



Talkback's Relationships Course, in partnership with MK Community Foundation.



Talkback was recently awarded funding to run 3 additional Relationships Courses in MK.

Relationships are a central part of all of our lives and it is not surprising that the subject comes up frequently in our self-advocacy groups. The ability to make and maintain healthy relationships becomes even more important if increasing choice and independence is not going to lead to vulnerability and social isolation.

Many of our group members talk about their boyfriend or girlfriend, but may not actually see that person outside of the day services that they both attend. Others talk about marriage without having a clear idea of what it means, and in the face of opposition from one or both families.

This course provided a safe and comfortable space for group members to learn and share in a frank and open way.

The course content is flexible enough that we could facilitate a future group specifically for couples if this is needed.



Talk
About



These are some of the comments from the people who completed the course:

“I really enjoyed doing it. It’s helped me mix with people.”

“I think it’s really helped me get on better with people.”

“It’s made me happier than I was before.”

“It’s helped me with my worries.”

“I learned how to communicate with and help each other.”

“I’ve learned I can walk away.”

“I was excited to join this course.”

“The course has really helped me understand what it means to get engaged and married.”

“The course helped me sort my problems out.”

“The course has helped me look at my relationships with the people I live with and to try and improve them.”

“Relationships is a big subject!”

“I enjoyed it, even though there were some sad times.”

“I’d like to do it again - a refresher course, with a different group of people.”

“I’ve learned about sexuality.”

“I’ve been listening to everything that’s been said and taking it all in. Stuff about sending the proper signals to somebody. Communication.”

“I do have problems when I get angry. I can read through my notes to help me remember how to deal with my feelings.”

If you want to find out more about the Relationships Course or any other training packages, please contact Talkback.

Michaela Gallimore May 2014