

Working Together for Change



Making a Difference

Shifting Power

**Supporting
Human Rights**

Forming Alliances

Building Confidence

Working Together

Inclusion

Equality

Human Rights

Social Justice

2022/2023

What is this programme about?

'**Working Together for Change**' is a training and development programme all about people being in control and directing their own support. The programme focuses on promoting inclusion, equality, social justice and unlocking the potential of self-directed support, so that people can exercise their rights and responsibilities as equal citizens and access the support that is right for them

Who is this programme for?

The programme is open to disabled adults, their families and carers; to people who work in social work, social care, health and community services. The course is delivered to intentionally encourage the building of new alliances and connections between people who can make a difference to how self-directed support works.

Objectives of this programme

The objectives of this programme are:

- People will be better able to make positive choices and to think, plan and develop how they want to organize, and direct their support
- Practitioners and Managers will be more confident, knowledgeable and skilled in ways to enable and empower people to get the right support and in developing the systems and culture that supports this
- All participants will feel better connected and have an increased capacity to make self-directed support work well

We will ensure that there is a balance of participants from different backgrounds on the programme. We will aim to build on the skills of all participants to enable them to gain the knowledge and confidence needed to work towards and advocate for a better future.

Who is organising this programme

The '**Working Together for Change**' programme is being organised by *In Control Scotland*. All the work we do is driven by a strong belief in social inclusion, equality, human rights and social justice and the view that everyone is entitled to the supports they need to be part of and included in their own community.

Content and Programme

The programme will be delivered with a mix of in person and on-line sessions and will run between September 2022 and March 2023. There are 30 places available on the programme and you can apply from anywhere in Scotland. We are particularly keen to encourage applications from people attending from the same geographical area to build and enhance connections during and after the programme.

The programme will be delivered in a variety of accessible ways including videos, personal stories, presentations, and mini workshops. The sessions in September, November and March will involve meeting up in person. The online sessions will be shorter (half days). Participants are expected to attend both the in person and online sessions and we are happy to talk to you if you need some additional help to do this

There will be a range speakers and presenters and we will strive to create a learning environment that is safe, where people both feel comfortable about asking questions and talking about their experiences. The content covers issues which are important to family carers, the people they support as well as practitioners and managers who provide, organize, and deliver services.

During the programme, participants will:

- Explore the history and context of social care support and an understanding of how the health and social care system currently works
- Learn about good practice in self-directed support, person-centred planning, inclusion and equality and what works
- Understand, plan and develop ways to work together to influence positive change personally as well as in systems, organisational culture and the wider community

Sessions

Sessions 1 and 2 – ‘Yesterday, Now and the Future’

Residential (in-person) two-day Session at the Stirling Court Hotel, Stirling
Tuesday, 27th September 2022, 11.00 am – 7.00 pm and **Wednesday, 28th September 2022**, 9.00 am – 3.00 pm

At these sessions, we will be exploring the following themes:

- ***Why are we here and what do we want to achieve?***
- ***The journey to Self-directed Support and the context of social care***
- ***What does ‘working together for change’ mean in practice***
- ***Developing the right culture and systems***
- ***Making positive change happen – topics for change***

Accommodation and meals will be provided at this residential session. These are included in the programme and will be provided at **no additional cost** to participants.

Sessions 3 and 4 – ‘All About Self-Directed Support’

Two Half Day Online Sessions

Tuesday, 25th October 2022 and **Wednesday 26th October 2022** (*half day sessions will take place online from 10.00 am – 1.00 pm*)

At these two online sessions our focus will be all about self-directed support:

- ***What gets in the way and what works well?***
- ***National and international Learning***
- ***Self-directed support, human rights and social justice***
- ***Risking a real life – balancing risks and opportunities***
- ***Hearing different perspectives about self-directed support***

Session 5 – ‘Plan or be planned for’

In Person Session – Venue TBC (Glasgow or Edinburgh) – 10am – 4.00pm
Tuesday, 22nd November 2022

At this full day session, the focus will be about planning and how this can help people to get the right support for them, including

- **What is planning and what it isn't?**
- **Different ways to develop a plan and good questions to ask**
- **Key elements of good planning**
- **From making a plan to getting the right support**

Session 6 – ‘Review, Refresh, Replenish’

Half Day online Session

Tuesday, 25th January 2022, 10am – 1.00pm

At this session we will be:

- *Reviewing what we have learned and shared so far*
- *Exploring more about the different options and their possibilities*
- *Feeding back on progress in working together on topics*

We also expect to arrange a further facilitated session in January 2023 to support small groups working on topics where they want to see change.

Session 7 – ‘What Can Help?’

Half Day online session

Tuesday, 21st February 2023 – 10am – 1.00pm

At this session, our focus will be about:

- **Peer support, advice and advocacy**
- **Useful information and resources**
- **Developing the architecture for self-directed support**

Session 8 – ‘Moving on and Making Positive Change Happen’

**In Person Session – Venue TBC (Glasgow or Edinburgh) – 10am – 4.00pm
Tuesday, 21st March 2023:**

At this final full day session, we will be focusing on:

- **Where are you now and what has been important for you**
- **Sharing progress on making positive change happen**
- **Building Alliances, developing resilience and staying strong**
- **Looking forward and future planning and action**

WHAT DO I DO IF I AM INTERESTED IN THE PROGRAMME?

If you are interested in applying for a place on this programme and would like further information and an application form, please contact:



June Dunlop, Programme Administrator, In Control Scotland
Email: june.d@in-controlscotland.org.uk

**PLEASE NOTE THE CLOSING DATE FOR APPLICATIONS IS:
MONDAY 29th AUGUST 2022**