



outline of training courses

especially for parent carers

GETTING YOUR VOICE HEARD

Parent carers often have a very clear idea of how local services could be improved. This course is delivered over one or two school days. It helps parents move from their own experience to exploring ways of representing the views of other parent carers, so that those providing services for disabled children and families listen.

PARTICIPATION AND CONSULTATION

A day course that covers a whole range of participation challenges: tapping into and representing parent's views; running focus groups; Top 10 tips for participation work and joining decision-making boards; setting up a parent carer forum.

KEEPING ON KEEPING ON

This session is for parent carers already involved in parent forum and participation work. It looks at reviewing progress, setting realistic workplans, prioritising ways to influence service development and planning for future sustainability.

GETTING BETTER AT HANDLING TRICKY MEETINGS

This is a one or two day practical workshop about communicating effectively at meetings. For those who want to get their message across confidently, the session covers ways of building rapport when things are stressful, handling

objections and awkward questions, disagreeing without getting into an argument and exchanging ideas successfully. The course can be designed to cover particular complexities.

INSIDERS' GUIDE PARENT SUPPORT COURSE

Five different courses for five different parent groups: Under 5s, Under 12s, Teens, Enduring Health Needs, Severe Learning Difficulties. Very few courses touch on the unique experience of this group of parents – Insiders' Guide navigates the journey from a parents' perspective.

THEMED ONE-OFF WORKSHOPS

A series of stand alone workshops, delivered to suit the school day, each designed to provide practical information or increase the skills needed to manage real life issues when caring for children with disabilities or special educational needs. For example, sessions include: Bullied at School; Looking Ahead; Money Matters; Getting Help at School; Handling Tricky Meetings.

TRAINING PARENTS AS TRAINERS

A two day course that prepares parents to deliver information and training sessions to varied audiences. As well as building the skills needed to become an effective trainer, this course considers the 'added value' that parent trainers offer and explores when and how personal experience can be useful.



outline of training courses

for practitioners and/or parents together

GOOD PRACTICE WORKING

This one day session provides an overview of what we know from both research and experience based learning that can support parent carers to help them achieve good outcomes for their families. By understanding what it's like to be a parent carer and reflecting on practice, this session is designed to consider what works.

BOUNCING UP - UNDERSTANDING RESILIENCE

Resilience is the ability to do well in spite of stressful life challenges, strengthened and more resourceful. This one day session offers an introduction to the resilience evidence base, explains why some children bounce back better than others and considers ways of turning resilience theory into practice for use at home or at work.

PARENTS AS ALLIES

This one day course is for people working with parents of children with disabilities or special educational needs. It offers an active learning approach to aid, understand and rehearse different strategies for working positively with parents.

TRAINING TO DELIVER THE INSIDERS' GUIDE COURSE

This course prepares parent-worker duos to co-deliver the Insiders' Guide suite of courses for parents. Designed by Amaze, and evaluated by the University of Brighton, Insiders' Guide has helped parents develop new skills and confidence to cope with today, and prepare for the challenges ahead.

FACILITATING TOGETHER

This is a one day course for parent and worker duos. It delivers practical, fun learning activities that lay the foundation for a training partnership between parents and workers who together then co-deliver any course for parents in their area.
