

Our Values training

About this training

Our Values training is run by the **Listen To Us** training group from CLASP. CLASP is a self-advocacy organisation for people with learning disabilities in the Wokingham borough.

Listen To Us was awarded the Queens award for voluntary service in 2021.

The target audience of the **Our Values** training is healthcare professionals and social care staff, including support staff, social workers and doctors. The training is designed and run by people with learning disabilities and looks at “our values” – things that are important to us when being supported. These are:

- Being respected
- Being listened to
- Having choices

Aims of the training

- To raise awareness of disability issues
- To help people understand how people with learning disabilities like to be treated
- To show people how they can provide the right type of support when working with people with learning disabilities.

Course content

Our Values is a 2-hour training course and covers the following topics:

- Definition of learning disability
- The type of discrimination that people with learning disabilities may experience
- The importance of equality and inclusion
- Good communication with people with learning disabilities
- Supporting people with learning disabilities to make choices

Our training is interactive and includes a range of activities e.g., a quiz, group discussion, role plays, and games.

What do participants say about our training?

“I didn't expect the course to be run by people with learning disabilities, but I'm very glad it was, it was great to discuss things that they find positive in their support.”

“I really enjoyed it. It was very useful and well structured.”

“Very professional and thought-provoking session.”

“I loved that it was led by people with genuine experience. The personal aspect engaged me and I felt that I took on-board what was said a lot more.”

“It has refreshed my way of thinking.”

“We as humans tend to compartmentalise people and make assumptions about what they can and can't do – this training has reminded me not to put people in a box but to listen and learn from them.”

For more information about the training and to discuss your requirements, please contact
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