

All Together Better - Portsmouth



A free citizen leadership course is being offered to residents of Portsmouth.

"If you want to be clearer about changes to health and social care, All Together Better is a free citizen leadership course which will help you better understand current thinking. It will give you the right skills and knowledge to deal with changes and can lead to better support for you / the person you care for."



"The course has given me a sense of purpose, a reason. It set my values straight and gave me value. It gives an opportunity to share knowledge, experiences, stories, hopes, dreams and fears in a place of mutual support and understanding. It is a safe place to release and come to terms with emotions. It nurtures, gives confidence, empowerment, vision and skill. For me it is a journey of discovery and delight as I seek and gain knowledge from people who have travelled or still travel on my road. I am both proud and humbled by the whole experience. I truly feel that Partners in Policymaking is the greatest investment I can make towards achieving a positive future for my daughter, myself and hopefully many others."
Margaret, Cornwall

All Together Better consists of **six two-day sessions**. They will run over 8 days

10am - 4pm Refreshments from 9.30

Free lunch

The course will start in February 2018.

Participants must commit to attending all of the sessions. Each of the sessions will cover topics and issues that are important to disabled people and their families.

Dates of course:

23rd & 24th February

9th & 10th 23rd & 24th March

20th April includes a panel of local service Director and Managers

21st April includes Graduation & Celebration

Attend all 8 and receive an Amazon Voucher

Course topics will include:

- Understanding and relating to services and systems, including new guidance and changes.
- Learning about self-directed support.
- Getting the right support.
- Making change happen locally and nationally.
- Listening, learning, planning and creating together.
- Transforming Care.

Some of the things participants will learn:

- How to get your point across.
- Why things are the way they are.
- Why health and social care services have been designed the way they have.
- How policies and new ideas come about.

Who should apply for the course?

There are a total of **30 free places** available to people who as a result of disability or long term health issues need support to live the lives they want in their local communities, parents and relatives who support and the people who support them through their work in social care, health, education or leisure.

You will have the chance to meet other people who want things to be better and be connected with the strong network of people & families working together across the country.



We are looking for people who are:

- Keen to be part of a strong community network.
- Passionate about people's right to be included.
- Committed to action and working with other people to make life better for people who need support.
- Willing to be a champion for London.

The course is run by In Control and sponsored by NHSE as part of the Transforming Care/Integrated personal care agenda's

How do I apply?

For further information or to request an application pack, please contact:

Tel: 01564 821 650 Email: admin@in-control.org.uk

Post: In Control Partnerships, Carillon House, Chapel Lane, Wythall, West Midlands, B47 6JX

Closing date: 15th February 2018 missed the date? Call us anyway!