

'Creating Family Champions' Course



We are in the process of planning another 'Creating Family Champions' course. This course is specifically for family carers of children or adults with learning disabilities and is OCN (Open College Network) accredited. The course runs for 6 sessions, over 6 weeks (dates to be confirmed) and participants will need to attend every session in order to gain their certificate.

- Session 1 & 2** – An introduction to person centred thinking, planning and approaches. Introduces the fundamental thinking tools and thinking skills needed to develop a person centred approach
- Session 3 & 4** – The Legal Framework. How to navigate Social and Health care systems – Rights and responsibilities. Covers – the Mental Capacity Act 2005, The Care Act 2014, The Children and Families Act 2014 & Carers rights.
- Sessions 5** – Managing the money - Benefits – an overview of the core disability benefits – DLA, PIP, ESA – where to get help and support. Managing your relatives money. Being an appointee. Becoming a Court Appointed Deputy under the Court of Protection
- Session 6:** working with other families. Planning for the future – in this session we will start to bring everything together from the Previous sessions and reflect on learning.

We are particularly looking for people who want to use their lived experience as a family carers - people who want to develop further skills in order to support other families, ideally working with us at OXFSN. If this is you then please get in touch and register your interest. E-mail: Gail.Hanrahan@oxfsn.org.uk or Tel: 07891 734987

What past participants have said about the course:

"Doing the family champion course introduced me to other people in the same situation as well as providing me with the opportunity to turn something that I was knowledgeable about in to a worthwhile career – it has been the best way of giving back and OxFSN has enabled this to happen." - Kathy – now working as Em-bold-en (older carers project) administrator and Quality Checker (both paid roles)

"Caring has prevented me from following the career path I thought I would have - it's stopped me from being able to travel or work fulltime and profoundly affected my emotional resilience and therefore my confidence. Now I get to work with another person who did the course, Kathy, and I now have a small network of family carers I bump into in town, make sushi with and meet at OXFSN events. Oh yes, and paid employment!"

Angeli – Em-Bold-en project worker