

'Creating Family Champions' Course

About the course:

This course is for family carers of children or adults with learning disabilities and is OCN (Open College Network) accredited.

We are particularly looking for people who want to use their lived experience as a family carers to develop further skills in order to support other families (ideally working with us at OXFSN). We also welcome people who want to do the course for their own (and their family members') benefit.



2017 Family Champions graduates

What you will gain

- A network of family carers locally, supporting each other in their caring role
- An understanding of person centred thinking, planning and approaches in order to support your relative to develop a person centred plan
- An understanding of how to use the person centred thinking tools to effectively plan for and improve the quality of life for your relative and yourself
- An ability to recognise your own gifts and talents, as well as your relatives' by the use of self-reflection skills
- An overview of key health and social care legislation, enabling you to better navigate these systems
- A better understanding of the Mental Capacity Act and your rights and responsibilities under the Act
- A better understanding of 'choice and control' and 'best interest decision making'.
- A better understanding of core financial benefits for people with learning disabilities, how to manage your relative's finances, and using supported decision making with your relative
- Increased confidence and knowledge in your role as 'experts by experience' to more effectively support your relative to live the life they choose
- Mentoring from experienced family carers who have themselves moved from being unemployed (due to their caring role) to volunteering and ultimately paid work
- Confidence and knowledge to improve your own skills and competencies and to consider doing this for other family carers in the future

Course dates for 2019:

Thursday 19th September

Friday 27th September

Thursday 10th October

Tuesday 12th November

Thursday 21st November

Wednesday 4th December

Time: 10.15 – 14.15

Where: Training rooms 1&2, Abel House, The Slade site, Horspath Driftway, Headington, Oxford, OX3 7JH

This course is FREE

however, you must attend every session to gain the OCN accreditation

What past participants say...

“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, 2015 graduate–Em-bold-en (older carers project) OXFSN Administrator & Project Worker and Quality Checker (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, 2015 graduate – Em-Bold-en Project Worker & Co Trainer on Family Champions course and Working with Families workshops (paid roles)

“I completed the Family Champions course in 2017 and it had such a big impact on me, it was great to meet others that are experiencing the same issues. OxFSN has helped guide me to “negotiate” with professionals and research/seek advice if something doesn’t sound right. Working for them enables me to support other families and use skills I’ve learnt throughout my personal life and career to ensure others are receiving the support and guidance they are entitled to and need”.

Sam graduated 2017 – Family Support Worker for OxFSN and Coordinator for Oxfordshire Parent Carer Forum, (run in partnership with OxFSN) (paid roles)

“Participating in the course has been the best thing I have ever done; it has given me the confidence to make sure that my son has the best opportunities and support available to him and empowered me to share my knowledge and experience with other families that have just started their journeys.”

Jo graduated 2017 – Family Support Worker for OxFSN -specifically supporting Military families (paid and voluntary roles).

For further information and bookings please email: Angeli.Vaid@oxfsn.org.uk