Skills for Care and CHANGE working group

Skills for Care and CHANGE would like to invite you to join these workshops to talk about our mental health and our feelings.

We are hoping that we can all share our thoughts and ideas together so that we can create two guides.

One guide will be for staff working in social care, helping them to be more open, talk about and understand our mental health.

There will also be an accessible guide for people with learning disabilities who use social care.
We would like to invite people with learning disabilities to come to all three workshops and social care staff to come to the last two workshops.

There will be three events in Leeds.

1. Thursday 20th September - this event is for people who have a learning disability only.

2. Tuesday 30th October – this event is for people who have a learning disability, their carers or family and people who work in social care.

3. Tuesday 27th November – this event is for people who have a learning disability, their carers or family and people who work in social care.
At the workshops we will all be talking about our feelings and our mental health.

We will do this by talking and sharing, playing games and using theatre.

This will help us to write a guide to help people who access and/or work in social care talk about mental health and what help they might need.
You will get drinks and lunch and there will be lots of breaks!

All three events will be at The Crowne Plaza hotel on Wellington Street in Leeds. The postcode is LS1 4DL.

They will start at 10.30 and finish at 15.30.

If you would like to join the group, please fill in the form by clicking here.