

**Annual Conference &
General Meeting 2009**

**“Taking Control of my Life”
Social Networks**

**Kieran Molloy
Briege Bennett**

www.cedar-foundation.org

Background

- Taking Control of my Life report by Professor Roy McConkey (2008)
- Service Outcomes for Trainees of the Cedar Foundation Training and Brain Injury Services from 2003 and 2007
- To find out what happened for past trainees after they left the Cedar Foundation Programme and identify the critical factors associated with success

Key Recommendations

- Networks of supports, especially to provide continuity after training.
- Individually tailored training and support programmes.
- Greater opportunities for social networking and participation in advocacy.
- Improved emotional well-being and fewer mental health problems.
- Greater opportunities for paid employment
- Improved access to information and advice.

Response

- Training Programme Specific
- Trainee Networks
- Emotional Well-Being
- Marketing

Trainee Network

Commenced in 2009 and aims to:

- Promote independence
- Develop social skills
- Break down social isolation
- Motivate and enable participants to manage their own network/ sustain activities independently

Network Development

- Working to establish a number of groups across the Belfast and Lisburn areas
- Providing social outlets for a range of people with disabilities.
- The long term aim is that each group will grow to be independent with minimal support from Cedar.

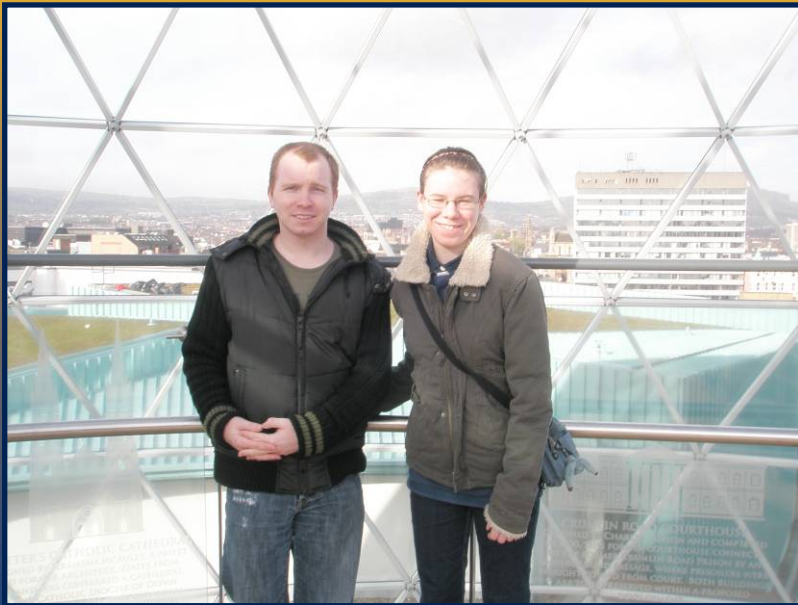
Who can get involved

Programme open to individuals:

- Leavers of all Cedar programmes
- Trainees who are near the end of their programmes
- Aged 18+

Activities

- User led and managed
- Financed independently
- Coordinated by monthly meetings
- Diverse range of activities e.g. pub quiz, sporting activities, evenings out etc.



What's happening now



Achievements to date:

- Quiz Nights
- Pool Nights
- Shopping Trips
- Lunches/Dinners
- Walking Club

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Further Information



Briege Bennett

Social Network Programme

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