



# Training Exercises

## Exercise A

Before thinking about individual strategies, spend some time thinking about the seven section headings. Review a recent time when you supported someone to be included in a mainstream community venue. Did your plan include activities under each of the seven headings?

**Learning Points:** Not all plans need every section, but using them as a framework can help to ensure nothing important is missed out.

**Link with the SITP:** The seven strategies are used in the SITP to group the strategies and provide a structure for the process of building an inclusion plan for each individual.



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## Exercise B

Use the seven section headings as a framework. Choose a different section each time, and think about why you might start here in planning with an individual.

**Learning Points:** The Social Inclusion Training Pack (SITP) numbers the seven sections, but the real life process of building a plan is not always linear. It might be right to start at any point and move to any other.

**Link with the SITP:** The SITP is flexible enough so that each person's inclusion plan can be structured individually according to their need.



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## Exercise C

Think of a person you support and then select one strategy from each of the seven sections to build a seven-step inclusion plan. Once you have done this, tell the ‘story’ of the inclusion plan to another person (keeping all necessary confidences, of course!)

**Learning Points:** (1) The strategies fit together to build a complete plan. (2) Each time you build a plan, you choose some strategies and set others aside, whether this is a conscious decision or not. (3) Each plan must be tailored to the particular individual and the particular community setting that the person has in mind. (4) In real-life planning, you can use as many strategies as you need within each section.

**Link with the SITP:** In the SITP, each plan is unique and contains as many steps as the person needs, but the process of building the plan involves selecting some strategies and rejecting others.



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## Exercise D

How many of the strategies are familiar ones that you frequently use? Do your colleagues use the same ones or do they have a different repertoire? Could you use a group training event to compare your different approaches and think about which strategies might be most effective?

**Learning Points:** (1) Individuals and teams have their own repertoire of strategies which are often used habitually and without real consideration. (2) Team members can learn from one another and so add to their personal repertoire of inclusion strategies. (3) Choosing the right strategy for the right person at the right time might lead to the right outcome.

**Link with the SITP:** You could use the reference codes (e.g. 4b3) to collect data on each plan you and your colleagues build, to find out which strategies are being used a lot, which are working and where the training gaps are for the team.



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## Exercise E

Select one strategy to learn about in more detail. Read the SITP card that describes this strategy. Do you have your own story about people who have experienced this strategy? Can you add any more hints or hazards? Ask some supportive colleagues or friends about their experiences too.

**Learning Points:** Every strategy can be abused and people who use it need to be mindful of the possible harm it can do, as well as the way it can help.

**Link with the SITP:** There are some blank cards provided with the pack in case you discover new strategies. You could also add notes to any cards where you find out new things about how to make the strategy work well. NDTi would like to hear about any new things you learn, to be included in a future edition of the SITP.



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## Exercise F

Try out a new strategy with someone who needs support – as long as you are satisfied it has a real chance of helping. Are there ways you can adapt the strategy or change it a little to make it a perfect fit for the situation?

**Learning Points:** Each strategy in the SITP is merely a starting point for creativity.

**Link with the SITP:** (1) The variety of stories in the SITP is meant to encourage you adapt the material rather than mechanically copy it into individual plans. (2) The Worksheet is to adapt and personalise the strategies to the person and to the inclusive setting.