

## 'It's About Everyone'

*'Relationships are what matters in life; when they are right everything else is more likely to be right.'*

(Sue Deely)

It is often assumed that larger organisations have more resources and are therefore better at innovation than smaller ones.

Getta Life is a small local organisation. None the less it has managed to free twenty four people who previously had been locked up, pinned down or otherwise let down. Now Getta Life supports them to **live good ordinary lives**.

Paradigm, in partnership with Getta Life, is exploring how new support agencies **can be born** and how larger organisations can **adopt and adapt** innovations from effective and creative small enterprises such as Getta Life.

As part of our work sharing **Inclusive Learning and Innovation** we are focusing on how to create and sustain organisations that are truly focused on each of the individuals it supports.



Two workshop and 8 webinars for a team of 4.  
£960 plus VAT

### The Workshop and Webinar Programme.

This programme of webinars and workshops will support participants to think about what's fundamental in being truly with people and alongside people when offering support.

Essentially its about being human and how to use ourselves in our work.

The programme includes an introductory workshop, 8 webinars and a final workshop to reflect and plan what next. Before each webinar participants will be sent some thoughts/questions to reflect on and support their learning.

Participants will receive a copy of "**We've got a life**" book as part of the pre-course and ongoing reflective reading.

The series will be facilitated by **Sue Deely and Julie Smith** who have been leading Getta Life for fifteen years and are co-authors of "We've got a life"

“

Would you like to work somewhere that believes, love, hope, growth and healing are the way to work?

Can you and your teams follow someone's lead and trust that they will show you what's right for them?

(Getta Life)

”



# The Programme

Date	Activity	Venue/ Time
Tuesday October 18th	<p><b>Welcome and Intro: From There to Here - Real Lives</b></p> <p>Workshop introducing Getta Life and an insight into how Getta Life are where they are now. Hosted by Sally Warren (Paradigm), Sammy Butcher (self-advocate) plus Sue Deely and Julie Smith (Getta Life).</p>	<p>Getta Life in Coventry</p> <p>11.00 - 4.00 pm</p>
Tuesday November 15th	<p><b>Webinar : It's about Everyone.</b> Good support is about enabling each and every unique individual to become more themselves. Team members, those supported...all people!</p> <p><i>We'll explore</i> how you can develop and sustain a culture where people can flourish.</p>	<p>Online</p> <p>2.00 - 4.00pm</p>
Tuesday December 13th	<p><b>Webinar : Valuing Relationships.</b> Many people with learning disabilities are lonely &amp; isolated. Support 'services' so often block the natural and create the barriers that lead to such loneliness.</p> <p><i>We'll explore</i> how you can work to nurture trusting, open and genuine relationships with people supported, families, supporters and community. Relationships that enhance connections and new possibilities.</p>	<p>Online</p> <p>2.00 - 4.00pm</p>
Tuesday January 17th 2017	<p><b>Webinar : Discovery.</b> A good life is full of discovery. As we go through life we experience new places, insights, pleasures, talents and people. This is often not the case for people with learning disabilities.</p> <p><i>We'll explore</i> how we can engender a belief in new possibilities and for all to ask 'How can we...' instead of 'No we can't...'</p>	<p>Online</p> <p>2.00 - 4.00pm</p>
Tuesday February 14th	<p><b>Webinar : Purpose and Intent.</b> Sue and Julie had a vision that life could be very different from how it often is for people labelled as having significant learning disabilities. They have never wavered from this purpose, that is why Getta Life is as it is today.</p> <p><i>We'll explore</i> what we must all pay attention to, to keep your purpose alive. We'll share practical ideas and approaches to support you to apply your values and principles to staff.</p>	<p>Online</p> <p>2.00 - 4.00pm</p>



# The Programme

Date	Activity	Venue/ Time
Tuesday March 14th	<p><b>Webinar : Community.</b> Community is important to everyone; that quality of affiliation and acceptance we experience when we know we are in a shared world with other people, recognised, appreciated, feel at home and belong.</p> <p><i>We'll explore</i> how we can support people to explore community, be included, to share their talents and to take their place in community. We'll also consider how to reduce the fear of risk through building and sustain connections with family, friends and community.</p>	Online 2.00 - 4.00pm
Tuesday April 11th	<p><b>Webinar : Safety, Security and Healing.</b> All too often people we support have had experiences that have damage their trust in others and therefore there ability to feel safe and secure. Our responsibility is to allow people time to heal and ensure that the support they receive is fundamental to that healing.</p> <p><i>We'll explore</i> how we can create the right conditions for healing, to not limit expectation based on people's past and to look at the risk of not doing something as well as the risk of doing something.</p>	Online 2.00 - 4.00pm
Tuesday May 9th	<p><b>Webinar : Celebration and Belonging.</b> Everyone loves to be made aware of their value, to be recognised. Getta Life believe that organisations need to consciously work to establish these feelings in everyone, the people supported, their families, friends and support staff.</p> <p><i>We'll explore</i> what gives rise to a culture where people feel they belong and how to foster a strong, sustainable organisation that becomes a great places to live and work.</p>	Online 2.00 - 4.00pm
Tuesday June 6th	<p><b>Webinar : Are we really doing what we are saying?</b> Thinking you are still on track, that your purpose and intent is alive and that people are having good lives is different from knowing. Evidence and outcomes are important. Not just for the CQC and Commissioners but for people and families!</p> <p><i>We'll explore</i> how together, people families and supporters can reflect on what's going well, what needs to change and how we need to keep exploring. Real evidence about real outcomes.</p>	Online 2.00 - 4.00pm
July 4th	<p><b>Final workshop:</b> A chance to physically meet for some facilitated thinking and planning time. What do you take away from the discussions? What did you learn? What do you want to pay attention to in the future?</p>	Getta Life in Coventry 11.00 - 4.00 pm

It may be the end of the programme but just the start of the connections and actions!



## What will you gain from the training?

Participants will gain knowledge, insight, creative ideas and practical skills and resources to:

- Develop high quality person centred practice supporting people as they change and grow.
- Put together a team that works well together for the good of the person being supported
- Provide continuous training which enables support teams to work with confidence.
- Help teams, the person and their family and friends see anything is possible.
- Evidence quality and outcomes in a meaningful way.
- Creating a stable and safe environment which in turn enables the people with learning difficulties flourish.
- Support people to live great lives and to develop ways of contributing to others.

## Who is the course for?

- Families and Self-Advocates (limited number of reduced price places available)
- Support workers / Personal Assistants
- Commissioners
- CEOs and Trustees
- Anyone who may be interested in offering great support leading to good lives for people with learning disabilities.

## Bookings and enquiries

Please see  
[www.paradigm-uk.org](http://www.paradigm-uk.org)

E-mail: [admin@paradigm-uk.org](mailto:admin@paradigm-uk.org)

Call: **020 8870 8643**



## Course info and cost

**Dates:** See details on previous page

**Location:** Coventry (2 days)  
Online (8 webinars)

**Facilitators:** Julie, Sue and the Getta Life team

**Cost:** £960 plus VAT for a team of **4 people**

