

# Bite Sized Learning: Disability Equality and Awareness



## Background

Bite sized learning is a flexible way to receive training and development. Our sessions are delivered mainly by people with the disability themselves and are designed to have a strong impact in a short space of time. The benefits to you are that it limits the amount of time your staff are away from their post, you can get information to lots of people in one day and most importantly the training can be used to meet specific identified needs.

*Joanne at Great Places Housing Group said: "Even in 1 hour, my attitude towards people with visual impairment has changed completely. I can now understand what they can achieve instead of only focussing on what they can't do."*

## Who should come on the sessions?

- Front line staff
- People who work with a colleague who has a disability
- Managers with the responsibility for purchasing equipment, designing or refurbishing accommodation
- People involved in recruitment and promotion
- Other people involved in your organisation e.g. tenants or volunteers

## Learning Outcomes

### By the end of the session you will:

- Feel more confident and professional in situations involving a person with that particular disability.
- Have an understanding of the barriers and wider issues faced by someone with the disability.
- Learn what might enable someone to carry out their day to day life.
- Be able to encourage good practice within your organisation.

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## **Bite Sized Learning - Practical, hands on & fun.**

### **60 minute disability related training sessions**

#### **1. Disability Etiquette**

Gain practical skills to help you feel confident you're saying and doing the right things without being patronising.

**5 sessions to choose from**

#### **2. Understanding Visual Impairment**

See for yourself how various eye conditions can affect someones sight. Have a go at 'guiding'.

**Opportunities to ask disabled tutors lots of questions in a safe learning environment**

#### **3. Disabilities you can't always see**

Understand how how mental illness and learning difficulties can affect people's behaviour towards you. Pick up tips to improve your interactions.

#### **4. Difficult or unusual speech**

Improve your confidence when communicating with people who have difficult or unusual speech. Learn what helps and hinders.

**High impact and cost effective**

#### **5. Resisting the temptation to shout**

Find out effective ways to communicate with people who are deaf and hard of hearing. Listen to sounds heard through hearing aid.

**15 per session - Opportunities for everyone to participate**

**Bespoke:** We can tailor the content to suit you. We are happy to develop new topics to add to our successful existing repertoire.