

Social Inclusion Training Pack – chapter and section headings

1. Getting to know the person

- 1a. Looking at the whole of life –holistic strategies.
- 1b. Understanding specific aims – these strategies examine more about the specific inclusion goal that the person has identified.
- 1c. Useful questions – here you will find incidental questions and topics that can be surprisingly powerful.

2. Getting to know the community

- 2a. Looking round the streets – these strategies help you find all the buildings or groups where people meet and things happen.
- 2b. Under one roof – these strategies are useful as you walk into a particular building.
- 2c. Useful questions - here you will find incidental questions and topics that can be surprisingly powerful.

3. Building capacity in health and social care

- 3a. Competent staff – helping to make sure that our colleagues are able to support the inclusion agenda.
- 3b. Organising support – making sure that we all work together to plan and deliver support to the person
- 3c. Arranging activities – here are some individual activities that help our colleagues to focus on inclusion goals.

4. Building capacity in communities

- 4a. Training –a range of approaches to helping people in ordinary community settings become skilled and reflective workers.
- 4b. Reasonable accommodations –helping community organisations change what they do so that everyone is welcome.

5. Support for other aspects of life

- 5a. Formal arrangements – using both ‘official channels’ and formal relationships to ensure that the inclusion part of the person’s life is in harmony with other aspects of their life.
- 5b. Making the most of each contact – getting the best from everyone.

6. Getting there and settling in

- 6a. Preparing to start – getting the information, skills and arrangements in place before you even go there.
- 6b. Travelling – a good journey can be crucial.
- 6c. Arriving – ways of making sure that the first visit and subsequent visits go well.

7. Sustaining participation

- 7a. Doing it together – strategies for teaming up with others
- 7b. Getting stuck in – thinking about real participation rather than just attendance
- 7c. It all comes natural – transferring to ordinary means of support rather than using professionals all the time.

This handout also groups similar strategies together into subgroups. A comprehensive inclusion plan is likely to include at least one item from each of the seven main headings. But it is not likely to include all of these subsections. You can use these to help you think carefully about which strategy to choose, or you can set them aside. The seven section headings are described in Bates, P. Developing socially inclusive practice module 6 in Basset T, Lindley P & Barton R (2005) *The ten essential shared capabilities: Learning pack for mental health practice* London: NHS University.