



**Collaborative Working Towards Greater Community Care**

## **Self-Development Workshops**

The self-development workshops are going to be run by every member of the staff team and volunteers to bring forward new skills for dealing with all of the issues that may stop an individual from moving forward into a more positive and meaningful life.

The experience of either psychological ill-health/learning disability or physical disability can severely damage a person's self-esteem. We hope to challenge this by working alongside service users who are living with these issues or are continually working through their issues with strategies that will restore self-esteem to a more realistic level.

We all at times doubt our own ability to achieve things or perhaps don't even give something a try because we think we may fail or not reach the goals that we have set too high for ourselves in the first place.

This series of self-development workshops is designed specifically to instill a better way of applying ourselves to given tasks that will encourage better self-esteem. All of the workshops will be based around practical ways of getting more socially skilled by developing interaction in a safe and enjoyable environment.

This group is going to revolve around the needs of our service users and finding ways of getting the best from situations. We hope to make this a really fantastic group based on sharing the skills that we all carry as staff members and incorporating that with the skills that the service users have but may have either forgotten or felt too insecure to put forward so that everyone can learn from them.

Each workshop will be based on a specific theme and run for a two week period so that after that time we can move on to other themes that will reinforce what we have learned.

At this time there are many skills that service users have under their belts that we are all going to gain from. This will be seen in our ever changing timetable as those skills are put into good use.

For far too long anyone who has developed a disability of some form ends up being seen as either a disabled person or a diagnosis and the end result seems to be one of exclusion / low self esteem / isolation and a feeling of redundancy.

WeAre1 is going to implement various workshops to re-invigorate the individual and look at the person instead of the disability.

Everyone has skills of one form or another, and because disability takes on a major role in our lives, it does not mean that all of those skills we gained over many years just disappear.

We want everyone to bring forward the knowledge that they have and share it with others so that everyone gets to know about the person, what they did for a living, the knowledge that they gained from the line of work they carried out, and the possible transference of the skills and knowledge they have to all of those who attend our workshops to benefit from.

This is going to be a really proactive group where the focus will be on the service user and carer alike.

We are going to discover things that would never have crossed our minds, or be taught new ways of dealing with situations that will help us all to be more effective within our own daily lives.

**We are all waiting to learn from you, so please contact us for details of how to take part in our workshops.**