

BUILDING THE CAPACITY TO SAY NO



BUILDING BOUNDARIES

A 10 week training programme for service users



SAFEGUARDING AND
PROTECTION TEAM,
CH CDLMS



PRESENTED BY
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RATIONALE

Capacity building measures set out in operation plan 2023 with a focus on disability sector.

Incidents categorised as psychological abuse between peers. Frequent reports within residential settings

A holistic approach to safeguarding - how can we work together to deliver a better service?

Groupwork as a social work intervention - co-production, peer support, strengths-based



ABOUT THE PROGRAMME

10-week programme co-produced by group members and facilitators

Aims:

To develop group members' awareness of personal boundaries and their capacity to recognise and manage unwanted behaviours directed at them;



To offer a space to explore difficult feelings generated from safeguarding incidents or conflict with peers.

Objectives:


To empower group members to enhance their emotional literacy, develop self-advocacy skills and strengthen personal boundaries in an environment of peer support



STRUCTURE & ROUTINE



**BUILDING BOUNDARIES**

This group is about building your personal boundaries






This means being able to:


- Understand how you're feeling
- Show other people how you feel
- Speak up when you're not happy
- Say NO! or STOP!
- Ask for help


**BUILDING BOUNDARIES**


Agenda week 6


 **Check in and agenda** -What are we doing today?

 **Time for a video-** let's explore Lionel the Lion 

 **Discussion about Lionel the Lion** - what did you think?

 **Case Study** - Tom and Jane

Tea & goodies 

 **Recap** - Anything to add before we leave?

- Weekly agenda
- Shared tasks
- Accessible documentation
- Repetition & Reinforcement



GROUP CONTRACT CARDS

Weekly reminder of group 'boundaries'. Engaging and fun way to instil group boundaries – hold up contract card when rule is broken!



Be kind to each other





**No whispering, share
with everyone**



**Listen to people
When they are speaking**


CASE SCENARIOS



**BUILDING BOUNDARIES**

**Emily & Niamh**


Emily and Niamh live together.




Staff asked Emily if she wanted to go to town. Emily said no, she wants to stay home and watch TV.



Niamh decided to go to town instead.



When Niamh came back home with new clothes Emily felt jealous and mad that she didn't go to town.



Emily feels like calling Niamh names and really feels like giving her a slap.

What should Emily do?

- Case scenarios presented reflective of typical safeguarding incidents between peers in residential setting
- Offering a space for exploring emotions & collective problem solving
- Discussing options available to participants: 'Stop, walk & talk approach; advocate; keyworker; staff



BOUNDARIES STATEMENT

A statement of personal boundaries developed in partnership with members

MARGARET'S BOUNDARIES



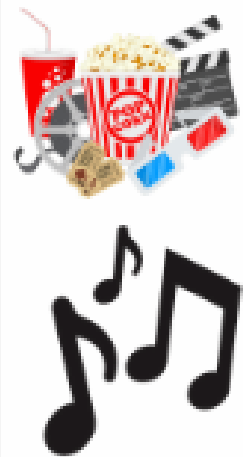
I love to write poetry.
Please support me to
continue this hobby



Please don't ask me
to do gardening.
I don't like it!



Please don't raise
your temper at me.
This makes me
upset and angry



Here are some things
that make me happy:
cinema, friends,
family, pizza and music



If I have a problem or if
something or someone
upsets me I will tell
Sarah, Barry, the
manager or my
keyworker



I would love to
enter a poetry
competition



Boundaries statement documents:

Likes & dislikes

Triggers

Hopes & goals

Strategies to manage
conflict



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For further information please contact

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