

Plain facts

Training by the people who know best

People with learning difficulties can be good trainers. The **Helping Each Other For a Better World** team is a group of people with learning difficulties. They made a training pack and a course to help people find better things to do.

The training pack is called **Making Your Days Better**. The training team tried out the pack and course with three groups of people with learning difficulties.

These are the things the training team found out.



The course worked well when people knew each other and enjoyed working together.



Sometimes there were problems in running the course.



There were ways of working which helped things go better.



It is important to have the right support from staff.



The course needs to be long enough for people to learn things, and then make changes in their lives.