

The importance of Belonging

A day with Paradigm and David Pitonyak.



Being connected to the people we love is critical to our emotional and physical well-being. Many people experiencing our services are sick from loneliness. It's not about more money...we need to think and behave in different ways!

Paradigm and **David Pitonyak** invite you to this conference to learn, share, and shape ideas for moving beyond interventions and coverage to approaches that support enduring, freely chosen relationships.

This conference is part of Paradigm's work to support people to lead good ordinary lives.

Sally Warren (MD Paradigm) explains:

"Loneliness, isolation, a sense of looking 'in from the outside'.... are all emotions and experiences people talk to us about on a regular basis. People talk of "A life in service land. A life of rules to 'protect'". Few people truly listen and respond to this deep loneliness."



The conference explores:

- The impact of loneliness in the lives of people who have learning disabilities
- The importance of going home to the people we love not people who provide coverage
- Strategies for helping people reduce their loneliness and connect more with other people
- Ways to identify people's needs and how loneliness can impact on people's behaviour



What will you gain from the workshop?

- **Strategies for helping people who are lonely** to develop enduring, freely chosen, positive relationships
- **Problem-solving strategies** for times when relationships are unbalanced or slow in developing
- **A better understanding of how loneliness** and isolation affects people with learning disabilities and how this might be shown in their behaviour
- **A better understanding and knowledge of people's behaviours** and how to identify them

Who is the course for?

- Support workers
- Self-advocates
- Friends and family members
- Managers, health professionals, human resource colleagues, social workers and
- Everyone who wishes to learn more about how can they better support a person with learning disabilities



Workshop info

Date and Times:

7th December
10.30am - 4pm

Facilitators:

David Pitonyak, Sally Warren
and Jackie Downer

Cost:

£88 plus VAT

Please note lunch won't be provided. There are local cafes and shops near by.

Places:

Max 70 people

Bookings and enquiries



E-mail: loreb@paradigm-uk.org
Call: **020 8870 8643**

Venue: St Luke's Community Centre,
90 Central Street, London, EC1V 8AJ



PLEASE note that there are a number of **free places** available for families and self advocates.