

People we support are already involved in delivering training in areas such as SOVA refreshers; keeping safe and the Josephine sessions (emotional and sexual health and well-being).. This year we want to strengthen this work and cover more areas including supported living and advocacy/speaking up both internally and external to Choice Support.

We have already supporting two people to run a Supported Living course with Paradigm Consultancy in Oldham in January 2013 and we hope will be running this nationally.

This year we will have our male equivalent of Josephine, Jack ready to use and again want to expand this training across Choice Support and to other organisations.

Below is Mark's story of how he became a trainer.

Becoming a trainer

Hi, my name is Mark West. I live on my own, and I get few hours support from Choice Support. I am also working for Choice Support as a casual trainer. Here's the story of how I became a trainer.



In March 2010 I was trained to become a trainer. There were seven people in the group. We spent the whole day at Choice Support's head office in Westminster Bridge Road for the training. We learnt how to work in a group, how to make a presentation, and different ways of teaching such as

using drama or group work. We also learnt how to plan a training session, prepare the things you need for the training and prepare yourself as well. Finally, we looked at how to get feedback and evaluate the training.

After being trained to be a trainer, I was supported to put together a training package about abuse and how to keep safe. The first time I delivered the training I was very nervous. There were about ten people attending the training but they were all very friendly, so, after a while, I felt more comfortable and we were chatting about abuse and safety. Now, I am still a little bit nervous at the beginning of each training session, but I have more experience and I also know the subject very well. People attending the training are always very friendly and they make me feel more relaxed. At the end of each session, the people attending the training write on a piece of paper what they liked about the training. Here is what some people said in the feedback forms they filled in:

- "Mark delivered the course very well."
- "I enjoyed the course very much; Mark made everyone feel at ease."
- "The delivery was excellent: content 100%, presentation 100%, Mark 110%."
- "Mark is very enthusiastic and well informed."
- "It was lovely to see Mark at the course. He was very aware of how to keep safe. Well done."
- "Mark was super."
- "Mark played a great part in the course. This was one of the best courses that I have attended!"
- "Thank you to Mark, who did very well."

Mark West
Consultant Trainer

