

Practical Self Advocacy Course celebration of participation in Castlebar!

Today, Friday 20 January 2017 we celebrated the successful delivery of Practical Self Advocacy in Castlebar led locally by [Mayo CIL](#) and delivered through the [Community Participation Training Network \(CPTN\)](#). The CPTN has been established to help support the capacity of and direct representation of people with disabilities within local community structures.

Training was delivered in an innovative and exciting new model of co-facilitation by trainers Ann Marie Healy and Carmel Brady. Participants were able to learn together as people with a lived experience of disability to identify solutions to the barriers which often challenge people from living a full and equal life within their local community.



Back L-R Yvonne Thomas, Barry Byrne, Martin Walsh, John, Gallagher, Mary Moyles. Front L-R Teresa Tighe, Carmel Brady (Trainer) Ann Marie Healy (Trainer) Cathy McGrath (DFI) Deirdre Fahey (Mayo CIL). Absent Alicia McDonagh

“I felt that I learned what I wanted for myself without being told. I was given the tools to think more clearly for myself. As a result I made changes to my life and care that for a long time I knew I wanted, but I didn't realize that it was as easy as saying it to the right person.”

“I now feel empowered and in control of what happens to me.”

“The course was very enriching and lots of new friends were made.”

Quotes from course participant.



L-R Deirdre Fahey (Mayo CIL), Ann Marie Healy (Trainer) Carmel Brady (Trainer) Cathy McGrath (DFI).

“I was delighted and excited to co-facilitate this course on Practical Self Advocacy with my fellow trainer Carmel Brady. I was able to share my own lived experience of disability and advocacy with the participants and discuss with participants the barriers people with disabilities face every day including access to transport, employment etc. I hope, in this unique innovative way of co-facilitating this Practical Self Advocacy course we were able to support peoples own confidence in finding their own ways to deal with and overcome barriers to living a fuller life in their local community”. **Quotes from co-facilitator Ann Marie Healy.**

Courses in the area of Practical Self Advocacy, Community Representation and Disability Awareness are being development now for roll out through the CPTN Local Network of Galway, Mayo and Roscommon and are will be open to the public to register. Concessions will be available. For further information contact Deirdre Fahey (Mayo CIL) 094 903 4980 / 0872850302 dfahey@mayocil.ie or Cathy McGrath (DFI) on 086 3847 440 cathymcgrath@disability-federation.ie.

For information on DFI's staff in other regions [please click here](#).