



In the context of local government reform, and the development of Public Participation Networks (PPNs), The Community Participation Network (CPN) West was established in 2015 in the West of Ireland to help support the capacity of and direct representation of people with disabilities within local community structures. The CPN is made up of local people, voluntary disability organisations, local partnerships, family resource centres, and local community development project companies of within the Limerick, Galway and Mayo counties.

The work of the CPN is being supported nationally by the Disability Federation of Ireland (DFI).



Disability Federation of Ireland is a company limited by guarantee not having share capital, registered in Dublin.



It is the mission of Galway and Roscommon ETB to be a key provider of quality, inclusive education opportunities and support services that enable young people and adults to reach their full potential and contribute in a positive and meaningful way to society.

www.gretb.ie

GRETB and CPN are delighted to come together for first time this September to deliver this training to you, in your local community based ETB.

Within CPN Galway, Sabrina Commins of Galway City Partnership is coordinating this course. Please contact Sabrina on **087 930 3468 / Sabrina@gcp.ie** to book your place or for further details.

Galway and Roscommon ETB is funded by :



Practical Self Advocacy Course

8 weeks

Every Friday 10.30am-2.30pm

Sept 29, Oct 06,13,20,27,

Nov 10,17 and 24.

GRETB Training Centre, Mervue Business Park, Monivea Rd, Mervue, Galway.

What is the CPN Practical Self Advocacy Course?

This course has been designed to help you to name the challenges and barriers that you may face as a person with a disability in Ireland today. It aims to enable you to identify supports and resources within your local community and to create an action plan to empower you in your daily life.

Course Content:

By the end of the course participants will:

- Identify hopes, desires and expectations for the future.
- Identify barriers and difficulties that may be faced.
- Understand Advocacy and Self Advocacy.
- Reflect on what it means to be a person with a disability in Ireland.
- Improve communication, group discussion and active listening skills.
- Have an understanding of personal rights and responsibilities.

- Explore the area of equality and diversity and look at legislation relating to people with disabilities.
- Learn about inclusion and participation.
- Create a persona action plan for the future.
- Identify resources and supports within your local community.

All GRETB courses are free to the unemployed or to those who wish to upskill. To express your interest and register for a place on the course contact Sabrina Commins on 087 930 3468 / Sabrina@gcp.ie

CPN are now working with GRETB to provide the innovative approach of co-facilitation this course into the community in a real way. With the support of GRETB we are greatly excited to see this course delivered for the first time by a local GRETB tutor Safia Waller, together with a previous course participant, facilitator Fiona Casey.

With input and continued support from the Galway City Partnership throughout the course and after, participants will find ongoing opportunities, advice and support with their local communities.

Course Tutors:

Fiona Casey - Previous participant on the Practical Self Advocacy Course, local activist in disability and member of Muscular Dystrophy Ireland, Fiona recently completed the GRETB Facilitation Skills course.



Safia Waller - Tutor in Further Education & Training with a BA in Community and Family Studies and a Professional Diploma in Further Education through NUIG. Safia has taught social studies subjects in the Galway Technical Institute (GTI), delivered Community and Youth Leadership Skills courses and completed the CPN Disability Awareness Training delivered through GRETB.



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