



# Brighton & Hove Speak Out

Giving people with learning disabilities a voice



## Training and Easy Read with Speak Out



Speak Out provide learning disability focussed training courses to help you provide better support or services to people with learning disabilities.

We also offer an Easy Read service, where we take your documents and reformat them to a more accessible, easier to read version.

For more information and to enquire now:



[info@bhspeakout.org.uk](mailto:info@bhspeakout.org.uk)



01273 421921



<https://www.bhspeakout.org.uk/training>

 @bhspeakout

 @ Brighton and Hove Speak Out

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Charity No. 1076995 · Company No. 3807112

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# Introduction

Brighton & Hove Speak Out supports people with learning disabilities to speak up and take action about things that are important to them. We do this through 1:1 advocacy, advocacy groups, and training. Speak Out's vision is a world where people with learning disabilities have the same rights, choice and control over their lives as everyone else.

## Training Courses

Speak Out provide learning disability focussed training courses. We offer a variety of training programmes that can be purchased. The intended outcome of all our training is to help you provide better support or services to people with learning disabilities. Training is always co-facilitated by a person with lived experience.

## Easy Read Service

**Do you want your services to be open to 'all' people, regardless of their disability?**

Easy read is one way of making a 'reasonable adjustment' when you are providing information to people. It is a way of making information accessible by putting it into an easier to understand format, removing jargon and language that is not necessary. Pictures and larger font sizes are added to make the document easier to understand for people with learning disabilities or sight impairments. Speak Out offer a service where we can put your document into an easy to read format.

# How is the training delivered?



We can tailor the training to your needs. To get the most from the training we encourage you to book a whole day, which usually runs from 10am – 4pm. However, we know work pressures mean a half day may suit you better. We call this a ‘micro’ training session, which takes place over a morning or afternoon.

## In person training can take place:

- At Speak Out’s premises at the Bighthelm Centre in the city centre
- At your premises depending on location
- At any location of your choosing (providing it is accessible and we can travel to it)

**We are happy to deliver training in-person or online. Some ‘out of area’ training may have to take place online unless additional expenses can be paid.**

# Learning disability awareness training



A training course for staff who work with/come into contact with people with learning disabilities.

The training is co-facilitated by trainers with learning disabilities.

## Learning objectives:

- Better knowledge and understanding of people with learning disabilities
- Learn about the history and background of people with learning disabilities
- Gain more awareness about their needs
- Learn how to improve the support, communication or customer service you provide

## Who is this course for:

Ideal for those who work in Adult Social Care, Health, or businesses where workers may come into contact with customers with learning disabilities.



<https://www.bhspeakout.org.uk/training/learning-disability-awareness-training>



# Accessible information training

The accessible Information Standard (AIS) is a law that makes sure people with a disability or sensory loss can understand information.

It is law that NHS and social care staff services comply with this law to put information into a format that is accessible to people with a disability or sensory loss.

## Learning objectives:

- Real examples of experiences that people with learning disabilities have faced when trying to access information
- Why you should make your information more accessible
- What the law says and the policies in place that organisations should follow
- What makes information more accessible?
- How to make reasonable adjustments
- Guidance in making your organisation's information more accessible

## Who this course is for?

NHS and social care staff. This training can also be tailored to others, e.g. businesses that want to make their information more accessible to disabled customers.



<https://www.bhspeakout.org.uk/training/accessible-information-training>



# What is good support and how can advocacy help?

A training course for staff who support or work with people with learning disabilities.

This course introduces a foundation principle that starts with ensuring people have choices, make their own decisions, and get their rights met.

The course looks at the history of learning disability rights and advocacy and analyses advocacy and advocacy principles as a means to demonstrate what 'good support' is and how support staff can provide better support to people with learning disabilities.

## Learning objectives:

- Workers who provide support to people with learning disabilities will have improved knowledge, tools, and skills to provide better support
- The course will also be an opportunity to assess what 'good support' looks like

## Who this course is for?

Ideal for those who work in the Adult Social Care or Health sectors.



<https://www.bhspeakout.org.uk/training/good-support>



# Self advocacy training for people with learning disabilities

## Do you have a learning disability?



Do you want to learn how to speak up, be heard, get your views and wishes known, and know what your rights are?



Do you want to be more independent?

## Who is the course for?



For people with learning disabilities who want to know more about how to speak up individually and as part of a group.



Learn about what self-advocacy is, where it came from, your legal rights, and how you can speak up to get the changes they want.



<https://www.bhspeakout.org.uk/training/self-advocacy-training-pwld>





# Communication training for people with learning disabilities

## Do you have a learning disability?



Do you find it hard to talk to people and/or want to learn how to be better at talking about what you want or need?

## Who is the course for?



For people who want to learn how to be better at talking- especially if you are part of a group, either as a volunteer or in a paid role.



Learn about what good listening is, how to speak confidently, take turns and use appropriate language.



We will look at good and bad examples of ways of talking to people



<https://www.bhspeakout.org.uk/training/communication-training-pwld>



# Brighton and Hove Easy Read service



Do you want your service or business to be more inclusive?



Do you want your customer information to be more accessible?



Easy Read is a way of helping people with disabilities or other impairments understand important information in a more accessible format.

Send us your document and we will give you a quote!



<https://www.bhspeakout.org.uk/easy-read-services>

# Pricing structure

## Block bookings

As an organisation you book us to deliver training to your staff/ team for a day or half day.

<b>Rate for businesses, organisations or charities with annual turnover exceeding £300,000 a year</b>	<b>£790 (full day) £440 (half-day)</b>
<b>Rate for charities/organisations with annual turnover less than £300,000 a year</b>	<b>£690 (full day) £390 (half-day)</b>
<b>Local councils or NHS rate</b>	<b>£690 (full day) £390 (half-day)</b>

Our training for people with learning disabilities is usually free. For groups living outside of Brighton and Hove, we may need to charge. Please contact us to discuss.

## Booking individually

Usually takes place at Speak Out's premises at the Brighthelm Centre in central Brighton. Individuals can book a place for an upcoming training session via Eventbrite.

<b>Rate for businesses, organisations or charities with annual turnover exceeding £300,000 a year</b>	<b>£79 (full day) £59 (half-day)</b>
<b>Rate for charities/organisations with annual turnover less than £300,000 a year</b>	<b>£69(full day) £49 (half-day)</b>
<b>Local councils or NHS rate</b>	<b>£69(full day) £49 (half-day)</b>

# How to find us



**The Brighthelm Centre,**  
North Road, Brighton, BN1 1YP



We are 5 minutes walk from Brighton Railway Station



**Buses** stop on nearby Queens Road:  
**6, 7, 12, 27, 37, 57, 59, 77, 78, 79**



**info@bhspeakout.org.uk**



**01273 421921**



**<https://www.bhspeakout.org.uk/training>**