

SELF ADVOCACY TRAINING

SKILLS FOR A STRONGER VOICE



JULY 2014

What is Personalisation? How Does it Affect Me and My Rights?

1st July | 11am - 1pm

Why Train in Self-Advocacy? What are the Benefits?

3rd July | 2pm - 4pm

How to Deal with Disability Hate Crimes

8th July | 11am - 1pm

How to Develop Your Self-Esteem Part 3

10th July | 2pm - 4pm

Guest Speaker - TBC

15th July | 11am - 1pm

Understanding Panic Attacks

22nd July | 11am - 1pm

How to Manage Your Anxiety Part 1

24th July | 2pm - 4pm

How to Manage Your Anxiety Part 2

29th July | 2pm - 4pm

All Sessions Are FREE

Call 0207 701 2696

or email selfadvocacy@cooltanarts.org.uk for more information
or visit www.cooltanarts.org.uk

WHAT'S COMING UP >>

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What is Personalisation? How Does it Affect Me and My Rights? | 1st July | 11am - 1pm

Personalisation was designed to give every person who receives support, whether provided by the state or their selves, the chance to control their support in care settings. Did you know that personalisation means you are entitled to a personal budget? Whether you did or didn't already know, come to learn more about Personalisation, how it impacts you and how to find out about what you are entitled to.

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Why Train in Self-Advocacy? What are the Benefits? | 3rd July | 2pm - 4pm

Self Advocacy Training is for anyone experiencing forms of mental distress and would like to develop self confidence, assertiveness skills, awareness and knowledge about services available to them, including debt management, housing benefits and the Mental Health Act. This is an introduction to what you can expect from attending SA training.

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How to Deal with Disability Hate Crimes | 8th July | 11am - 1pm

Incidents of hate crimes committed against disabled people have been rising. Kaya Volke will look at what protection you can expect, how incidents can be reported, barriers that you can face when reporting, and what the causes might be.

④

How to Develop Your Self-Esteem Part 3 | 10th July | 2pm - 4pm

Join seasoned trainer Karen Unrue to look at how anxiety, assertiveness and confidence are all affected by self-esteem and how building your self-esteem can help you cope with life's difficulties. Passionate and knowledgeable, Karen will be offering practical tips, advice and techniques that you can use to rethink how you view yourself. You don't have to have attended part 1 or 2 to attend - Karen will bring you up to speed.

⑤

Guest Speaker TBC | 11am - 1pm

Watch this space!

⑥

Understanding Panic Attacks | 22nd July | 11am - 1pm

Join CoolTan Arts' highly knowledgeable and passionate Karen Unrue for an informative and accessible look at why anyone can suffer panic attacks, what you can do to help prevent them, and what to do when they do happen.

⑦

How to Manage Your Anxiety Part 1 | 24th July | 2pm - 4pm

Anxiety affects all of us, some more than others. It can help motivate us to work harder or take action and protect ourselves. It can also interfere with day-to-day activities, confidence or physical wellbeing. Karen Unrue will look at ideas for how to live with anxiety and how to challenge those thoughts that create anxiety. She will help you understand your thought processes so you can develop a new, more helpful perspective when you are feeling particularly anxious.

⑧

How to Manage Your Anxiety Part 2 | 29th July | 2pm - 4pm

Come to learn practical solutions from CoolTan Arts' highly knowledgeable and passionate Karen Unrue for how to cope and live with anxiety and how to challenge those all-persuasive thoughts so you don't have to be controlled by your worries. You don't have to have attended part 1 of this session last month to attend.

Everyone is welcome!

Self Advocacy training is an award-winning series of free classes and talks teaching you the skills you need to have a stronger voice in situations where you previously weren't listened to, were discriminated against or found barriers stopping you from accessing information or services. We provide an informal but structured environment where you can look at ways to help yourself, pick up strategies for challenging issues, behaviours or situations and learn how to improve your general wellbeing. Classes take place every Tuesday from 11am to 1pm and Thursday from 2pm to 4pm.