



# Me2 Club Inclusion Training Project

## Training Guide 2012

Supported by:



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## Introduction to Inclusion Training Project

Me2 Club has been enabling children and young people with additional needs to attend mainstream activities for over 7 years, predominantly through providing trained volunteers to give 1-1 support. We have a wealth of knowledge and experience regarding disability which we utilise when training volunteers, activity leaders, parents and professionals.

The **Inclusion Training Project** aims to increase the inclusion of children with additional needs into mainstream leisure activities, thus increasing choice and opportunity for those young people. This is done through training activity leaders (e.g. guiders, sports coaches, youth workers) to increase skills, knowledge and confidence around disability and inclusion.

The project includes a series of **open training courses**, covering a range of disability and inclusion related topics, as well as **bespoke** workshops and individual consultation with groups. We also have a range of disability related books which participants can borrow.

The training courses are offered at **no charge to eligible participants**, as the training is subsidised by funders (including The Big Lottery Fund and Wokingham Borough Council).

This training guide gives an overview of the training offered in the first half of 2012. Updates, new courses, fliers etc will be circulated throughout the year. To book onto any of these courses please fill in the booking form and return to [info@me2club.org.uk](mailto:info@me2club.org.uk).

Your comments and ideas on how we can continue to improve and extend the training opportunities we offer are welcome.

For booking or further information please contact Emily Radford, Me2 Club Projects Manager, 0118 969 6369 or [info@me2club.org.uk](mailto:info@me2club.org.uk)

## Who Can Attend?

The training workshops are available free of charge to people involved in any **mainstream activity**, for children and young people aged 5-19, based in **Wokingham Borough** (or that has children from Wokingham Borough attending).

If you run/work at an activity that does not fulfil this criteria, we can currently train you at a subsidised cost of £35 per person per session (where courses are over subscribed priority will be given to Wokingham based activities).

Activities may include: Beavers/Cubs/Scouts, Rainbows/Brownies/Guides, After School Clubs, Youth Clubs, Drama groups, Sports activities, Swimming lessons, etc.

**Anyone involved** in activities can attend the training sessions – volunteers, young leaders, sessional staff and full time employees are all welcome.

Please circulate this guide to all leaders/coaches/playworkers/volunteers at your setting, as well as passing on to anyone else who may be interested.  
Thank you.

## Open training courses Jan – June 2012

The following pages give full details of all courses currently run as part of the Inclusion Training Project. If there are any topics that are not covered, that you would like to see included, please get in touch ([info@me2club.org.uk](mailto:info@me2club.org.uk) / 0118 969 6369).

Topics covered are:

- Adapting Activities
- Autism
- Communication
- Epilepsy
- Inclusive Solutions in Mainstream Groups
- Introducing Disability to a Mainstream Group
- Makaton
- Supporting Behaviour Difficulties

All training workshops are based in Wokingham or Woodley, full details of locations will be sent once bookings are confirmed.

All participants on training sessions receive a certificate of attendance and a handout pack.

In addition to the open courses above, we can design and deliver **bespoke training** sessions for groups of over 8 people. These could cover the topics above, or be tailored to the needs of your group.

Me2 Club can also provide **individual advice** and support to groups regarding any areas of disability and inclusion.

## **Making Mainstream Activities Inclusive to All**

An interactive session looking at approaches and strategies that can be used to adapt group activities and ensure all are able to be actively involved, without detracting from the experience for mainstream children.

### **Learning Outcomes:**

- Awareness of the barriers to inclusion
- Understanding of the inclusion spectrum and inclusion theory
- Understanding of a range of needs, and how to include them in a range of activities
- Confidence to adapt activities to make accessible to all
- Strategies and approaches to enable inclusion in mainstream groups

### **Trainers:**

Emily Radford, Me2 Club Projects Manager

### **Training Dates:**

- Saturday 18<sup>th</sup> Feb 2012, 10am -12.30 pm, Woodley
- Additional 2012 date tbc – please get in touch

# **Autism**

*This workshop is delivered in partnership with the Wokingham Autism Partnership*

## **Overview:**

An introduction to autism, looking at the challenges someone with autism may experience, and learning useful strategies to support and include them in a group setting.

## **Learning Outcomes:**

- An understanding of the myths and facts around autism spectrum conditions
- Knowledge of the 'hidden' disability including language, social interaction, sensory issues and anxieties
- An understanding of the way people with autism think and their behaviours
- Strategies and tools for supporting a person with autism in a group setting

## **Trainers:**

Emily Radford, Me2 Club Projects Manager

Pam Breslin, WBC Assist team

## **Training Dates:**

- Wed 25<sup>th</sup> Jan 2012, 6.30 – 8.30pm, Woodley

# **Communication**

## **Overview:**

A workshop looking at communication, particularly with people with little, no, or different verbal communication. The session will cover communication skills, and explore non verbal communication and recognising people's needs.

## **Learning Outcomes:**

- Understanding of a range of expressive and receptive communication methods
- Confidence in communicating effectively with non verbal children
- Awareness of communication difficulties for children with additional needs in group settings
- Tools and practical ideas for diversifying communication to make accessible to all

## **Trainers:**

Emily Radford, Me2 Club Projects Manager

## **Training Dates:**

- Thursday 9<sup>th</sup> February 2012, 6.30 – 8.30pm, Woodley
- Additional 2012 date tbc – please get in touch

# Epilepsy

## Overview:

An introduction to the different types of epilepsy, understanding what is happening, how to recognise different seizures, and what to do (and not to do) if a child has a seizure.

## Learning Outcomes:

- Understanding of Epilepsy
- Knowledge of seizure types and triggers
- Ability to recognise and respond to different seizure types
- Confidence to use first aid needed to support someone with Epilepsy

## Trainers:

Emily Radford, Me2 Club Projects Manager

## Training Dates:

- Wednesday 18<sup>th</sup> April 2012, 6 - 8pm, Wokingham

# **Inclusive Solutions in Mainstream Groups**

## **Overview:**

A scenario based workshop looking at challenges brought by the group and developing problem solving skills to address inclusion difficulties.

## **Learning Outcomes:**

- Understanding of solution focussed approach to problem solving
- Increased problem solving skills
- Confidence to address inclusion challenges
- Confidence to put strategies into place in own setting

Please note – this workshop requires participants to bring a ‘real’ problem or challenge they are facing regarding a child/young person with additional needs in their group.

## **Trainers:**

Emily Radford, Me2 Club Projects Manager

## **Training Dates:**

- To be confirmed if demand is high enough. Please get in touch if you have a challenge and would be interested in attending this workshop.

# **Introducing Disability**

## **Overview:**

Looking at how differences and disability can be introduced to a mainstream group. This workshop will include discussion of different settings and explore methods and activities to make understanding difference accessible to mainstream children.

## **Learning Outcomes:**

- Understanding the benefits of introducing difference to a group
- Understanding of positive language and approach
- Awareness of appropriate levels of information to pass on to young people
- Confidence to lead an activity relevant to your group setting
- Activities and tools that can be used to introduce difference and disability

## **Trainers:**

Emily Radford, Me2 Club Projects Manager

## **Training Dates:**

- Wednesday 9<sup>th</sup> May 2012, 6.30-8.30, Wokingham

# **Makaton**

## **Overview:**

Makaton is a language programme using signs and symbols to help people communicate. It is often used with children and adults with communication difficulties and is designed to support spoken language.

This will be an introductory session, teaching some commonly used words, and some words specific to activity groups. This fun and interactive session also provides the opportunity to discuss ideas on how you could use Makaton in your setting.

## **Learning Outcomes:**

- An understanding of Makaton, and how it can support verbal and non verbal communication
- Awareness of barriers to communication
- Opportunity to learn 30 signs and symbols, and sentence structure
- Confidence to use Makaton in your setting

This training is certified by The Makaton Charity.

## **Trainers:**

Amy Russell, Me2 Club Activities and Volunteers Coordinator

## **Training Dates:**

- Saturday 21<sup>st</sup> Jan 2012, 10am -12noon, Woodley
- Wednesday 25<sup>th</sup> April, 7-9pm, Wokingham

# **Supporting Behaviour Difficulties**

## **Overview:**

This workshop will discuss working with children with behaviour difficulties. It will explore 'challenging' behaviours and strategies to include these children. It will include behaviour management theory and practical scenarios.

## **Learning Outcomes:**

- Understanding of how additional needs can impact on behaviour
- Understanding of basic behaviour management theories
- Confidence to use behaviour management in group situations
- Practical tools and strategies to involve children with behaviour difficulties
- Knowledge of relevant reference materials and advice available

## **Trainers:**

Emily Radford, Me2 Club Projects Manager

## **Training Dates:**

- Monday 12<sup>th</sup> March 2012, 6 – 8.30pm, Wokingham
- Thursday 31<sup>st</sup> May 2012, 6.30 – 9pm, Wokingham

## Feedback from Training Workshops

- *'An excellent session, I've been on disability awareness training before, but this was so much more relevant and useful, definitely the best'* **Guider**
- *'Another really useful session – I'm looking forward to putting ideas into practice, Thank you for putting on this course'* **Beaver leader**
- *'Really useful for making me think of activities in different ways'* **Playworker**
- *'I found this training very useful with practical ways of working with young people who have difficult behaviour, really worth while course'* **Youth Worker**
- *'I feel more confident to plan activities where everyone can be involved'* **Youth Worker**
- *'I have the confidence to try changing things'* **Beaver leader**
- *'The information and strategies are good to know'* **Ice Hockey Coach**
- *'Helpful discussions and learnt new things'* **Guide leader**
- *'The Strategies were really useful, they tell us what we can actually do to help and these will be put into practise in our setting'* **Playworker**
- *'I have a greater empathy and awareness with ASD young people'* **Volunteer Youth Worker**

## Me2 Club Training Diary: Jan – June 2012 (date order)

<b>Topic</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Autism	Wed	25 <sup>th</sup> Jan 12	6.30-8.30	Woodley
Makaton	Sat	21 <sup>st</sup> Jan 12	10.00-12.00	Wokingham
Adapting Activities	Sat	18 <sup>th</sup> Feb 12	10.00-12.30	Woodley
Communication	Thurs	9 <sup>th</sup> Feb 12	6.30-8.30	Woodley
Supporting Behaviour Difficulties	Mon	12 <sup>th</sup> Mar 12	6.00-8.30	Woodley
Epilepsy	Wed	18 <sup>th</sup> April 12	6.00-8.00	Wokingham
Makaton	Wed	25 <sup>th</sup> April 12	7.00 – 9.00	Wokingham
Introducing Disability	Wed	9 <sup>th</sup> May 12	6.30-8.30	Wokingham
Supporting Behaviour Difficulties	Thurs	31 <sup>st</sup> May 12	6.30 – 9.00	Wokingham
Making Mainstream Activities Inclusive	tbc			
Communication	tbc			

## **Me2 Club Library**

The Me2 Club owns a large selection of books and media relating to disability and inclusion. We can lend these books out to any activity leader that would find them useful.

Books cover topics including, Autism, ADHD, Inclusion, Accessible games and activities, Stories regarding disability, Epilepsy and much more. A full list of books is available on the Me2 Club website.

Books are lent for 2 weeks at a time, and a deposit cheque is requested to borrow books.

If you would like to borrow any books please get in touch for full information.



## Me2 Club Inclusion Training Booking Form

Please fill in and return asap to book places on any of the workshops - places will be allocated on a first come first served basis.

Please complete a booking form for each participant

<b>Name</b>	
<b>Phone number</b>	
<b>Email address</b>	
<b>Address</b>	
<b>Group (e.g. brownies/football club etc.)</b>	
<b>Role in group (e.g. coach/youth worker/volunteer etc.)</b>	
<b>How did you hear about these workshops?</b>	
<b>Any special requirements we should be aware of?</b>	

Please indicate which workshops you would like to book a place on. These courses are provided at no cost as the programme is subsidised by a number of funding streams (including Wokingham Council and the Big Lottery) – if you are not eligible for free training and would like to attend please contact Emily Radford

<b>Topic</b>	<b>Date</b>

Please be aware that there is a cancellation fee of £20 if less than 5 working days notice is given for any cancellations.

Please return to [info@me2club.org.uk](mailto:info@me2club.org.uk), or Emily Radford, Inclusion Training Project, Me2 Club, 17 Headley Road, Woodley, RG5 4JB