The Turning Tides Project Training Workshops

The Turning Tides Project aims to make equal access to music, the arts and life a reality for people with ‘learning disability’ or ‘autism’ labels. We seek to demonstrate a Social Model approach in everything we do.

Our training packages are:

- Co-designed, created and delivered by people with and without ‘learning disability’ and ‘autism’ labels
- Designed to maximise accessibility for both training facilitators and workshop participants
- Original and include soundtracks and films created in our music and arts sessions
- Fun!
- Intended to challenge and to inspire participants to make a difference

Packages currently available

A one day Introduction that includes:

- The Social Model of Disability
- Application of the Social Model: Creating accessible environments
- 'Autism'
- Total Communication

Half and Whole day workshops on each of the following subjects:

- The Social Model of Disability
- Creating Accessible Environments
- Autism
- Total Communication
- Music and the Social Model

Impact

We aim for our workshops to have a positive impact upon:

- The workshop designers and facilitators; by creating the opportunities for them to develop skills and share their knowledge and experience whilst gaining valuable work experience.
- The workshop participants; by contributing to their personal development.
- The Turning Tides Project; by raising the profile of our work and generating income to support it.
- The community; by supporting the development of the knowledge, skills, confidence and capacity of the community to actively include people with ‘learning disability’ or ‘autism’ labels.
Learning Outcomes

One Day Introduction

The One Day Introduction is an introduction to the Social Model of Disability, Creating accessible environments, ‘Autism’ and Total Communication. Participants will:

- Gain an understanding of the key terms used
- Begin to explore the theoretical base for each subject area
- Hear about and share their own experiences
- Identify their learning and development needs

The one day introduction is useful for People who:

- Have little or no experience of The Social Model approach
- Are uncertain about their individual learning needs
- Would like to refresh their knowledge and reflect upon their current approaches

Individual feedback from participants on the One Day Introduction often identifies the need for more time and active learning related to one or more of the subjects. These needs can be met by participation in our half and whole day workshops.

Half and Whole Day Workshops

Each whole day workshop has the same ‘knowledge’ content as the half day workshop it shares a title with. The additional time is devoted to practical exercises, activities, reflection and the sharing of experiences that support the transfer of knowledge to practice. Any combination of half day workshops can be paired to create a whole day event.

The Social Model of Disability

By the end of the workshop participants will be able to:

- Use The Social Model to define the terms ‘disability’ and ‘impairment’
- Place ‘disability’ in the context of social history
- Discuss how values and attitudes are conveyed through social norms, legislation and the media
- Describe how our expectations of disabled people are shaped by our values and attitudes
- Understand the importance of the language used when discussing ‘disability’ issues
- Identify some of the barriers in their own work and social environment and some ways in which these barriers could be removed.
Creating Accessible Environments

By the end of the workshop participants will have:

- Identified some of the barriers that make environments inaccessible
- Explored how an accessible environment can be created in terms of the physical environment, the social environment, the activity and the individual
- Analysed the structure of a group activity session
- Planned and practised delivering some elements of a group activity session
- Considered levels of engagement, with reference to Social Learning and Developmental Play theories
- Explored a range of approaches to adapting an activity
- Considered a Social Model approach to understanding the label ‘Challenging behaviour’

‘Autism’

By the end of the workshop participants will have:

- Considered both the limitations and the usefulness of labels
- Understood some of the current issues and theories related to ‘autism’
- Looked at the characteristics that contribute to how people with an ‘autism’ label interact and engage with the world
- Understood the concept of ‘autism’ as a spectrum
- Understood what is meant by hypo and hyper-sensitivity and explored what this means in terms of interaction with the world
- Explored the concept ‘challenging behaviour’ in relation to ‘autism’
- Developed and worked with a set of Tips for creating an ‘autism friendly’ environment

Total Communication

By the end of the workshop participants will have:

- Considered the purpose of communication
- Understood the terms ‘total communication’ and ‘multi-sensory approach’
- Explored a range of communication methods including Makaton signing, symbols, photos, gesture, objects of reference, verbal use of key words
- Considered the use of each communication method
- An awareness of some specific communication tools (including PECS, Widgets and Communication Passports)
- Learnt at least 10 of the most used Makaton signs
- Explored their own role in ensuring that their communication is accessible
Music and The Social Model

By the end of the workshop participants will have:

- Considered the importance of music in our everyday lives
- Considered the role of music in social and cultural identity
- Explored the ways in which disabled people might be denied access to music
- Understood the role that music can play in the maintenance or development of physical, cognitive and social skills
- Considered the use of music as a multi-sensory activity
- Been introduced to a range of methods for making complex musical activities accessible (e.g. learning an instrument, writing a song)

Our Workshop Approach

We like to facilitate workshops for 15-25 people: a small enough number for everyone to be actively involved and a large enough number to ensure that there is a huge wealth of experience and knowledge in the room.

Workshops are usually facilitated by more than one member of The Turning Tides Project and always by people who have a particular knowledge, experience or interest in the workshop subject. (Refer to our Facilitators Profiles below for more information).

Our workshops are each a blend of taught delivery, discussion and activities. Our workshops include the use of film and sound recordings, recorded interviews and work created in our arts sessions.
Introducing The Turning Tides Project Workshop Facilitators

Jennifer Baines
Jennifer is an active member of EPIC. She is a disabled woman and a passionate advocate of The Social Model approach. She is an experienced trainer and has previously delivered Disability Awareness training to GP surgeries, on behalf of MenCap. Jennifer's use of her own life experiences provide meaningful and powerful illustrations of the everyday issues encountered by a disabled person in our society.

Vicky Hooper
Vicky is a Turning Tides Project Manager and Manager of EPIC, our enabling service. Vicky has many years experience as a support worker for people with ‘learning disabilities. She spent several years working in partnership with the Exeter Speech and Language Team and has lots of experience in supporting people in the practical application of various communication methods. Vicky co-wrote and co-facilitates our Total Communication training and supports Jennifer, Tom and Michelle in their role as facilitators too.

Eliot Palfreman
Eliot is a Turning Tides Project facilitator and Project Planner. He has a Social Work degree and five years experiencing of working with young people with ‘autism’, ‘challenging behaviour’, ‘learning disability’ and ‘mental health’ labels. He has particular interests in both accessible communication and equality.

Michelle Roland

Tom Stewart
Tom is an EPIC buddy. Tom’s Mum realised that he has Asperger’s Syndrome when he was 5. He was diagnosed when he was 8. Tom had a bad time at secondary school: he was bullied and teacher’s assumed he was dumb and wouldn’t pass any exams. Tom got eight GCSEs, with an A grade in Applied Science. Tom’s other labels include ‘ADHD’, ‘dyslexia’, ‘dyspraxia’ and ‘monocular vision’. He’s an expert on the affect these differences and being given the labels that describe them has on his life. Tom believes that increasing people’s awareness and understanding, through training will change the way that he, and other disabled people, experience their world.

Jane Williams
Jane is an Occupational Therapist, music teacher, music facilitator and Director of The Turning Tides Project. Jane worked as a Local Authority Occupational Therapist, Practise Manager and Learning and Development Manager before becoming a free-lance Music Facilitator ten years ago. Jane’s interest and experience focus around the application of The Social Model and facilitating access to music. Jane’s book, Music and The Social Model, was published by Jessica Kingsley Publishers in May 2013.

Virtual Facilitators

Some members of The Turning Tides Project prefer their involvement in the workshops to be virtual: we’ll introduce them to you through the films and soundtracks they have created.
**Choices and Charges**
The Turning Tides Project facilitates:

- Rolling programmes of workshops for organisations on a contractual basis.
- Single workshop days for organisations by agreement
- Advertised workshops that can be booked on an individual basis
- Bespoke packages created in response to specific requests

**What we charge**

**Workshops**
Whole day workshops for up to 25 participants cost between £500 - £600. Variation will reflect the support needs of our co-facilitators, the number of co-facilitators we provide and whether or not we incur a room hire cost.

An additional cost may be added to cover travel expenses for venues more than 40 miles away from our Mid-Devon base.

**Individual Bookings**
Individual places on workshops that we host are £50/person for a whole day and £30/person for a half day.

Workshop costs include all preparation, materials and admin.

Quotes for bespoke packages are available on request.