

citizen checkers

We would like to tell you about some free training we are delivering this summer.

**We are a small organization run
by and for people with learning
disabilities and or autism.**



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**We believe that
everyone has the right
to a life of dignity,
purpose and belonging.**



**We work to improve the lives of
people who receive services and
their families**

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We have been working to support people who are in secure hospitals , assessment and treatment units and mental health hospitals. Checking that that people are safe and well and offering support.

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We have been offering peer advocacy. Myself and Anthony both have experience of being in hospital ourselves so we know what it is like.

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What is peer advocacy?

Peer advocacy is when people use their own experiences to help each other.



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There are different types of peer advocacy, but they all aim to:

- bring together people with shared experiences to support each other



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- provide a space where you feel accepted and understood

- treat everyone's experiences as being equally important

- involve both giving and receiving support.

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We have been doing this online
and more recently in person.

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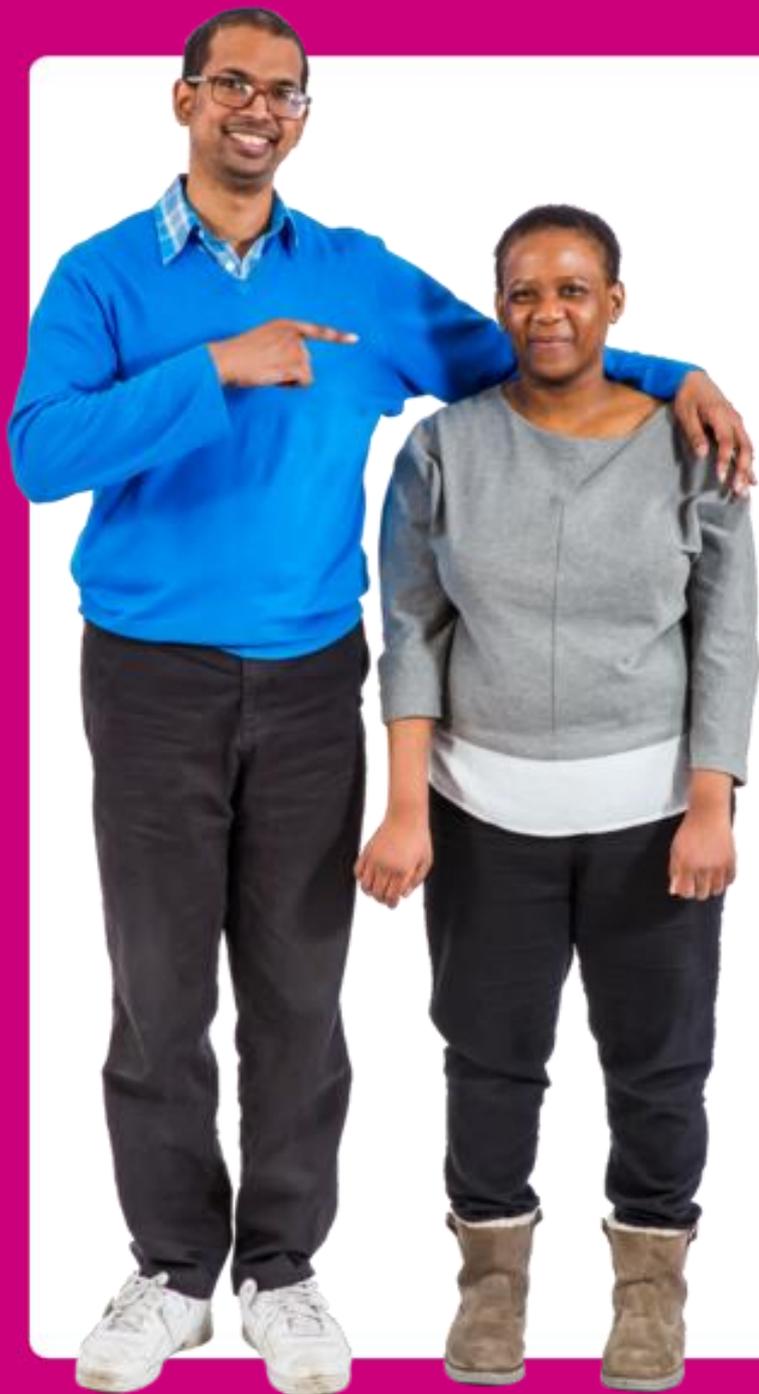
We would like to know what you think?

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**What kind of support
might someone need
when they are in this kind
of hospital?**

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What kind of person would make
a good Peer Advocate?

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What kind of things make it hard
to be in hospital?

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**We have been asked by NHS
England to deliver some training
for other people who would like
to be peer advocates**

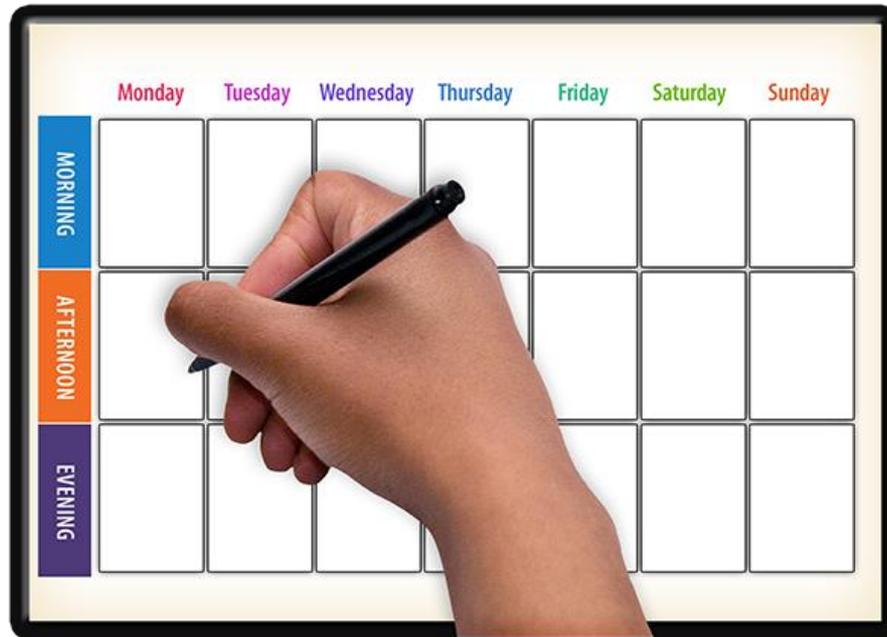
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The training is open to anyone who has been in hospital and lives in the South West.



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The training is going to be over 5 weeks online. One hour of zoom a week followed by peer mentoring for people who want it.



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Week 1- introduction and getting to know each other

Week 2- getting to know others and open questions

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We would like to do a quick example of open and closed questions.

Closed questions are questions with yes and no answers or single word answers.

Open questions are things that make people talk.

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Imagine that it was Kate's birthday party yesterday and I wanted to know about it I could ask something like.

Was it your birthday yesterday?

Or I could ask something like

Tell me the best bit about your birthday party?

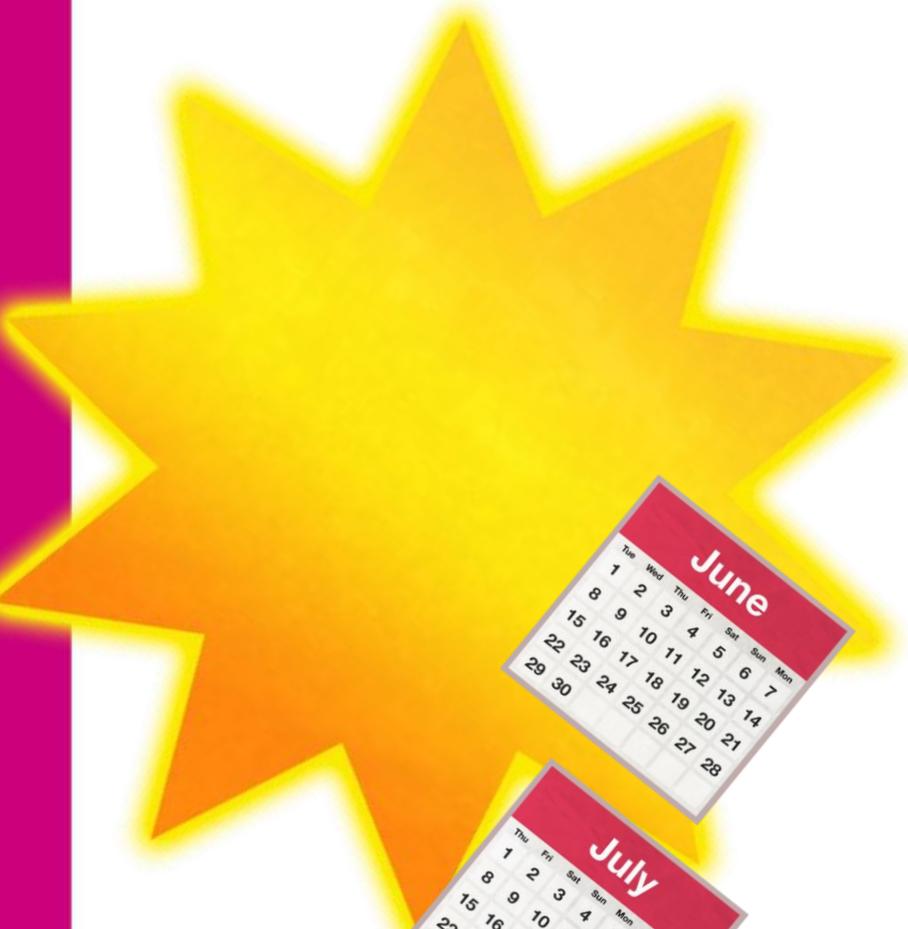
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Can you think of anything to ask
Kate's birthday party?



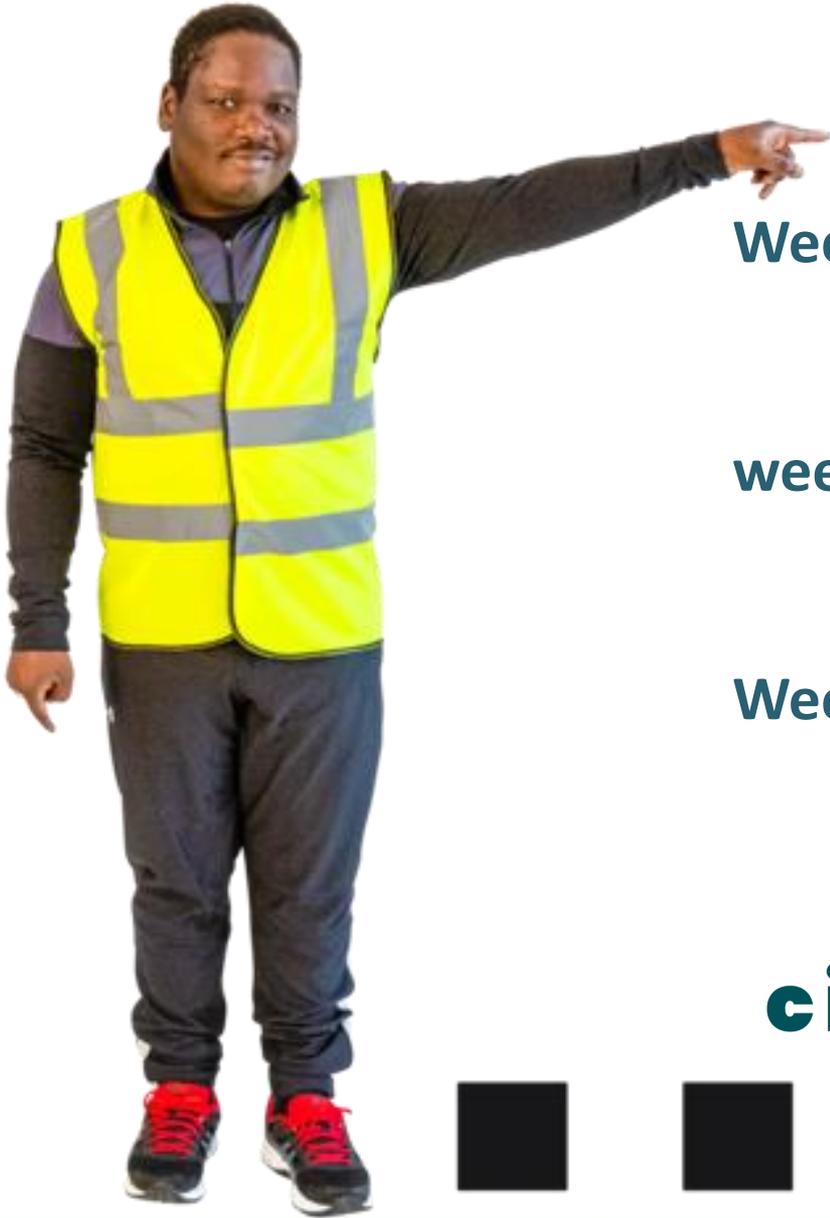
Is it an open or closed question?

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We will be running the course over the summer. We need 10 participants with support workers if they need it.

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Week 3- listening skills

week4- sharing stories (me too)

Week 5- next steps.

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Do you have any questions?



thank
you

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