



## **KEEPING SAFE IN BRIGHTON & HOVE**

At the Partnership Board in December, the main discussion was about safeguarding and keeping safe training came up and Eva Jarvis was asked to find out about training that happens in day services. This is the report;

Both Brighton & Hove's Integrated Learning Disability Service's Day Options and Grace Eyre's Active Lives services offer training around keeping safe;

### **Day Options**

Day Options currently offers a number of courses that deal with Keeping Safe. They are;

#### Feeling Confident:

Monday 10:30 to 2:30 – This course uses a mixture of drama, music, storytelling, project work and discussion. Course aims include - for people to feel more confident when speaking up for themselves, when trying new things and when making decisions.

#### Friends & Relationships:

Monday 10:30 to 2:30 – This course uses a mixture of games, DVD's, quizzes, role play and other media. Course aims include - having a better understanding of the differences between 'public' and 'private', how to keep yourself safe, and the different types of relationships.

#### Feeling Good Group:

Monday 1pm to 2pm – This course is delivered by members of the Psychology Team from CLDT. The aim of the group is to foster increased self-esteem and optimism through 8 sessions that include 'Speaking Up' (the difference between assertion, aggression and passivity) and 'Feeling Good About Me' (Promoting self esteem and identifying positive attributes in self and others).

#### Feeling Safe:

This 8 week course has been run twice by the Community Skills and Learning Team. It has been adapted for people with learning disabilities from the 'Feeling safe at home and on the street' course that is offered to the general community. The course

provides advice on keeping your home safe, knowing what to do in the event of a fire, keeping belongings safe, and knowing who to contact for help. The course includes sessions with the Police and Fire Service. This will be available again on the Summer Programme starting in July.

#### **First Aid:**

This 6 week course has been run twice by The British Red Cross. It is adapted for people with learning disabilities from their standard Basic First Aid course and includes Calling the Emergency Services, Accident Prevention, Caring for an Unconscious Casualty, Management of Burns and Scalds, Management of Blood Loss and Shock, Choking and Incident Management. This will be available again on the Summer Programme starting in July.

For further information about these courses contact: Mandy Voice phone: 01273 – 296240 or via email: [mandy.voice@brighton-hove.gov.uk](mailto:mandy.voice@brighton-hove.gov.uk)

### **Active Lives**

Active Lives currently offers a number of courses that deal with Keeping Safe. They are;

#### **Stay Safe Course**

This is a 16 week course entitled which currently takes place on a Friday afternoon between 1.00 and 3.15. The course introduces learners to both general health and safety and personal safety. Sessions are designed to help learners develop an understanding of risks at home, at work or out in the community, identifying what to do in different situations to stay safe and who to get support from in case of an emergency.

#### **Learning outcomes include:**

Identifying and addressing hazards in the home or at work – health and safety

Identify health and safety signs in the workplace or out in the community

Demonstrate an awareness of fire safety

Demonstrate an awareness of how to cross roads safely

Demonstrate an awareness of how to travel safely by bus

Identify risks to personal safety when out in the community e.g. loss or theft of belongings, strangers and/or traffic

Identify strategies that can keep you safe when out in the community

Develop an understanding of Hate Crime and who to report this to

Develop an understanding of bullying and who to report this to

Develop an understanding of financial abuse and who to report this to

This course is a combination of classroom activities and practical trips out in the community. The course is supported by the police and the fire service who come in to talk to learners or allow us to visit them and ask questions.

### **Me and Others Course**

A 16 week course which currently takes place on a Friday morning between 10.00 and 12.00. This course was established in partnership with the CLDT and two trainee psychologists. Sessions embed positive psychology and help learners to develop an understanding of emotional wellbeing.

Relevant learning outcomes include:

Develop an understanding of passive, assertive and aggressive behaviour  
Develop an understanding of how to manage challenging situations  
Identify a circle of support

### **Travel Buddy – Travel Training Course**

Our comprehensive course provides a range of learning modules:

Modules 1 & 2: Personal Safety and Crossing Roads

Module 3: Preparing to Travel Independently

Module 4a: Travelling Independently

Module 4b: Becoming a Travel Buddy

All modules focus intensively on keeping safe when travelling out and about in the local area. Learners are also supported to develop a toolkit which might include a visual journey plan, a safe haven in the community such as an agreed shop or public space and a Doro phone with important numbers programmed in.

Paula Sousa from Interact is currently working in partnership with Grace Eyre and has agreed to deliver some workshops that aim to increase awareness of identifying what makes you a victim of crime (including Hate Crime) and what support can be offered. Paula will talk about keeping safe, bullying and relationships and will also be offering drop in sessions for people to discuss issues with. Through this partnership we aim to develop an increased understanding of learning disabilities with the local police and an increased understanding of what should be reported to the police by adults with learning disabilities. It is planned that police officers will show more of a presence in terms of meeting and talking to people who access Grace Eyre so as to remove barriers and increase awareness.

For further information about any of the Active Lives courses please contact Katie Whyte on 01273-222047 or email: [kwhyte@grace-eyre.org](mailto:kwhyte@grace-eyre.org)

This is what is currently on offer and any of these or a combination of these courses could easily be replicated for people who currently are not in receipt of services.

Eva Jarvis

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