

## **Fresh Ideas Solutions and Services CIC**

### **Changing Lives and Futures and PB Partners**

#### **Support Planning Training**

The Support Planning training and sharing events will be open to all adult disabled people regardless of disability or age. Learning the Support Planning process will enable people with long term mental health conditions to have an understanding of the possibilities offered by Personal Budgets and enable them to make an informed choice about their future support, what they want that support to look like and how they can achieve this with the help of their Personal Budgets.

This is an opportunity to empower disabled people through professionally focussed peer support to take control of their own Support Planning and (for some) in turn to empower other disabled people through information, advice and training.

Peer Support opportunities will be available and encouraged throughout the training and sharing events. An integral part of the training will be to share learning and life experiences with each other as well as sharing ideas and solutions to obstacles and barriers that may present themselves during the course of the Support Planning Process.

The training will include all aspects of the Support Planning model currently used by the professional support planners in Southwark and will be supported by two experienced accredited Southwark Support Planners and Managed Account providers.

The training will encourage and show people how to think "outside the box" when it comes to Support Planning, to challenge how their support has been delivered in the past and seek new ways of achieving their aims rather than just recreate what has always happened. They will learn techniques of how to look at their lives and support systems as a whole to identify what is important to them and they will be supported to discover how to utilise free support, facilities and services to help achieve what it is that is important to them wherever possible.

#### **Course one:**

To train disabled and older people, living and working within Southwark in Person Centred Support Planning using the existing Southwark Support

Planning Model currently used by professionals to write their own Personal Budget Support Plan. This will cover people who are FACS eligible and those who are not. For the FACS eligible people we will look at their individual income in addition to the Personal Budget they receive from the Council. For those not FACS eligible we will look at all streams of income that they receive to produce Health and Wellbeing Support Plans.

### **Course Two:**

To train those people who have already undertaken the above training and completed their own support plan who are interested and are suitable to become trainers in the Support Planning Process for other disabled people.

### **Course three:**

To run a variety of workshops on the options open to people: including employment, self-employment, limited companies and Community interest Companies (CIC). To

To run a variety of workshops on options available following the completion of courses 1 and 2 around employment, self-employment, starting their own limited companies or Community Interest Companies and what they can offer to London Local Authorities and organisations with regards to Person Centred Planning. To assist interested people wishing to use this training to get back into work to access "Access to Work" where relevant in order to achieve this goal.

### **Continued Learning and Development:**

To create and sustain a regular Support Planning sharing event where professional and non-professional support planners can meet, learn from each other and share best practice.