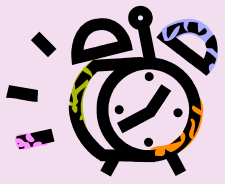


**What** came out of being part of the project for the people involved.....

**What** came out of being part of the project for the people involved.....



*"Since being involved with Time for Change my prison door has been unlocked and I have been let out."*



**Phone:** 01872 327 339  
01872 327 336  
01872 323 622



**Mobile:** 07973 813 688  
07791 108 441



**E-mail:** [nsmith1@cornwall.gov.uk](mailto:nsmith1@cornwall.gov.uk)



**Address:**  
Time for Change  
4th Floor, North Wing,  
New County Hall, Treyew Road,  
Truro. TR1 3AY



**"Experts by experience"**



[www.cornwall.gov.uk/timeforchange](http://www.cornwall.gov.uk/timeforchange)

## Who we are.....

The Time for Change project aims to promote the inclusion of people who use services in staff training and continuous professional development by employing them as trainers.




The trainers have undertaken an accredited course to prepare them to deliver the training. The trainers are involved in various projects, training and consultation.




## How to contact us.....



### Debbie Gillham

 Phone: 01872 327 339


 Mobile: 07973 813 688




E-mail: [dgillham@cornwall.gov.uk](mailto:dgillham@cornwall.gov.uk)



### Carol Griffiths

 Phone: 01872 327 336


 Mobile: 07791 108 441



E-mail: [cgriffiths@cornwall.gov.uk](mailto:cgriffiths@cornwall.gov.uk)



### Natasha Smith

 Phone: 01872 323 622



E-mail: [nsmith1@cornwall.gov.uk](mailto:nsmith1@cornwall.gov.uk)



## Our Training Projects

The team offers learning and development solutions to people supporting people with in the adult social care sector.

We deliver multi - agency and bespoke training packages on subjects such as:

- \* Person Centred working
- \* Person Centred Thinking
- \* Person centred reviews
- \* Dementia care mapping and care mapping
- \* Communication
- \* Behaviour as communication
- \* Dementia awareness
- \* Coaching and mentoring
- \* Human rights

We also deliver to people who use services or people with learning disabilities:

- \* Rights and choices
- \* Human rights
- \* Keeping safe
- \* Friendships and relationships
- \* Recruitment and selection

All of the training we deliver is co-facilitated by people who use services adding their expertise and personal experiences to the learning environment. We also offer consultancy and bespoke packages that meet the needs of individual services.

