

# CoolTan Arts Self-advocacy skills training

## Starting the courses rolling in February!

\*\* Self-advocacy skills training can assist in knowing and accessing your rights and getting your voice heard in many situations \*\*

**After the background work happening since the autumn, now's the time to get the training underway and get the most from enthusiasm and interest expressed by many people. You're invited to meet on:**

- **Wednesday 3<sup>rd</sup> February 11am - 1.30pm:**  
**Informal Steering Group meeting** – if you would like to be involved in the training in other ways than the actual training units: administration, peer support, course content and planning into 2011, tutorial or mentoring, publicity, delivering training, for instance. RARPA course booking/registration completion
- **Thursday 4<sup>th</sup> February 2pm - 5pm:**  
**Informal course participant meeting;** with time to discuss using the Recognising and Recording of Progress and Achievement (RARPA) to record progress and achievement, and course quality assurance. RARPA. course booking/registration completion
- **Wednesday 10<sup>th</sup> February 11am - 1.30pm / continued Thursday 4<sup>th</sup> February 2pm-5pm**  
**Start of First Module - "Introducing Advocacy and Self-advocacy"**
- **Wednesday 17<sup>th</sup> February 11am - 1.30pm (half term week):**  
**Exploring assertiveness through non-verbal communication - Module background**
- **Thursday 18<sup>th</sup> February 2pm - 5pm (half term week):**  
**Finding and using information - where/how/when to look, including ITC use for self-advocacy and more general situations**
- **Wednesday 24<sup>th</sup> February 11am - 1.30pm / continued Thursday 25<sup>th</sup> February 2pm - 5pm**  
**Access & Rights week**  
.....the continuing 2010 timetable of module topics available

very soon!

Drop into CoolTan Arts, phone, email or write & ask  
**Phil Ruthen, Advocacy Training Coordinator:**

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We are proud to have as Patrons: Maggi Hambling, Sokari Douglas Camp, Ali Smith, Clare Allan and Rosemary Shrager  
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