and be treated as equal citizens.



At People First we:

- Support People First members to learn about self-advocacy
- We manage our own organisation and employ our own staff
- We make sure the membership reflects the diverse population
- We make services better for people with a learning disability
- We ensure People First members understand the work they do
- We have a training team led by people with learning disabilities. This team trains council staff as part of the Learning Disability Qualification
- We also train staff in private providers and nursing students from Wolverhampton University.

Putting people with learning disabilities first

**Tel: 0121 5300 813**

**Email: sandwellpeoplefirst@hotmail.com**



**BIRMINGHAM WOMEN'S ADVICE  
AND INFORMATION CENTRE  
(BWAIC)**

**Birmingham Women's Advice and Information Centre** has twenty-four years experience in the planning, design and delivery of workshops. Our Coordinator has organised and facilitated significant residential and non-residential events lasting from one to four days, addressing issues like equality and diversity or developing the skills and knowledge for effective lobbying.

We deliver short courses addressing specific issues including domestic violence, for example. And our Volunteer Training package, which is accredited through the Open College Network, is available as a twelve day course or separate one or two day modules addressing, equal opportunities, confidentiality, domestic violence, active listening, confidence building / assertiveness and the rights and responsibilities of volunteering. Our Coordinator was invited to speak at the 2006 Labour Party Conference and is an "inspirational speaker" according to the Women's Issues Network of the Department of Constitutional Affairs.

**Tel: 0121 212 1881**

**Email: carole@bhamwomensadvice.org**



**Coventry Young Carers Project.** The needs of young carers range from basic recognition of their roles as carers, to the support they need to achieve their life ambitions. Being a young carer often restricts a conventional childhood.

Due to their role as carers their spare time can be restricted, so they cannot commit to clubs, sports or hobbies, which also restricts their chances of forming friendships.

They need a support network, which fully understands the issues affecting them. This can be achieved by projects exclusively for them, where they meet and socialize with other young carers and form friendships. Other young carers will understand if caring commitments limits attendance of group activities, or if another young carer is feeling low.

They need support from other groups like healthcare workers and social care workers. The responsibilities they undertake in their role of carer can often be underestimated and misunderstood. Healthcare workers need to include them in discussions involving the treatments and the dispensation and care of any medication given. They may also be worried when social care workers are involved in their family welfare, again their inclusion in the discussions may allay their fears.

**Tel: 02476 785658**

**Email: [pat.mulqueen-wood@coventry.gov.uk](mailto:pat.mulqueen-wood@coventry.gov.uk)**



**Worcester Mental Health Network** is a county wide registered charity with offices based in Worcester. We exist to ensure service user and carer involvement is an integral part of the delivery and development of mental health services in Worcestershire.

Tackling the stigma attached to mental health and providing educational materials and information is a large part of what we do. To this end the SPECTRUM TRAINING GROUP provides a wide variety of mental health training for external organizations in the public, private, statutory and voluntary sectors.

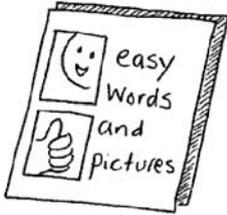
The group provides training to a wide variety of professionals and volunteers including; housing association staff, West Mercia staff, GP surgery staff, charity development workers.

The key to the success of the Training we offer is that it is service user and carer developed and delivered – those who attend have remarked that the real life experiences shared are often what leads them to want a better understanding of mental health issues.

For more information please contact our offices on **01905 724 583** or by email **[worcsmentalhealthnetwork@btconnect.com](mailto:worcsmentalhealthnetwork@btconnect.com)**



**Powerful People is run and controlled by learning disabled people.** We work together as a team. When Powerful People get asked to do some work we all sit down and talk about how we are going to get the work done.



Powerful People make hard words easy to understand using easy words and pictures. Some of the information we have made easy to understand are: Leaflets, reports, agendas, minutes of meetings, timetables, letters and booklets. **These are a few of the things we can make easy to understand, there are lots more!**



We also deliver training **about why it is important to make things easy to understand.**



Some of the people we have delivered training to are: psychology students, service providers, advocacy organisations and disability organisations.



**All our work is good value for money!**

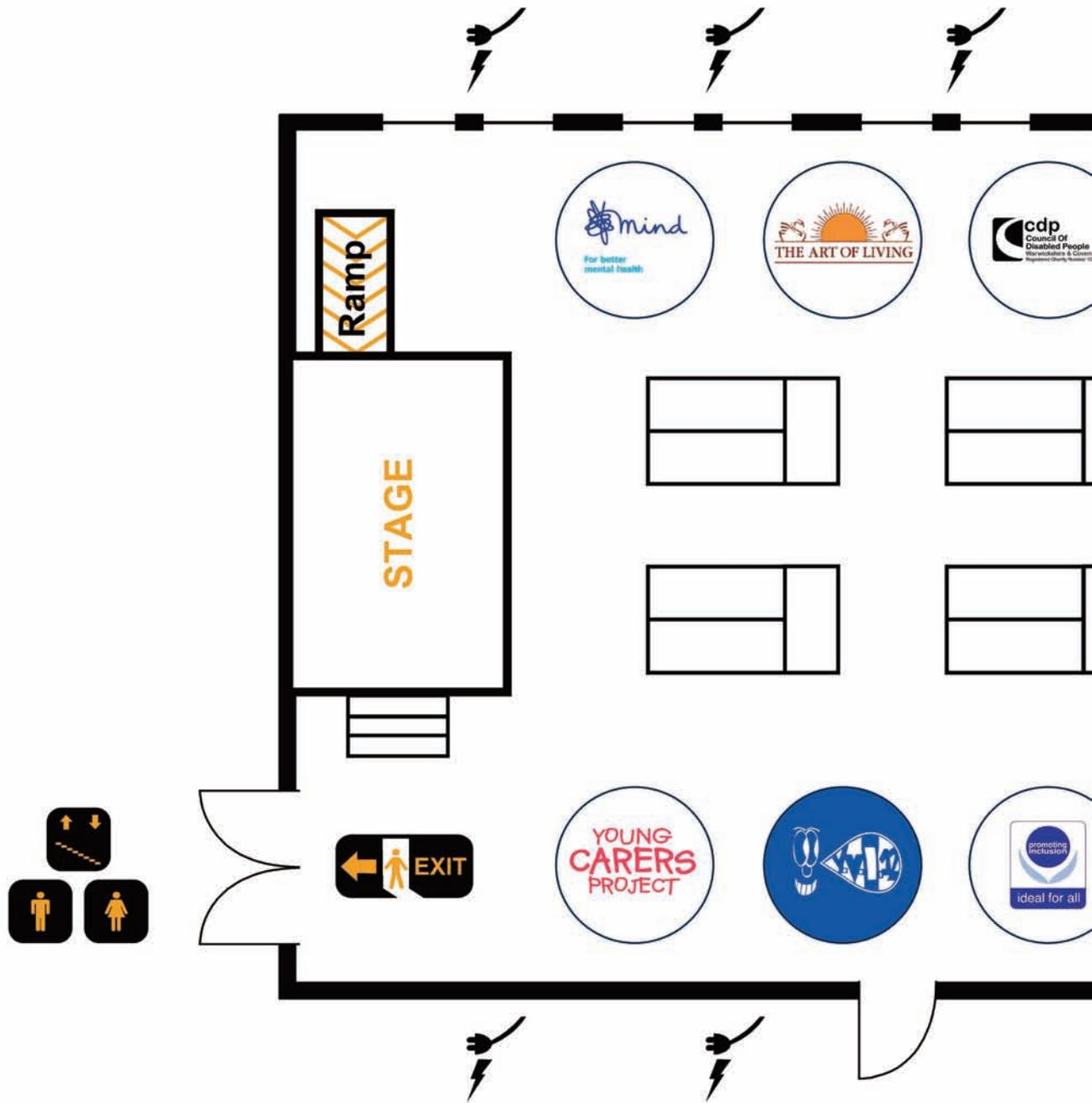


**Powerful People  
c/o People First BirminghamBVSC  
138 Digbeth  
Birmingham  
B5 6DR**



**Tel: 0121-678-8857  
powerful.people@yahoo.co.uk**

# Exhibition Floorplan



## Key to symbols:

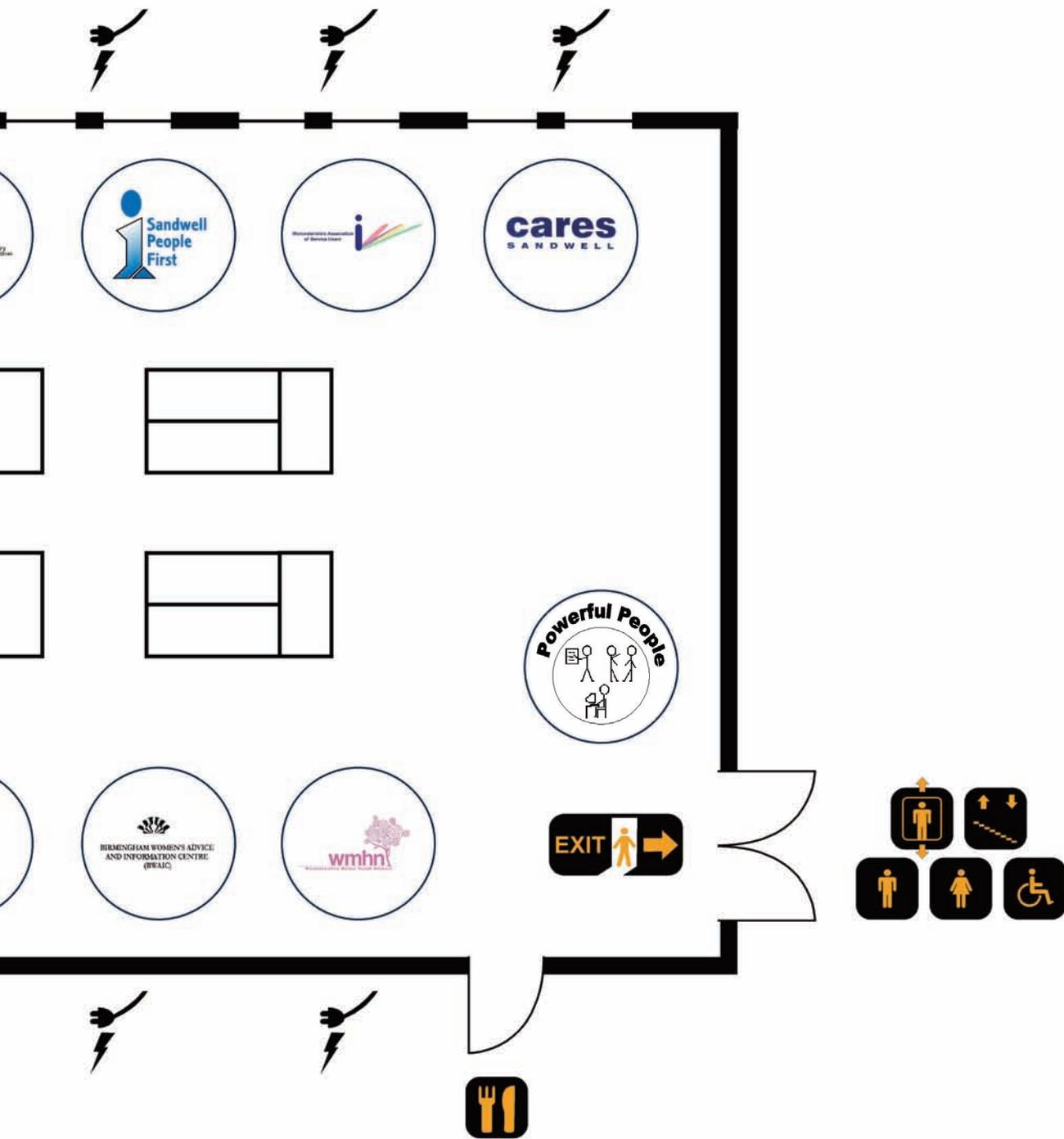
 Emergency Exit

 Stairs

 Lift

 Plug Socket

 Lunch and Refreshments



**Toilets:**



Male



Female



Accessible





## Young Voices of 12

A young carer is someone under the age of 18 who cares for their mother, father, siblings, other relatives, or friends.

This care could range from doing the shopping, as the parent might not be able to, to near full-time care as the person they care for has a life altering illness. They could even be their primary carer. A group was set up to support young carers called the Coventry Young Carers Project in 2002.

Four years ago a group of 12 young carers from the project decided to set up a group called the Young Voices of 12 and the purpose of this group is to promote Young Carers and to get our voices heard. A part of that is teaching and training professionals, for example teachers, doctors etc. as they affect our everyday lives and if they know who we are and what our life involves, it would make our lives that bit easier.

**Tel: 02476 785 658**

**Email: [mitchellheath@hotmail.co.uk](mailto:mitchellheath@hotmail.co.uk)**



**The Council of Disabled People Warwickshire and Coventry** is an organisation of disabled people which campaigns for the rights of disabled people and provides a range of services to further their independence and choices, promoting the full inclusion of disabled people into the mainstream of society.

The Training and Development section provides a portfolio of courses which are designed to develop understanding, increase knowledge and provide more awareness of Disability Equality principles and practice.

We provide a full range of courses ([www.cdp.org.uk](http://www.cdp.org.uk)) looking at how disability impacts upon organisations and staff. The ultimate aim of all our training is to help participants to become more informed, competent and confident about the issues that affect disabled people. All our courses use a mixture of proven and respected training techniques which are designed to inspire and motivate people to make real tangible improvements to the quality of life for disabled people in mainstream society.



- To live fully and freely is an art, requiring skill, intuition, creativity, and knowledge.
- The course offers simple yet powerful techniques that relieve stress and improve clarity of thought.
- A very simple and enjoyable program that introduces ways to live a happier and healthier life using the three basic elements.

**The Art of Living Course** is a deeply introspective and fun course; the Art of Living Course is enjoyed by people of all backgrounds, cultures and traditions in over **140 countries**.

The course integrates practical wisdom, ancient spiritual knowledge and health practices to increase individual well-being at all levels - including the physical, mental, and emotional.

The cornerstone of the course is the Sudarshan Kriya, a powerful technique that helps relieve stress, purifies and rejuvenates both the mind and body. It is known to have beneficial effects on the physiology, nervous system, endocrine system and the immune system.

**For further information contact: Viren on 07866 968085**



For better  
mental health

Solihull Mind, a user-led and user-run organisation has been providing a wide range of services for over 20 years. They first developed user-led training in 1993.

The present trainer, Rosemary Wilson, who comes from a teaching background, has been in post since 1999.

She is an expert by experience having used secondary mental health services since 1992. Rosemary offers training to a wide audience, from statutory and non-statutory services and universities, through local government and housing associations, to small voluntary groups.

Rosemary draws on a wide personal experience of mental health, the experiences of colleagues and service users at Solihull Mind and other friends, the internet and user literature. As an Expert Advisor to Shift and the National Social Inclusion Programme and a member of the Solihull National Pilot Primary Care Collaborative, she is in touch with current thinking and best practice. Rosemary works with service users on empowerment, user involvement and self-management issues.

**Tel: 0121 742 4941**

**Email: [contact@solihullmind.org.uk](mailto:contact@solihullmind.org.uk)**

- **The Carers' Advice and Resource Establishment, Sandwell (CARES)** is a carer led voluntary organization providing information, advice and support to unpaid family carers in Sandwell.
- The Charity has 21 years' experience of working with and supporting carers, helping meet carers' needs and improving their quality of life.
- CARES can offer access to carers with a lifetime of experience of caring and can provide staff and volunteers who are able to identify and meet carers' assessed needs. The Charity can provide details of current legislation and good practice and can help develop carer awareness programmes.
- CARES' contact details are as follows:  
**Geoff Foster,**  
**Chief Executive, CARES, Edward Cheshire House,**  
**2 Bearwood Road, Smethwick, B66 4HH.**  
**Tel: 0121 558 7003**  
**Email: [cares.sandwell@btinternet.com](mailto:cares.sandwell@btinternet.com)**



**Ideal for All** is an award winning user-led charitable organisation run by and for disabled people. It provides a range of social and health care services to support disabled people, carers and disadvantaged groups, to learn new skills and live as independently as possible.

Its main base is the state of the art Independent Living Centre where the services have been planned and designed around the needs of the people using them. The Life Long Learning Service offers a range of opportunities from accredited ICT training to Confidence Building as well as training to external bodies in Disability Awareness, Social Model of Disability and Equality.

IFA is based in Sandwell, in "The Black Country". There are six main towns which make up Sandwell; Oldbury, Rowley Regis, Smethwick, Tipton, Wednesbury and West Bromwich. IFA can be reached on **0121 558 5555**.



**Worcester Association of Service Users** believe that service users are well placed to offer training to Health & Social care staff & professionals from other organisations that provide services locally. We have a training group that undertakes a variety of exciting tasks geared to help people understand things from a service user's point of view. Recently the WASU trainers have been working with staff at the Primary Care Trust, NEW College Bromsgrove and the University of Worcester. One team takes part in inductions for new staff at Worcester County Council & another helps to train Homecare staff.

WASU aims to break down the barriers which stop people remaining in control of their lives and to change people's ways of thinking about & working with people who use services. We believe that people of all ages & abilities have the right to the support and services they require to enable them to participate fully in their communities. We also believe that people with physical and Sensory Impairments, learning difficulties or Mental Health problems, together with older people, are all at risk of exclusion.

**Tel: 0195 542 054**

**Email: [zanac@wasu.org.uk](mailto:zanac@wasu.org.uk)**

## **A Final Word from Skills for Care West Midlands**

Skills for Care is extremely committed to the participation of People who use services and Carers in all its operations.

The participation of People who use services and Carers is key to effective provision of services, which reflect their needs. The importance of participation has been recognised by government. People who use services and Carers are the experts, through experience, of what works well for them. Skills for Care West Midlands launched its participation work, Valuing your Voice, at an event in June 2006. 90 people attended and their feedback was collated for a further event in November 2006. Since then we have been busy responding to many of the requests made. These were 2 areas of development the delegates asked for in June 2006.

### **Accessibility to communications**

We have entered into a contract with New Perspectives to improve the accessibility of communications and publications within the region. We are already seeing massive improvements to our publications and in the availability of different formats thanks to their advice and guidance.

### **Training Provider Network**

This event is in response to the request that we have heard at many events throughout the year for training providers to have their own group offering support, marketing, quality, training and sharing of resources. This is **your** group. We do hope you will help us to shape the group and to make it what **you** need.

Please continue to help us to make a difference in the West Midlands by supporting all our activities. We value your feedback. We are committed to improvement so please tell us when we get things wrong, but please also tell us when we get things

‘The input of People who use services and Carers is invaluable. By ensuring we have a clear policy in place, people can be confident that participation will be made easier, barriers will be overcome and they will be treated with dignity and respect at all times’

**Donald Hoodless, Chair of Skills for Care**

**Thank you for coming to the  
Skills for Care West Midlands  
Training Network launch!!!**

For more details about the Training Network,  
please contact:

Skills for Care West Midlands Office  
Skills for Care West Midlands  
iBIC Building  
Holt Court South  
Jennens Road  
Aston Science Building  
Aston Science Park  
Birmingham  
B7 4EJ  
Tel: 0121 250 3800 / Fax: 0121 333 4267  
Email: [enquiries@skillsforcare.org.uk](mailto:enquiries@skillsforcare.org.uk)