

# Minutes from the Self Advocate's Workshop

Bradbury Community Centre  
Tuesday 19<sup>th</sup> October, 2010



Wokingham  
Learning Disability  
Partnership Board

## Learning New Things!

Jodie welcomed everyone to today's workshop which was about *Learning New Things!*

We started off with an icebreaker called '*University Challenge*'. We got into 4 teams and each team chose a category (topic). Diana volunteered to be our quizmaster, and asked each team 3 questions about 1 of the categories. The 4 different categories were:



Keeping  
Safe



Money



Technology



Health

**Team 1:** These were the **questions** about **Keeping Safe** and **people's answers:**

Name 3 Safer Places  
in Wokingham.

Support Horizons,  
Rose Buddies,  
Hudson Bay



How do you report  
a hate crime?

The police station or the  
Hate Crime Reporting  
Centre (at the library  
on Fridays 1-3pm)

Name something that you  
have to do at night to  
make sure you are safe.

Lock the doors, close windows  
and put the alarm on  
(if you have one).



**Team 2:** These were the **questions** about *Money* and people's **answers:**

How do you know how much money you have in the bank?

You can get a 'statement' through the post, and you can get your balance from the cash-point machine.



What happens when you take out more money than you have in your bank account?

You end up being 'overdrawn' - which means being in debt.

What is a direct debit?

When you pay bills straight out of your bank account.



**Team 3:** These were the **questions** about *Technology* and people's **answers:**



Name a website that can help you find out what is going on in Wokingham.

[www.wow4me.org.uk](http://www.wow4me.org.uk)

How much does an average text message cost?

10p



Should you ever give your bank details out over the phone?

**NO!!**



**Team 4:** These were the **questions** about *Health* and people's **answers:**



How many pieces of fruit or vegetables should you eat every day?

5 pieces

How often should you visit your dentist?

Every 6 months

Which one of these is exercise?  
a) watching TV  
b) reading a book  
c) walking up stairs

Walking up stairs!



Everyone did very well, but 1 team got all their own questions right, plus a question from another team too! *Well done Frankie, Philip, Jason and Andrew!*



Everyone gave them a round of applause and also for Diana who was a great quizmaster!

## Bracknell & Wokingham College – Ann Constable

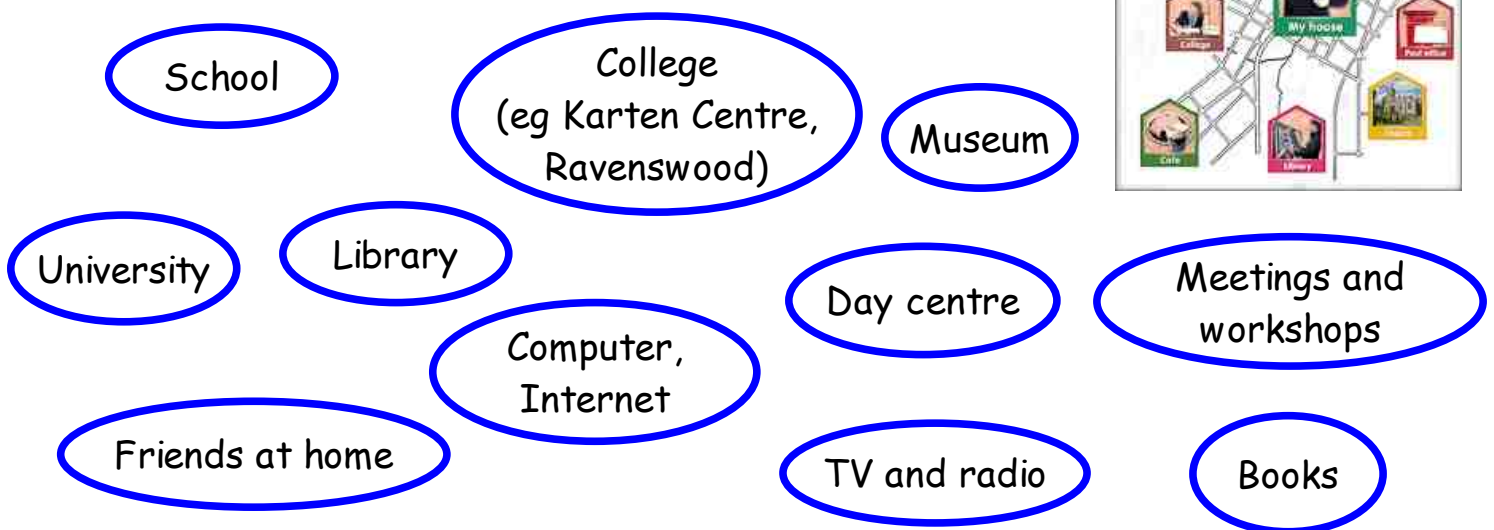


Things have changed at Bracknell & Wokingham College, and sadly there isn't any money to carry on running supported learning courses any more.

However, the college does have some basic **English and Maths courses**. These courses are designed to help people improve their English and Maths skills. Prospective students (that means people who would like to do the course) need to do an assessment before they are accepted onto the course, to make sure the course is right for them.

The courses are run by Bracknell & Wokingham College, but they take place at **Woodley Hill House** and **Wokingham Library**. If you are interested in finding out more, the Partnership Board has some leaflets or you can contact Jodie who will put you in touch with the right person at the college.

Next we thought about **where can you learn things?**  
We had some great ideas!!



\*\*\*\*\*

We had looked at *how* we could learn things, so our next task was to look at **where we could go** to do these things.

Jodie put up a list of 5 different places:



**Internet**



**Library**



**Family,  
friends  
& support  
staff**



**Day  
Centre**



**College**

.... and Michael and Juanita helped us to link **something we would like to do** to a **place where we could go to do it!** This group exercise showed us that we don't always have to go to college to learn things.

This is what we thought:

Where can you go to learn to cook?



Family friends & support staff, borrow a cookery book from library, day centre, college

Where can you go to get fit?



Day Centre, rent an exercise video from the library, St Crispin's sports centre

Where can you go to learn to play an instrument?



College, library

Where can you go to learn how to shave?



Family, friends & support staff

Where can you go to learn to use the internet?

Day centre, college, family friends & support staff

Where can you go to learn to drive a car?



Family friends & support staff

Where can you go to learn how to get out of debt?



College, day centre

## What do we want to learn about?

Our final task was to think about **WHAT** we wanted to learn about. Tim went through a few topics, and we thought about what we would like to learn around each one.

### Health

- ✓ How to book health appointments (doctors, dentist, optician).
- ✓ Things that damage our health (smoking, alcohol, eating wrong foods).
- ✓ First Aid
- ✓ Healthy eating and how to lose weight.
- ✓ Recognise (know) when we have a health problem and what we should do about it.
- ✓ Understanding what happens at a health check, and understanding what our medication does.
- ✓ Understanding what happens at the opticians and eye checks.



### Feeling good about yourself

- ✓ How to be more confident.
- ✓ Coping with bereavement (when someone dies or something changes).
- ✓ How to complain.
- ✓ Who you can talk to when you've got a concern.
- ✓ How to volunteer and help others.
- ✓ Dealing with emotions.



### Relationships

- ✓ Learning about boyfriends, girlfriends and marriage.
- ✓ Friendships
- ✓ Respecting other people
- ✓ Different types of relationships (staff and families).



### Understanding your support

- ✓ Choosing your support - the right support for you.
- ✓ How to change your support and who to speak to if things go wrong.
- ✓ Find out if you are eligible for support and where to get it.
- ✓ Aids and adaptations (guide dogs, alarms in the home).
- ✓ How to be independent and speak up (self advocacy).



## Keeping Safe

- ✓ Road safety (crossing the road) and bike safety
- ✓ Stranger danger
- ✓ Fire safety
- ✓ Fireworks
- ✓ Keeping safe in the dark
- ✓ Keeping safe in your home
- ✓ Safer Places and how to report crimes
- ✓ How to spot a scam or a con (people who trick others)
- ✓ Home security



## Housing

- ✓ Maintenance - How to sort things when they go wrong (how to call plumbers, electricians etc).
- ✓ Choosing the right kind of home for you.
- ✓ Choosing who you share your home with.
- ✓ How to get on with your neighbours.
- ✓ Learning how to share with your flatmates.
- ✓ Learning about the area you live in.
- ✓ How to get a new house (how to get on the Housing List).



## Money

- ✓ How to budget .
- ✓ How to use a bank and get a bank card, and what to do if you forget your pin number.
- ✓ How to pay bills and your rent.
- ✓ Learn about benefits.
- ✓ What debt is and how to deal with it - and avoid it!
- ✓ How much telephone calls cost.
- ✓ How to get a bus pass and travel tokens.
- ✓ Counting your money.
- ✓ Working to earn some money.



## Technology

- ✓ How much telephone calls cost.
- ✓ How to use your computer and what happens if it breaks.
- ✓ How to use equipment (TV and DVD player).
- ✓ How to use the internet.
- ✓ How to use a mobile phone (text messaging).





## Being part of the Community

- ✓ Finding out the different social clubs in your area.
- ✓ Helping people and volunteering.
- ✓ How to report vandalism.
- ✓ Where to get information from.
- ✓ Consumer rights - how to take something back to a shop.
- ✓ Recycling
- ✓ Being a good citizen

## Anything else?

- ✓ Religion
- ✓ Getting a Job
- ✓ Drama
- ✓ Survival skills!
- ✓ Transport (e.g using a taxi)



## What will we do with all these suggestions?

We will use some of the suggestions as themes for future Workshops. And for the other suggestions, we've got a new idea! **Tim will be setting up a group at Support Horizons which will be like a college course.**



The courses will be once a week and people can pick and choose which sessions they would like to go to. The topics will be what people have suggested today, as well as other things that used to be available at college. There will be a small cost for the sessions, so people can use their personal budgets to join the course. See Tim for more details.

That was the end of our workshop!

**Our next workshop will take place on:**

**Tuesday 7<sup>th</sup> December, 10am–12noon,  
Bradbury Community Centre**



We will be talking about:

**Different cultures and different festivals**

