



Training Accessibility

We want our courses to be accessible to all. If there are any specific learning preferences for delegates; please let us know so we can work together to make everyone's learning experience a great one.

Please forward the below offer to the training participants so they can contact us directly regarding their preferences should they wish to do so.

Options we can provide on request:

- Fidget toys in face-to-face sessions
- Longer time to read and or process instructions; or prior notice provided of what activities will involve
- Slides sent electronically before sessions
- The option to complete some activities in your own time; away from the session
- The option to arrive early so you can see the training space and meet us before the session starts
- Estimated number of attendees so you know how many people will be in the learning space (please be aware we will only ever be able to provide a 'maximum' figure due to last minute drop out)
- Asking learners to request a turn to speak using the 'hand up' function

At Solent Mind premises for face-to-face sessions

- A separate, quiet space to have as a chillout area
- Photographs of the learning space
- Advance information about parking and toilet facilities
- Warm drinks and fresh drinking water
- Where sessions are not held at SM premises, we are happy to liaise with the venue/ host as to what can be provided.
- Things we will always ensure:
 - Consideration of your psychological safety
 - Slides sent out for your reference after the course
 - Courses held on Zoom allow you to add closed captions if you would like them
 - A check in at the end of the course so you can ask questions or address any concerns
 - Feedback forms available as both a QR code during the course and a hyperlink afterwards

- Groundrules set at the beginning of the session, so you know what to expect from us and what is expected from learners
- Trainers using their facilitation skills to keep the space as sensory safe as possible
- A course summary at the beginning of the session including approximate timings and signposting any breaks if relevant
- Acknowledgement that diverse learning styles are welcomed and encouraged including (but not limited to) self-motivated movement breaks, use of wobble cushions and doodling
- A variety of activities to recognise different learning styles with a clear opt out option if you feel unable to participate. We will NEVER ask you to provide a reason for opting out. You are welcome to provide one if you wish, but it is not expected or required
- Clear instructions for activities. Wherever possible these will be provided both verbally and as text
- The ability to speak with the trainer directly – either in person at a face-to-face course or via direct message during an online delivery
- Consideration of confidentiality - sessions will not be recorded by us and we ask learners not to do so
- Friendly, professional and knowledgeable trainers who will accommodate all reasonable requests wherever possible

We want to normalise making our learning spaces relevant to you. Please don't be afraid to ask if you want or need something you don't see here. If we can make it happen, we will.

You can contact us to make requests or ask for more information via:
training@solentmind.org.uk