



The Social and Health Education Project

SHEP 2023

Self-Advocacy: Developing our Skills to Speak Up and Speak Out

Reference Number: CN003810

Are you interested in learning about what self-advocacy involves? Are you thinking about how you might be able to develop your own skills to self-advocate for access to your rights and entitlements? Do you want to develop your abilities to speak up for yourself? If yes is the answer to these questions, then this part-time SHEP course, starting in October 2023, may be of interest to you.

About the 'Self-Advocacy: Developing Our Skills to Speak Up and Speak Out' course.

There may be times in our lives when we need to speak up for ourselves. Situations might arise in our personal or working lives, in relation to the conditions of our housing, finances or health. Sometimes we may need to speak up for ourselves on our own, with support or maybe as a group. This Self-Advocacy course aims to offer a space to share our experiences, to learn from each other and to enhance our capacity to self-advocate.

This open-access Social and Health Education Project (SHEP) course is an **introduction** to self-advocacy and is a SHEP certified course. It will be of interest to a wide variety of people who want to improve their skills to speak out on issues affecting their lives. What makes this programme unique is that it has been developed in the context of the SHEP Advocacy Programme, which provides direct advocacy services to adults with disabilities living in the community and in disability service settings. This means that the programme has the benefit of direct experience in providing support to people to build self-advocacy skills, as well as being informed by the day-to-day realities of advocacy practice in the landscape of rights and entitlements for people with disabilities. Therefore, while skills learned are applicable in a variety of settings, there will be an emphasis on self-advocacy in relation to disabilities.

The course will be facilitated by experienced advocacy practitioners and trainers. It will be delivered over 7 weeks. It involves 8 training sessions: 6 'in person' x 2.5hour sessions held on Tuesday evenings, and 2 x 7 hour sessions held on 2 Saturdays.

Please note that this course does not focus on representative advocacy.

Course Aim

The aim of the course is to provide participants with an opportunity to develop their self-advocacy skills, with an emphasis on experiential learning, so that they can apply this learning to issues, and in settings, in their own lives. Participants who successfully complete this course will acquire knowledge, skills and understanding which will help them to develop skills for self-advocacy.

Philosophy

This course is underpinned by SHEP's philosophy that self-awareness and self-knowledge, when combined with a commitment to community action, is the basis for personal and social transformation. The course is inspired by SHEP's commitment to equality, social justice, social transformation, and the contribution that group spaces can create for learning. The course reflects SHEP's philosophy that adults continue to learn throughout their life and that life and practice experience is an invaluable source for that learning.

Course Content

This course aims to provide people with opportunities to explore self-advocacy for themselves and in groups. Learners who complete this course will acquire understanding and skills which will help them to become self-advocates and/or to participate in self-advocacy groups.

Learning Outcomes

This Self-Advocacy course aims to offer a space to share our experiences, to learn from each other and to enhance our capacity to:

- Know and believe in ourselves.
- Know about our rights, where to find them and how to seek them.
- Know about communicating when power may be unequal for many reasons.
- Strengthen our voice and our courage in speaking up for ourselves.

Approach

This course will use a variety of approaches with an emphasis on experiential learning in a supportive group setting.

Assessment and Course Participation

There are no assignments or assessments for this course. Participants are expected to attend over 80% of the course to successfully complete the course.

Certification

Participants will receive a Social and Health Education Project certificate upon successful completion of the course.

Entry requirements

Candidates must be interested in building their own, individual, self-advocacy skills and normally be at least 21 years of age.

Candidates will be invited to attend for an interview before being offered a place. Being called for interview does not guarantee an offer of a place on the course.

To support experiential learning in a group setting, group dynamics will be considered when offering course places, to ensure participants are from a variety of backgrounds and experiences.

Costs

The cost will be €150 per person. Applicants who are in receipt of a social welfare allowance may apply for the concessionary rate of €75. Those who wish to be considered for a concession need to complete the reduced fee application form also available at www.socialandhealth.com training section or phone (021) 4666180; more information is available via 'Important Information on SHEP Fees, Reduced Fees, Funded Places & Payment Methods'. Interest-free payment plans will also be available to those who wish to pay in instalments.

Booking

Interested applicants should submit a completed application form by September 18th, 2023. Application forms are available at www.socialandhealth.com. If you require a hard copy of the application form, please contact SHEP reception on (021) 4666180. Shortlisted applicants will be contacted for interview thereafter.

The course will run subject to enough applying to form a group of 12 to 15 participants.

Further Information

For further information please contact Marge Lysaght, course co-ordinator, on (021) 4666180, or email marge.lysaght@socialandhealth.com

Course Commitment and Schedule information: Timetable (subject to change as necessary).

Day	Where	Date and Session details	Sessions	Times
Tuesday	In Person Ardfoyle, Ballintemple, Cork T12Y304	17/10/2023: Getting Started 24/10/2023: Know Yourself, Believe in Yourself 07/11/2023: Self Advocacy Tools 14/11/2023: Gathering Support and Targeting Efforts. 21/11/2023: How do I communicate? 28/11/2023: Expressing Myself and Assertive Communication	6 x 2.5 hours	19.00pm to 21.30pm
Saturday	In Person Ardfoyle, Ballintemple, Cork, T12Y304	04/11/2023: Know Your Rights 02/12/2023: Strengthening our Courage	2 x 7 hours sessions	10.00am to 17.00pm

