



My Rights – My Voice

NEWSLETTER 3

My Rights My Voice - what the project has achieved so far.....

Aim

My Rights My Voice project is in the last year of a three year project with Austria, Hungary, Wales, Bulgaria and Belgium. The project's overall aim is to provide a course led by trainers with a learning disability to colleges and service providers on the rights in the United Nations Convention on the Rights of persons with disabilities (UNCRPD). The outcome of the project is that students and staff will learn about people's rights and be able to support people better to maximise their potential.

Train the trainer

In 2013, in each country (except Belgium), 12 people with a learning disability and 5 co-trainers were trained on people's rights under the UNCRPD and the skills to become a trainer. The 5 day course was run by trainers from the Austrian partner, Innovia.

Development of course

The next step was to develop a 20 hour training course for staff and students. The course covers all of the 30 articles under the convention and is split into 10 units

to be spread over 3 days. The total amount of time for the course is around 20 hours. The course includes presentations, group work and discussions. The uniqueness of the course is that the trainers with a learning disability share their personal experiences. Topics include equality and discrimination; how people are treated; home; out and about; women, children family life and education; citizenship and meaningful things to do; health; what role services have; and accessible information.

Testing the training course for staff and students

The training to staff and students took place between November 2013 and April 2014. In total across the partner countries 278 staff and students were trained. In each country the training was observed by an expert who made a report. Feedback from the courses was excellent. This newsletter provides more information about how the training went in each country.

Karen Warner, Learning Disability Wales

Training across Wales

Between January and April this year trainers on the project delivered over 60 hours of training to 65 delegates from service providers in South Wales, West Wales and North Wales and to nursing students from the University of South Wales.

Each training team consisted of two trainers with a learning disability and a co-trainer. The training teams prepared together carefully to deliver different topics for the first time using lots of different methods and also to plan their travel across Wales to deliver the training!

The courses were run using easy read PowerPoint presentations, group work, discussion, role play, video clips and the trainers shared their insightful personal life experiences.



More than one training team contributed to each course so that participants met more trainers and heard about their different experiences.



A big thank you to all the trainers who committed themselves to the project and received great feedback from the delegates: Mark Firkin, Huw Reynolds, Nick Martin, Hannah Thomas, Louise Price, Glayne Walker, Karl Price and Lloyd Gregory. Also a big thank you to the hard working and dedicated co-trainers; Claire Turner, Jean Francis and Lynne Morris.

PARTICIPANTS EXPERIENCES:

“very informative. It made me think about things in a different light”

“a great course to provide deeper insight and understanding”

“the trainers were honest and brave talking about their personal experiences”

“Makes you aware of the difficulties people with a learning disability face that maybe we take for granted”

“great mix of people bringing different experiences – not all with the same values”

“the course helps self-advocacy groups to have a guideline of the rights that people with a learning disability should fight for”

TRAINER’S EXPERIENCES:

Mark Firkin, trainer said:

“It was all about to me working with the people (trainers and co-trainers) and to take it in turns delivering the training. My first in Cardiff to my last in Conwy was brilliant standing up there in front of the people talking about different units of the convention and also listening to people experiences as well. I also liked doing the role play with Louise in Conwy. If the training came up again I would do it again. Everybody who delivered the training should be proud of themselves because you were superb and it was great working with you as well”.

Lynne, co-trainer, said:

“trainers sharing personal stories and talking about their own experiences brings the course to life and helps participants to see in real life what is happening”.



Louise, trainer, said

“I like sharing my own stories very much”

Hannah, trainer, said

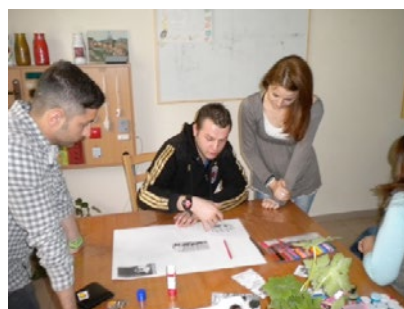
“I loved doing it”.

LDW from Wales held an evaluation and celebration day with the trainers and co-trainers, and met up with self-advocacy groups, colleges and service providers to get the course rolled out across Wales. A trainer team will be also be traveling to Austria to present their experiences at the project’s final conference in September.

Karen Warner, Learning Disability Wales

Training in Veliko Turnovo, Bulgaria

Beneficiaries of the social service as well as people from protected homes in 3 cities -Cerova koria, Debelec and Pchelishte - took part in the training. The training aimed at increasing the ability of people with disabilities to work as trainers and consultants. In this pilot phase, two trainers with disabilities (Gergana Burneva and Anna Vergilova from Center for Social Rehabilitation in Veliko Turnovo) implemented the training with the support of their co-trainer. All participants were successfully trained on their rights under the UN Convention, as well as informed about the existing services and institutions they can turn to for assistance in a given situation.



There are 46 users in the center in Veliko Turnovo, and all users are aged from 19 to over 61 years. “It is important for people to know that social services are provided not only in the homes, but also in the community. They are intended for disadvantaged people as well as their families. Their families can easily leave them through the day to care of the professionals and they can be calm for their relatives, while they are working”, explained Margarita Sarieva, manager of CSRI. Currently the centre’s services benefit people with both physical and mental disabilities. Speech therapists, social workers, psychologists, teachers, rehabilitation therapists, labor therapists and a nurse take care of them.

Vesela Baicheva, ICSS

What went on in Hungary...

Between November 2013 and April 2014 our team of trainers tested its knowledge in three educational settings in Hungary, and implemented 60 hours of training. Participants were staff of social service providers and students in the social field.



Some comments of the participants:

“We could broaden our knowledge on the rights of persons with disabilities.”

“I suggest going with this training to high schools!”

“It is amazing how much persons with disabilities can do.”



MRMV training was appreciated by teachers and students, so we will continue the work with our partners in the next school year as well! During the stakeholder meeting organized in the city centre of Miskolc the DVD was shown to self-advocacy groups, service providers and educational organizations, and we discussed the future of MRMV after the project lifecycle.

Monika Szakács, Symbiosis Foundation

A lasting success story in Germany

The project “My Rights - My voice“ has gone further in Germany. The trainers with a learning disability have successfully trained staff in services for persons with disabilities, doing a great job. A film about the project focused on its implementation in Germany, following the experiences of Heiko, a trainer from Dresden.

The training of employees was evaluated by educational experts from two universities and a training institute for teachers. They gave the following feedback:

“The project is didactically and methodically worked out well ...”

“The concept, to be provided through farmer himself the subject, went on ...”

“I think it makes sense that the course is also offered for students of medicine or social work ...”



“Here, show people what resources and potentials lie in them, without that first looked at deficits ...”



Picture with the secretary of state



The Television was also there....

In November 2013, the Diakademie received the Innovation Award ‘Further education of the Free State of Saxony’ for the MR-MV project - the whole partnership is very proud and excited about this good news. At the award ceremony the trainers demonstrated what they have learned; in front of 100 guests they led a warm-u^p exercise and a small presentation.

Katrin Sawatzky, Diakademie- DAFW



This roll chart is in our foyer now.

Trainers with learning disabilities are hired by educational institutions in Austria

The long term goal of the project is to encourage educational institutions to adapt their curricula by involving trained persons with learning disabilities and benefit from their experience of what the UNCRPD means for persons with disabilities in practice – to some extent we’ve already achieved this!

Stefan Ager and Julian Kirchner, two of Innovia’s trainers with learning disabilities, have been accepted as trainers at two educational institutions in Tyrol, Austria. They are currently in negotiation about the details.



One employer is a school on social work, the second a pedagogical college also for social work. Both were convinced by the quality of the training our two trainers provided in the test phase. The other important factor is a belief in the importance of inclusion, an important issue in the disability sector which both educational institutions are aware of.



Stefan Ager and Julian Kirchner in action

We are glad that our dream is becoming reality. It will make a difference for the students to be taught by trainers with learning disabilities!

Further development

The project is now working to get this training embedded into college course curricula in all partner countries, and for service providers to use it to train their staff. We are looking into suggestions from participants about how the course could be rolled out to schools, businesses and other public and private sectors organisations.

The course can also be used in self-advocacy groups to help people with a learning disability know and understand their rights.



Closing conference to share achievements

The final celebration of the project and its successful results will take place in Innsbruck, Austria, on September 25th, 2014 at a closing conference, during which the project's results will be presented in the form of a theatre forum (interactive learning drama). The focus of the conference will be how persons with learning disabilities delivered training on the UNCRPD. Trainers and co-trainers from each of the partner countries will attend. The conference will be accessible for persons with learning disabilities, who are expected to make up the largest proportion of participants. During this event a

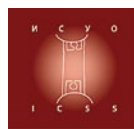
15 minute video with footage of the training experience of one of the trainers, Heiko, will be presented.

Project DVD

The video of the training has been made following a trainer's experiences in Germany. The videos are available in German with English, Bulgarian or Hungarian subtitles. The trailers (short 3 minute versions) can be downloaded on <http://www.easpd.eu/en/content/my-rights-my-voice>

For registration and more information on the conference please visit www.myrightsmymyvoice.eu

If you would like to receive the first newsletter or some general information on the project, contact Sonia Staskowiak at sonia.staskowiak@easpd.eu or visit www.myrightsmymyvoice.eu.



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