

Free Training
for people who
use mental
health services
in Cardiff or the
Vale.

At a glance...

MAY

Tuesday 18th –
Introduction to Welsh
Politics

Thursday 20th –
Facilitation Skills

Monday 24th –
Standing Up, Speaking
Out: Part 1

JUNE

Monday 7th –
Standing Up, Speaking
Out: Part 2

Thursday 10th –
Nearly all you need to
know about taking part
in formal meetings

Monday 14th –
Setting up a Self Help
Group

Monday 21st –
Standing Up, Speaking
Out: Part 3

Wednesday 23rd –
Basics of Campaigning

SEPTEMBER

Wednesday 15th –
Nearly all you need to
know about running a
formal meeting

Monday 20th –
Focusing on Solutions:
New Approaches

Tuesday 28th –
Running a Self Help
Group

Training Programme 2010

Service User Involvement Development Project

**CONTACT: Anna on 029 20222000
or anna@cvmhdp.org.uk**



Who is the training programme for?

People who use mental health services in Cardiff and the Vale of Glamorgan.

Its aim is to give you, as a service user, the tools, techniques and confidence to influence the development and delivery of services.

The programme includes a variety of courses to suit all levels of interest and experience, whether you are interested in attending a meeting for the first time, or you're already a seasoned service user representative.

Courses provided FREE OF CHARGE to all service users.



To book your free place on any of the courses contact Anna:



**029 20222000 or
anna@cvmhdp.org.uk**

If you have any special dietary or other requirements, please let Anna know at time of booking.



Introduction to Welsh Politics

This is an introductory course aimed at people who want to understand how to have their voice heard by local and national decision makers. The starting point for this is to understand how politics works in Wales; what different levels of government exist; what issues they cover; who does what and what powers lie in Wales. Once you understand this, you will know which decision makers to approach about which issues and how to find out who they are and how you can contact them.



Facilitation Skills

This course will allow participants to understand the role of the facilitator and practice a range of facilitation skills and techniques. Participants will learn how to plan and run effective facilitated events and explore techniques for dealing with challenging issues and behaviours. This practical course will cover the role of the facilitator, personal skills, facilitation and questioning techniques.



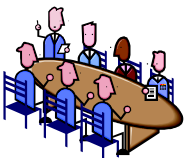
Basics of Campaigning

This course is an introduction to effective campaigning. It will look at the key features of how to plan a campaign and the strengths and weaknesses of different campaign methods. It will also give an opportunity, through case studies, for participants to practice their new skills.



Nearly all you need to know about taking part in formal meetings

This course will focus on what to expect at a formal meeting and how to contribute. It will look at the different types of meetings and roles of committee members and representatives. It will also look at how to prepare for attending meetings and get items onto the agenda. There will be discussions on the language of meetings and how to communicate effectively.



Nearly all you need to know about running formal meetings

This course will focus on the roles and responsibilities involved in running formal meetings. It will include minutes and agendas, and go into detail on the different roles of committee members. It will also discuss tools for managing challenging behaviours and how to prepare effectively for running a meeting.

DATE: 18 May 2010
TIME: 10.30am – 1pm
VENUE: Meeting Room 2, Chapter Arts Centre, Market Road, Canton, Cardiff, CF5 1QE
TRAINER: Michelle Matheron & Jen Bradbury
NOTES: Light refreshments provided

DATE: 20 May 2010
TIME: 10.30am – 3pm
VENUE: Cartrefi Cymru, 5 Coopers Yard, Curran Road, Cardiff CF10 5NB
TRAINER: Ann Lukens
NOTES: Lunch & light refreshments provided

DATE: 23 June 2010
TIME: 10.30am – 1pm
VENUE: Meeting Room 2, Chapter Arts Centre, Market Road, Canton, Cardiff, CF5 1QE
TRAINER: Michelle Matheron
NOTES: Light refreshments provided

DATE: 10 June 2010
TIME: 10.30am – 1pm
VENUE: Meeting Room 2, Chapter Arts Centre, Market Road, Canton, Cardiff, CF5 1QE
TRAINER: Emily Forbes
NOTES: Light refreshments provided

DATE: 15 September 2010
TIME: 10.30am – 1pm
VENUE: Voluntary Action Cardiff, Shand House, 2 Fitzalan Place, Cardiff CF24 0BE
TRAINER: Emily Forbes
NOTES: Light refreshments provided

DATES:

DAY 1: 24 May 2010

DAY 2: 7 June 2010

DAY 3: 21 June 2010

TIME: All sessions will be 10.30am – 3pm

VENUE: Meeting Room 2, Chapter Arts Centre, Market Road, Canton, Cardiff, CF5 1QE

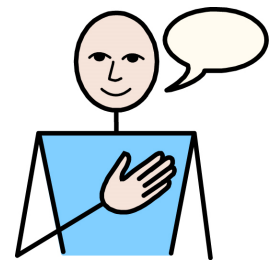
TRAINER: Vicky Redding

NOTES: Lunch and light refreshments provided for each session.

Attendance at all three days is recommended if possible.

Standing up, speaking out – 3 day course

The course aims to give service users the confidence and skills to voice their views and be more actively involved in developing and running services they use. The sessions will be participative, interactive and fun. We will be working in pairs and small groups, learning from each other's experiences and through case studies.



Day 1

This is for people who want to develop their confidence and practice standing up and speaking out in everyday situations.

- Building confidence and positive thinking
- Listening skills
- Body language and non-verbal communication
- Assertiveness
- Setting achievable goals

Day 2

This is for people who are interested in developing the skills and confidence to voice their views as a service user. It builds on the topics covered in the introduction session but has more of a focus on service user involvement.

- Negotiating skills
- Understanding professionals - challenging effectively
- Asking good questions and getting information
- Involvement scenarios
- What next - opportunities to get involved

Day 3

This is for people who have some experience of being a service user representative and want to develop their skills and confidence in this role.

- The key roles of a service user representative
- Skills in meetings
- Accountability and feeding back
- Influencing professionals
- Representation scenarios

"Everything was made interesting and fun!"

"Session was good and practical."



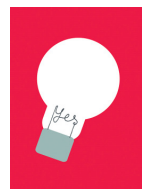
Setting up a Self Help Group

This course is for people who are thinking about setting up a new group but don't know where to start. It will give you the nuts and bolts of getting a group established. Topics will include how to recruit group members, the purpose of the group, and practical issues such as personal safety and choosing the right venue for meetings. It will also look at how to make the group sustainable in the longer term.



Running a Self Help Group

This course is for people who are already part of an established group and may be looking for ideas to give it a boost. It will look at key elements of good practice in running a group and what works. Topics will include promoting equality and inclusivity, the importance of groundrules, energising the group, external support and promoting sustainability of the group. The course will also be responsive to the participants' own personal experiences of participating in and running groups.



Focusing on Solutions – Great New Approaches

This is a course designed for groups who need to work towards future targets. Participants will learn new easy tools and techniques that motivate and move individuals and groups forward. Topics will include the differences between Problem Talk and Solution Talk, asking questions that will give the group a focus, and how to take small steps that make a difference.



The Mental Health Act – The Ins and Outs

This course will cover the essential ins and outs of the Mental Health Act. Topics will include rights, community treatment orders and consent to treatment.

Other courses

The very popular Equalities, Diversity and Human Rights course run this spring will be adapted and run again in the autumn to cover the new Equalities Act that is launched in October 2010. Contact Anna for further details on 029 20222000.

DATE: 14 June 2010
TIME: 10.30am – 3pm
VENUE: Phillip John Room, County Library, King Square, Barry CF63 4RW
TRAINER: Jacqui Rafferty
NOTES: Lunch and light refreshments provided

DATE: 28 September 2010
TIME: 10.30am – 3pm
VENUE: Phillip John Room, County Library, King Square, Barry CF63 4RW
TRAINER: Jacqui Rafferty
NOTES: Lunch and light refreshments provided

DATE: 20 September 2010
TIME: 10.30am-3pm
VENUE: Cartrefi Cymru, 5 Coopers Yard, Curran Road, Cardiff CF10 5NB
TRAINER: Ann Lukens
NOTES: Lunch and light refreshments provided

DATE: 19 October 2010
TIME: 10.30am–12.30pm
VENUE: Cartrefi Cymru, 5 Coopers Yard, Curran Road, Cardiff CF10 5NB
TRAINER: Wendy Gilbert
NOTES: Light refreshments provided