



Opening Doors

Training from Opening Doors

Training that makes life better for people with learning disabilities

As Experts by Lived Experience we run training for:



people with learning disabilities to help make our lives better



Students and professionals so they can provide better support

Why choose Opening Doors training?



All our **trainers** are people with learning disabilities



We use **accessible materials** and share real experiences

£134	£161	£186
£84	£105	£88
£70	£56	£88
£104	£127	£149
£14	£14	£15
£7	£25	£10
£3	£9	£7
£13	£10	£14
£97	£89	£94
£182	£216	£253



Helps **professionals improve their work** and support



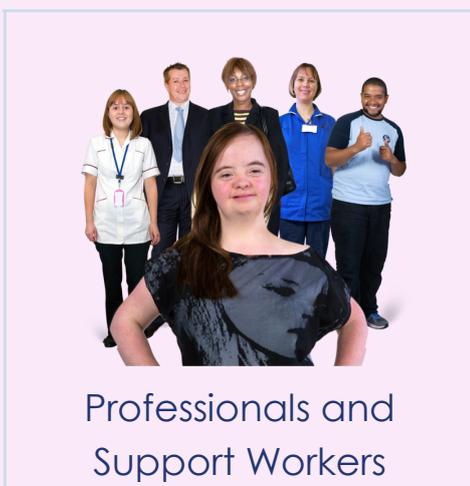
Provides **paid work** at the Real Living Wage for our trainers

Training for professionals and students



Many people with learning disabilities do not get the right support when accessing services. It is important to teach professionals and students about our lives so they learn from our stories.

We offer expert training for:



Professionals and Support Workers



University Students like Social Work, Midwives



Organisations looking to become more inclusive

What people say about our training:

'It was extremely inspirational listening to your stories. We are so grateful you shared them with us'

'Very engaging session – I learnt a lot of new information which I will take into practice'



Easy Read training

to learn how to make information more accessible



Research training

for researchers to learn about inclusive research

Training for people with learning disabilities



We offer peer-led training on lots of useful topics. Our sessions take place in groups, day services, and other places across Norfolk. It is so important for us as people with learning disabilities to be trained by people with learning disabilities.

We offer expert training on:



Self Advocacy and Speaking Up



Mental Health and Wellbeing



Housing and Tenancy Training



Scams and loan sharks



Money Matters and Budgeting



Healthy Eating and Diabetes



Health checks



Healthy Relationships



And lots more...!

About our Training Groups

There are 2 training groups as lots of people with learning disabilities want to be involved. Meet our Training Groups:



We meet once a month on a Tuesday.



All our training is planned and written by members of our Training Groups.

For more information and costs please get in touch



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