

Our Rights Our Voice

Train the Trainer Course Workbook



Our Rights Our Voice

Our Rights Our Voice is a project led by Learning Disability Wales and All Wales People First.

The project is working with partner organisations across Wales to raise awareness of people's rights under the UN Convention of the Rights of Persons with Disabilities.



Learning Disability Wales
Anabledd Dysgu Cymru

Learning Disability Wales is a charity.

We work to make Wales a place that values and includes every child, young person and adult with a learning disability.

www.ldw.org.uk



All Wales People First is the voice of self-advocacy groups and all people with learning disabilities in Wales.

www.allwalespeople1st.co.uk



These materials were written by Dynamix.

Dynamix is a training and consultation co-operative who uses participative methods to engage and explore serious issues in a fun way.

www.dynamix.coop

Our Rights Our Voice is part of Learning Disability Wales' Valued Lives Project

Bywyd Gwerthfawr
Valued Lives



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

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This book belongs to

A picture of me

Name : _____

Organisation : _____

About this training

This training course lasts for 3 days.

The course will teach you how to teach people with a learning disability about their rights.



We will show you two courses you can use to teach people about their rights.



One course runs for 2 hours, the other course runs for 4 hours.

We will teach you the different activities that you can use to teach others about rights.

We will think about how to make sure you feel good and confident about working with others.



We will think about what makes a good trainer or teacher.

We will think about what makes a good training session and how to be prepared for it.

We hope that you enjoy it!

Day 1 plan

Sign in



Find out about the training and aims of today



Making today ok



We will do some 'beginning' activities



Tea break



Think about confidence



Think about being a good trainer



Lunch



Find out more about rights

Rights

How was today?



Day 2 plan

Aims of the day	
Remembering stuff from yesterday	
Agreements about rights	
Why rights matter	<div>Rights</div>
Tea break	
More about why rights matter	<div>Rights</div>
Lunch	
What to do if you are not getting your rights	
Telling more people	
What makes a good training session	
Being ready to do your training	

Day 3 plan

Welcome back, aims of today



Remember what we did yesterday



Question time



Tea break



Have a go



Lunch



Have a go



How was the training?



Day One

United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)



All people have rights, no matter what age, sex, or abilities they have.

Some people need extra help to make sure that they get their rights.



The rights in this pack are about the rights for disabled people.



These rights are called the United Nation Convention on the Rights of Persons with Disabilities, or the **UNCRPD** for short.

These rights were first written in 2006.



Lots of countries in the world have agreed to them.

Wales is in the United Kingdom.

The United Kingdom is one of the countries that has agreed to these rights.

Day one



The government and different organisations should do everything that they can to make sure that disabled people get their rights.

The rights are not laws but they can be used with laws to make sure you get your rights.

There is a list of the rights on page 48.

Day one

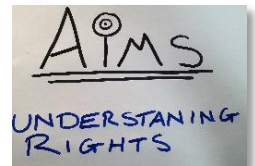
Activities to start the training with

These activities welcome the group and help people to feel comfortable. The activities also help people to start thinking about their rights.

- Hand print sign in



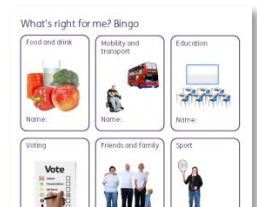
- Aims - what the day is about



- Making today ok



- Picture bingo

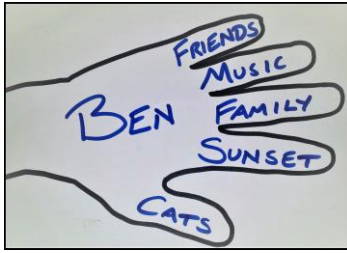


- Big wind blows



Day one

Hand print sign in



What is 1 thing that you wrote in the outline of your hand when you signed in?

Making today ok



What is 1 thing that you wanted to make today work for you?

What was your favourite beginning activity?



Do you think you could help to run this activity?

☐

Yes

☐

No

☐

With some help

Day one

Being confident, being a good trainer

This part of the course will help you to feel confident and think about how to be a good trainer.



Day 1

How confident do you feel about helping to teach other people about their rights?

Not confident at all

not too bad

really confident

[-----]

Day 3

How confident do you feel about helping to teach other people about their rights?

Not confident at all

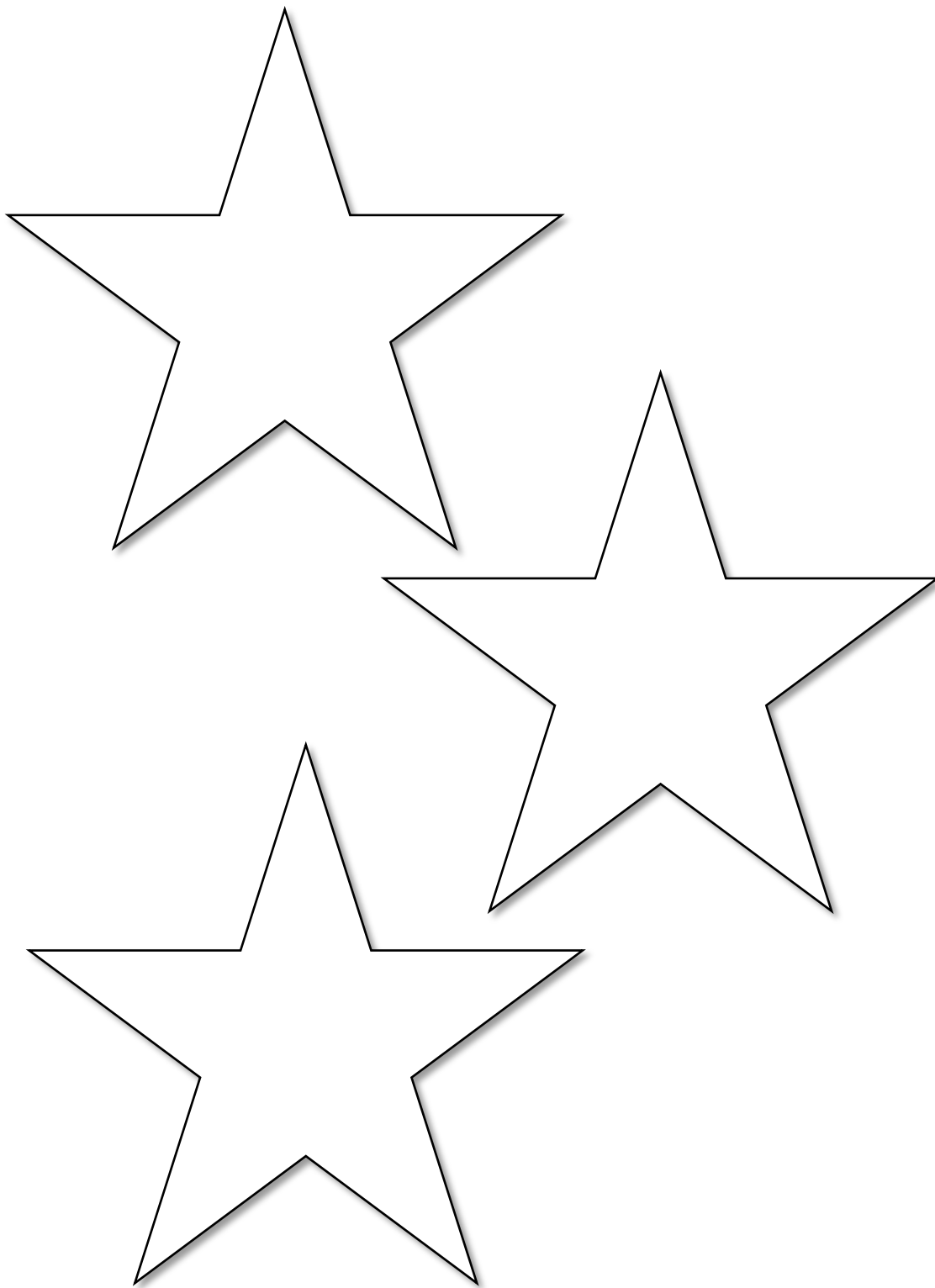
not too bad

really confident

[-----]

Stars

Things you have done that you are proud of



Superheroes

If you stand like a Super-Hero for 2 minutes before you start training it can help you to feel more confident.

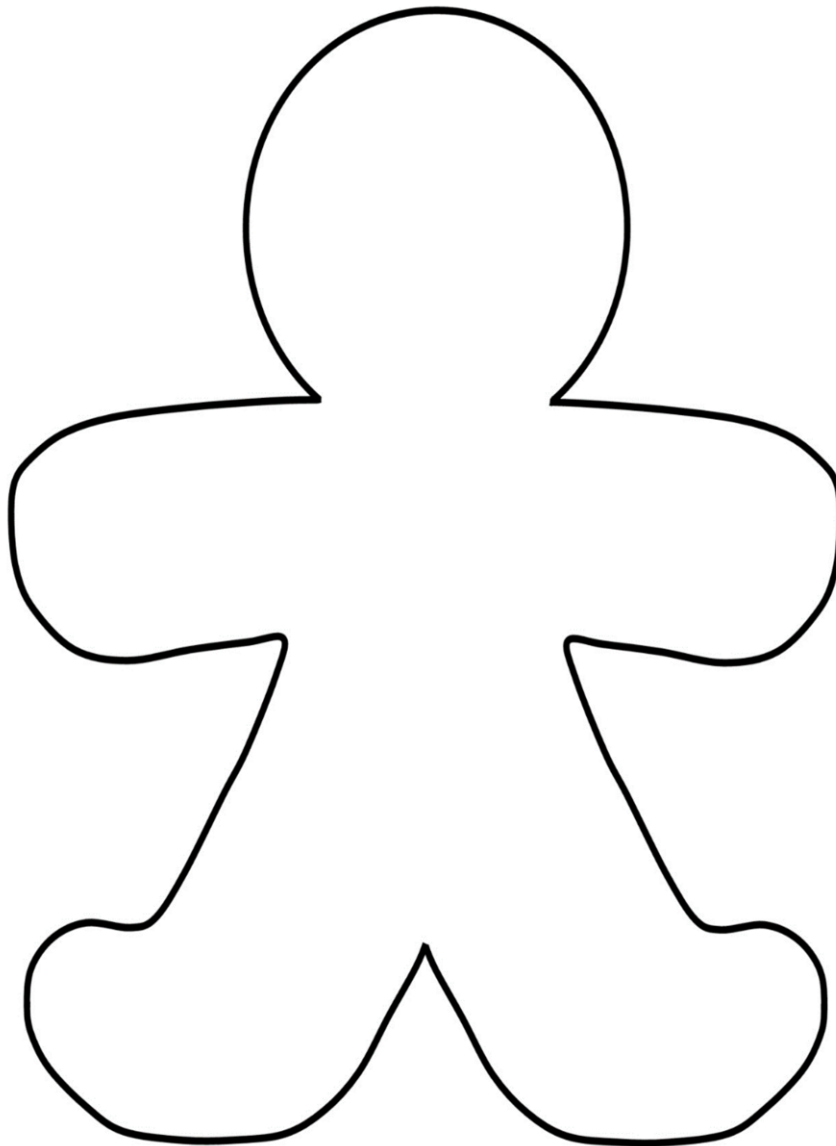


It's up to you if you want to do it in a quiet space in private or if you want more people to join in 😊

What makes a good trainer?

What is something that makes a good trainer or teacher?

Write or draw inside the picture.



Thinking about what rights are

These activities help people to understand what is meant by a 'right'.

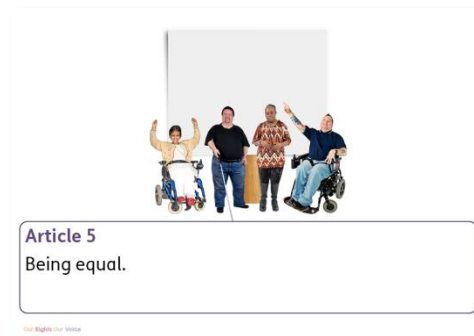
These activities also start to teach people which rights are in the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)

- wants or rights

Rights

Wants

- rights sale



Wants or rights

Rights

Rights are things that nobody should be able to take away from you.

Rights help you to be safe, healthy and have a good life.

Wants

Wants are things that we might like to have in our lives but are not as important - having a good life does not depend on them!

These kind of things are **wants**

Takeaway food



Trendy clothes



Presents



Wi-fi



A sports car



Your own jet plane



These kind of things are **rights**

Clean water to drink



To have a say about your life



A chance to work



Healthy food



Health care



To be able to join in with things



Question:

Are any of these **rights** also **needs** – things that you really could not live without?

Rights Sale

What was the name of your team?

You can write or draw your answer or just think about it.

What was one of the rights that you wanted to buy?

You can write or draw your answer or just think about it.

How was day 1?

What was the best thing about today?

You can write or draw your answer, or tell someone.



What would have made today better?

You can write or draw your answer, or tell someone.)



See you tomorrow!

Day Two

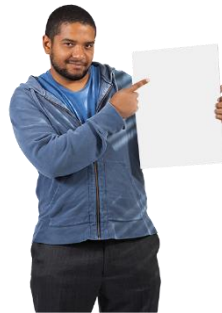
Rights and other agreements

These activities will help you understand what the government has agreed to do so that disabled people get the same rights as everybody else.

- Power point



- Human power point



Our Rights Our Voice

The UN Convention and My Rights

The laws and agreements about your rights

Our Rights Our Voice

1



Everybody in the world should have rights. From
when they are born till when they die.

Our Rights Our Voice

2



Everybody should know that they have rights.



- We are all protected by the Human Rights Act 1998
- This was based on a Declaration from the United Nations in 1948

Day two



There are different laws to protect us all from being treated unfairly.

You can think of the laws like layers of clothes.



If you are under 18 you are protected by the Children Act and the United Nations Convention on the Rights of the Child



If you have a learning disability you are also protected by the United Nations Convention on the Rights of Persons with Disabilities 2006.



Llywodraeth Cymru
Welsh Government

In Wales we have Social Services and Well-being Act (2014) to help you

- Be healthy
- Be happy
- Have opportunities to learn new things
- Be in control of your life
- Have a chance to work

Day two

If someone tries to stop you from getting your rights ...**they are wrong!**



Our Rights Our Voice

9

What the Social Services and Well-being Act (Wales) 2014 means to me.

The Welsh Government says



I should be asked what matters to me.

I have a strong voice when deciding what I need to achieve well-being.



If I need support to make my voice heard, someone will speak on my behalf.



My Assessment will look at what I can do, and what I can do with the help of friends and family.

I should get care and support to help me do the things I can't do.



I should have easy access to information and advice.

Day two



The laws to keep me safe are stronger.



More services are available to me to get help when I need it, so problems don't get worse.



If I am in care my foster family and I will be supported to stay together until I am 21.

This will only happen if it is in the best thing to do for everyone



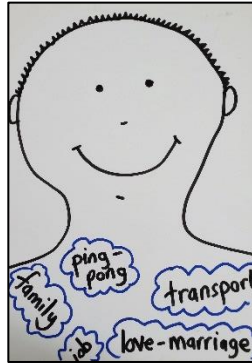
If I am in education or training I will get support to stay in education until I am 25.

Why Rights Matter

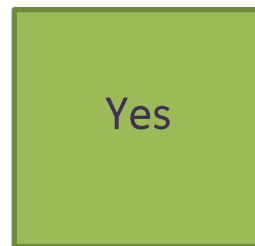
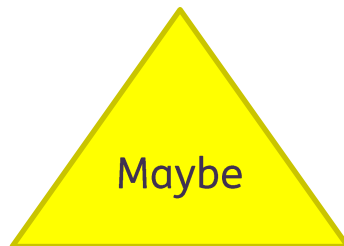
These activities help you to think about how important having rights is.

The activities will also look at how getting rights or not getting rights can affect people's lives.

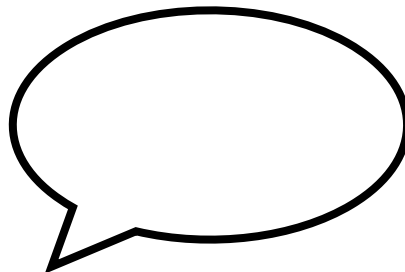
- Spare group member



- Traffic lights



- Speech bubbles



Day two

What was the name of your 'spare group member'?

1 thing that was important to them.

What makes it hard for them to have that thing?

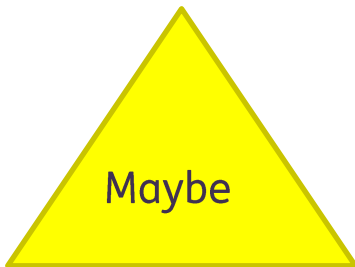
What helps them to have that thing?

Day two

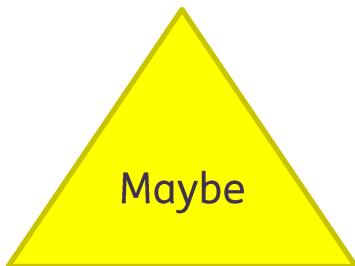
The main ideas about rights for disabled people

Mark the answer that you agree with

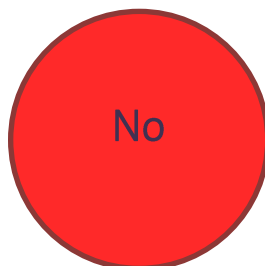
I can choose what I want in my life.



I am treated fairly in my life and not discriminated against

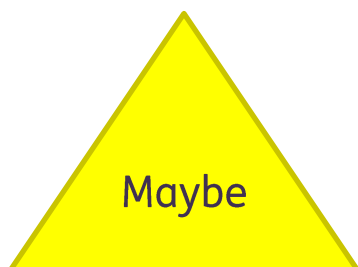


I can join in with things that I want to be part of.

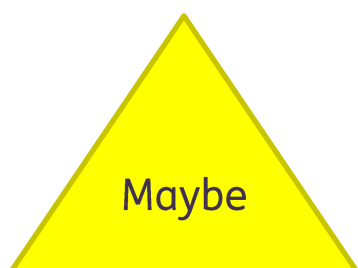


Day two

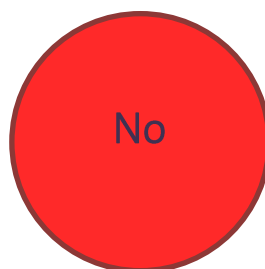
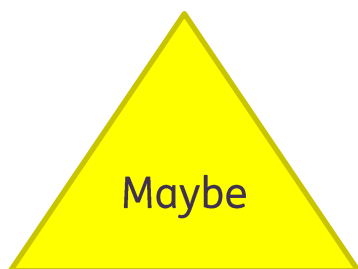
I am respected for who I am.



I have got the same chances in life as other people

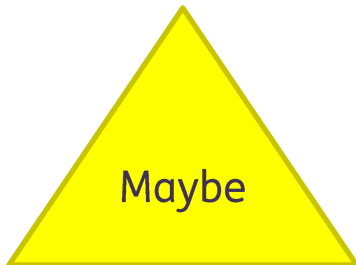


There are enough things that help me to do what I need to do or want to do.

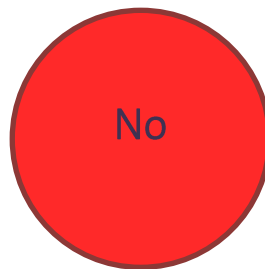
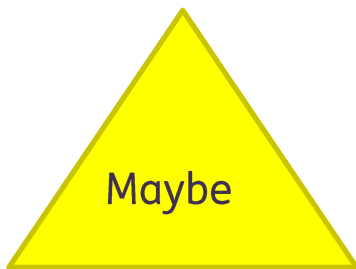


Day two

Disabled men and women are treated equally.



Disabled children are respected for who they are as they grow up



Things people have said about getting their rights

Groups like
People First
helped me learn
about my rights.

Travel is difficult, as
bus timetables are
complicated and use
a 24 hour clock

My independence is
stopped sometimes by my
family and social services
could not help me when my
mum died”

I don't like the
dodgy ramps even
when somewhere
says it's accessible

Since joining Vale
People First my
confidence has really
grown. I go everywhere
by myself now

My experience is that social services did not help me at all when I had to move house. They cut me out of the house with a county court judgement and we (Mencap) had to write a letter of complaint to social services because of the issue. I have been through it all in my childhood and adulthood, from pillar to post sometimes.

I am independent, live in my own house with my dog and have a boyfriend.

Relying on benefits. Filling in forms can be hard. Sometimes you have to do it on the computer which can make it harder – and maybe some people can't use a computer. And sometimes there is no connection!

There is a lack of support, I don't know what is available.

Some children who went to a special school had to travel a long way to get there or board there during the week.

What I want to say about my rights

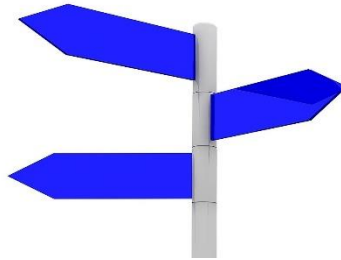


Making sure disabled people get their rights

These activities help people to think about who they can talk to and get help from if they don't get their rights.

It might be people that they know or organisations that are set up to help.

■ Signposting



■ Pebble promise

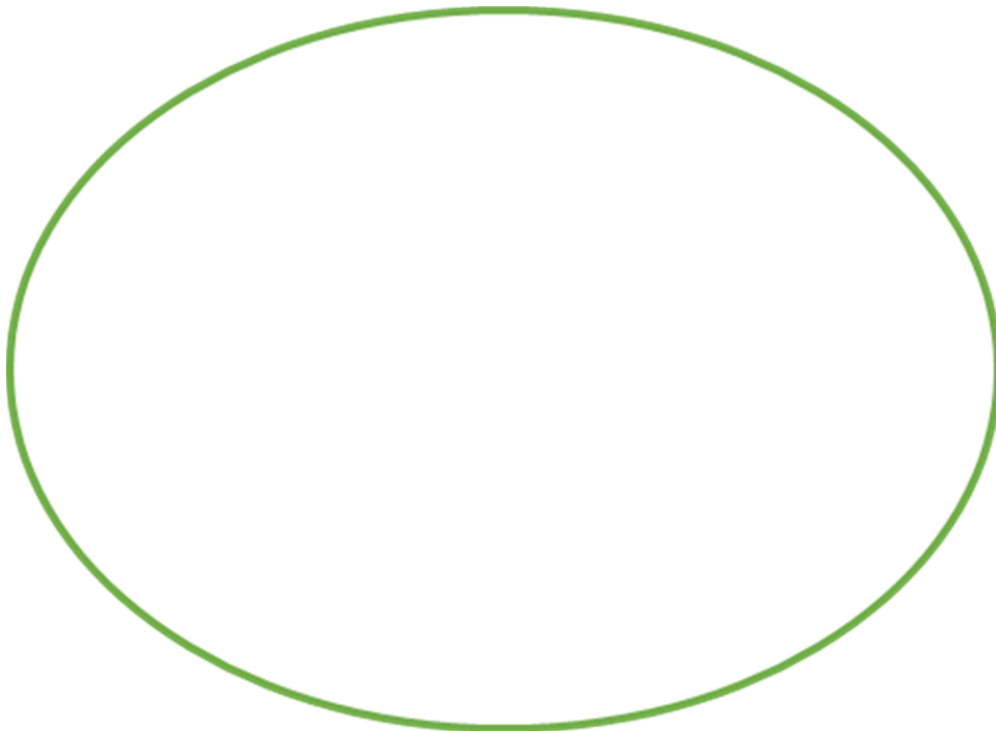
I am going to tell
my friend Julie
about her rights.

Can you name 1 person or organisation that you could talk to if you needed help to get your rights?



Your pebble promise

Write or draw 1 thing that you are going to do so that someone else knows about rights for disabled people



How to have a good training session

What are 3 things that make a great training session.

(write or draw your answer, or tell someone else.)



Day two

It is useful to think about what makes a good training session and how to cope if things go wrong.

What could you do if.....?

You forgot to take pens to the training

It's ok because...



How was day 2?

What was the best thing about today?

Write or draw your answer



What would have made today better?

Write or draw your answer



See you tomorrow!

Day 3

Today is your “have a go day”.



Which activity (or activities) will you have a go at?
(You can work with other people to do this!)



What things do you need to do it?

Activity:

What you need for this activity	How many?	Tick

Day three

Activity:

What you need for this activity	How many?	Tick

Good luck!

How did it go?

Amazing

☐

Good

☐

Ok

☐

Not great

☐

Bad!

☐

What went well?



What would help it to work even better?



Day three

Well done! Thank you for taking part in this training.

What is 1 thing that made you think a lot on the training?



What is 1 thing that made you smile or laugh on the training?



What is 1 thing that would have made the training better?



What was the best thing about the training?



We think that you are brilliant. Have a great time telling other people about their rights!

The Articles of the UNCRPD

United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)

Articles 1 to 4 are general ideas about the whole UNCRPD, what some of the words mean and says what governments should do to take the convention into their laws.

Article 5

Being equal.



Article 6

Disabled women being treated equally.



Article 7

Disabled children being treated equally.



Article 8

Making everyone aware that disabled people have the same rights as everyone else and showing them what disabled people can do.



Article 9

Accessibility. Making sure disabled people have better access to things in all areas of life.



Article 10

Right to life.



Article 11

Emergencies. Make sure that disabled people are properly protected when there are risky situations for everyone, for example when floods happen.



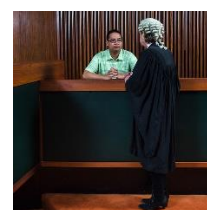
Article 12

Being treated equally by the law.



Article 13

Getting justice.



Article 14

Disabled people should be free and safe, the same as everyone else. Disabled people should not be locked up just because they are disabled but only if the law says so for other reasons.



Article 15

Not being tortured or treated cruelly.



Article 16

Not being used or abused.



Article 17

Treating disabled people as people first. Disabled people should be treated like anyone else, with the same respect and rights as others.



Article 18

Moving around. Being able to move between countries and live where you want without discrimination.



Article 19

Independent living and being part of the community. Disabled people have the same right as everyone else to live where and with who they want.



Article 20

Getting about.



Article 21

Saying what you want and access to information.



Article 22

Right to privacy.



Article 23

Respect for the home and the family. Making sure that disabled people have equal rights to marriage, a family and personal relationships.



Article 24

Right to education.



Article 25

Health. Making sure disabled people have the right to the best possible health and access to health services including family planning.



Article 26

Services to help you to be independent. Making sure disabled people can lead an independent and healthy a life as possible and providing support in health, work, education and social services to help that happen.



Article 27

Having the same chances and rights at work as other people.



Article 28

Having an equal right to a good standard of living. This includes food, clothing, housing and clean water.



Article 29

Being involved in politics.



Article 30

Right to take part in sports and leisure.



Our Rights Our Voice is part of Learning Disability Wales' Valued Lives Project.

Bywyd Gwerthfawr
Valued Lives

January 2017

