



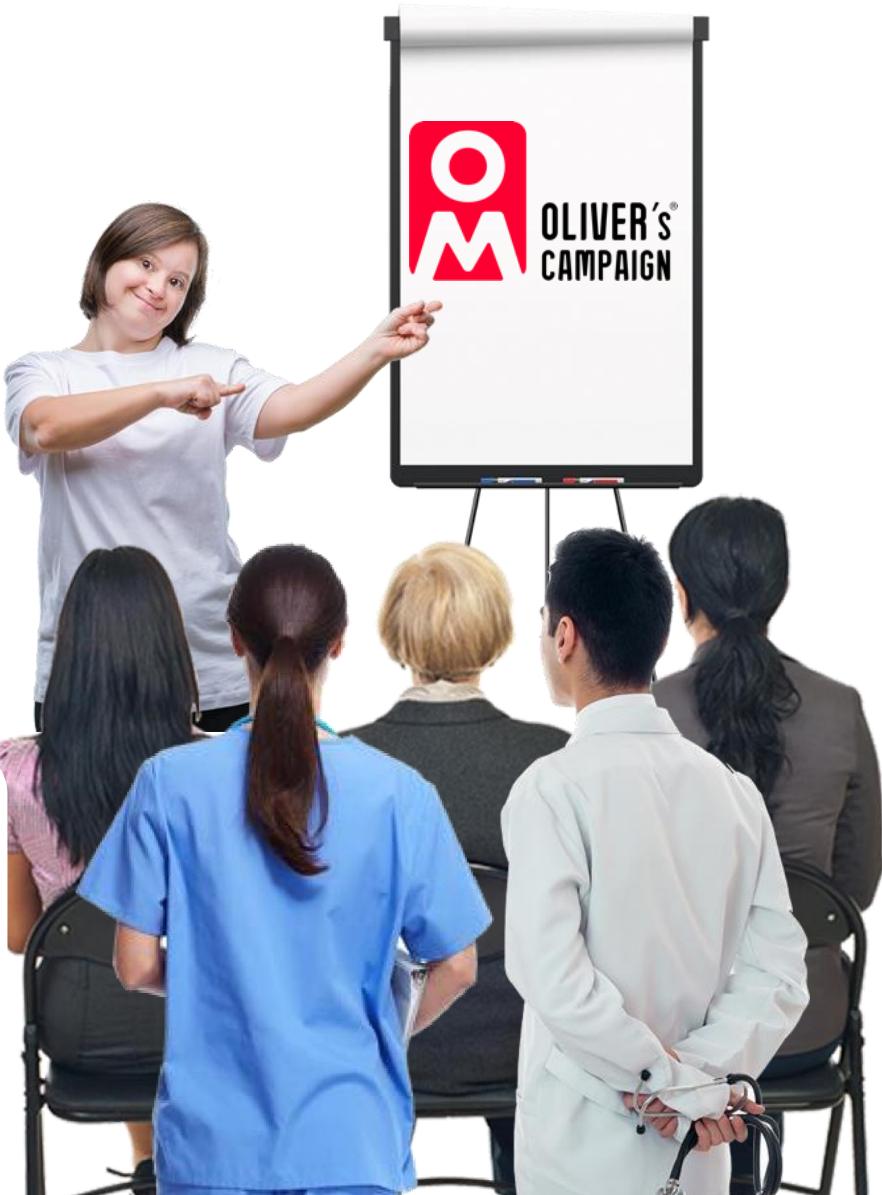
# Northbrook

Support, Inspire, Succeed

## **The Oliver McGowan Training on Learning Disability and Autism**

Expert with lived experience co-trainer

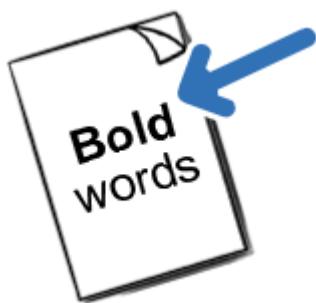
### About this job



**Easy  
Read**

# Contents

Introduction .....	3
About the job.....	4
What does the training include? .....	6
Who are we looking for? .....	9
About you .....	13
What you will need to do in the job.....	15
How we will help you .....	16
What you will do in the job.....	18
What you will be in charge of doing .....	19
What is good about this job .....	20



In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are blue and underlined. These are links that will go to another website which has more information.

# Introduction



We are looking for someone to start a new job with us as an **expert with lived experience** co-trainer.

An **expert with lived experience** knows a lot about something because they have lived with it in their life.



We will explain what this job is and the skills you will need.

# About the job



The job is called expert with lived experience co-trainer.



The job is to train people who work in health and social care about learning disabilities and autism.



The training is called **The Oliver McGowan Mandatory Training on Learning Disability and Autism**.

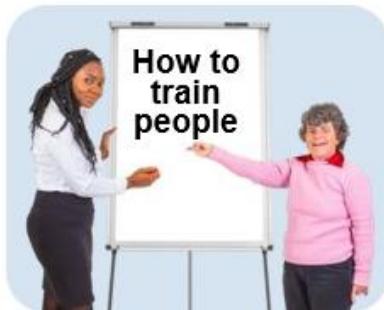
The **Oliver McGowan Mandatory Training on Learning Disability and Autism** was set up after Oliver McGowan died in a hospital. Oliver was an autistic person with a learning disability. His death might have been stopped from happening.



The training will help health and social care staff to better understand the needs of people with learning disabilities and autistic people.



We will help you to feel welcome from the day you start the job so you can do the job as well as you can.



We will teach you how to do the job.



We can change the job to help you do it - this is called making reasonable adjustments.



We will support you to do the work.

# What does the training include?



Understanding learning disability.



Understanding autism.



How to make changes to support people - these are known as reasonable adjustments.



Supporting people with a learning disability.



Supporting autistic people with mental health conditions.



How to talk and listen to people with a learning disability or autistic people.



Supporting young people with a learning disability.



Your job will be to help people understand how to do these things.



Some days will be half day training, some days may be one day training.



You may be training for 16 hours a month.  
4 x 3 hours / 1 session a week  
Or  
2 x 6 hours / 1 session every two weeks



You will work with other trainers.



You will be helped to run the training sessions by another trainer.



You will always work with at least 1 other person. You might have another person with you to support you too.



Once you know how to give the training, we might ask you to train other people on how to give the training.

# Who are we looking for?

You must be able to:



Talk in front of people.



Give good training to people.



Listen to people well and understand what they are saying to you.



Learn what you need to do to give the training.



Be ready and organised for the work you do.



Organise your time so you can get your work done.



Know what you need to do in your team and work well with them.



Work well with different types of people.



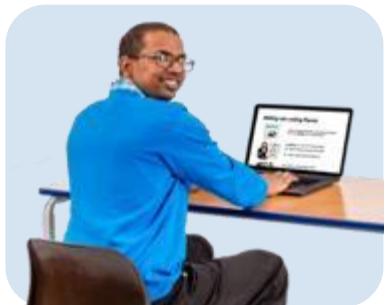
Tell people difficult information in a positive way.



Deal with the people you are working with in a respectful and polite way.



Do your work in a careful way and spot any mistakes you make.



Use computers to do your work, like using Microsoft Teams or Zoom and sending emails.



Travel to different places across your region to do the training - a region is a large area, like Somerset, Dorset or the South West of England.



Understand what you need to do for health and safety when you are giving the training.

These skills and experiences will help you but you don't need to have them to apply for the job:



You have shared ideas and information in front of other people before.



You are confident with using online technology, like Microsoft Teams.



You are able to deal with some pressure. This job might be difficult at times.

# About you

Things you are or have done before:



Have a learning disability or be an autistic person.



Be interested in giving training to health and social care staff.



Understand what confidentiality means - it means keeping information about other people private and safe

It would be helpful if you have:



Worked in a job where you needed to be respectful and polite to people you were giving a service to.



Given training to others.



Worked in health or social care.



Worked in a team.



Worked in a busy job.

# What you will need to do in the job



This is some information about what you will need to do in this job

Who you will work with:



Other people in your team, like other trainers.



The people who you are giving the training to.



People who work in health and social care organisations, like doctors, nurses, care workers, office staff and kitchen staff.

# How we will help you



Talk about what your life is like being autistic or having a learning disability



Talk about important information



Be comfortable with talking in front of groups of people.



Be good at talking and listening to people and making them feel welcome.



Answer questions about your experiences in your life.



Get to meetings and training on time.



Be trusted with private information.



Work well with other people in your team and give them support.



Talk positively about The Oliver McGowan Mandatory Training.



Tell us if you know about any problems with the training

# What you will do in the job



Work with other trainers to give training.



Take part in meetings and training to get better at being a trainer.



Be in the right place to give training at the right time.



Tell us what we are doing well and how we could make the training better.



Deal with things that you don't expect to happen with support from your team.

# What you will be in charge of doing



Do your daily tasks.



Think about how well the training you did went and share what you think with your team.



Help new people who are starting a job with us to know what to do and settle in.



Help new trainers to get better at their job.



Give your ideas about how to make the training better.



Help new members of the training team to feel welcome



Help new members of the training team learn how to give the training.

## What is good about this job



There is no guaranteed hours with this role, we will work towards your availability.



You will be paid a minimum of £15.88 per hour when training others.



This is equivalent to a band 5 NHS job.



Feel good about your work



Learn new skills



Give very good training.



Make people's lives better.



Meet new people.



Get other jobs in the future.