

WHAT IS THE INDEPENDENT LIVING SKILLS COUNTY GALWAY PROJECT?

The Independent Living Skills, County Galway Project brings together voluntary disability organisations providing services for people with intellectual disabilities together with Galway Rural Development Company, GRD and Galway Roscommon Education Training Board, GRETB.

The project will provide:

- Training to people with intellectual disabilities on independent living skills.
- Support to family members, carers and staff.
- Training on how to deliver independent living skills.



Proactive Carers Galway



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Bord Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board

GALWAY AND ROSCOMMON EDUCATION TRAINING BOARD, GRETB IS FUNDED BY:



THIS COURSE IS FUNDED BY:



The Disability Federation of Ireland is a company limited by guarantee not having share capital, registered in Dublin. Registered No. 140948, CHY No 6177.

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BASIC COOKERY FOR HEALTHY EATING 2020

PROJECT INFORMATION

AND

COURSE OUTLINE



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INDEPENDENT LIVING SKILLS COUNTY GALWAY PROJECT:

Internationally, Article 19 of the UN CRPD looks at supporting people with disabilities to live independently and be supported in the community. National policy of Transforming Lives sees us moving away from services and supports delivered solely through organisations. We are working to ensure that people with disabilities have equal opportunity to live independently and be supported through community based, individualised supports.

The ILS Co.Galway Project hopes to bring these policies into life in a real way in the region:

- The course is being jointly coordinated by those voluntary disability organisations providing day to day support to people with intellectual disabilities.
- Training is delivered through the mainstream expert in community based adult education: the Education and Training Boards in Galway, Mayo and Roscommon.

- Training is facilitated directly through each Local Development Company of Galway, Mayo and Roscommon.

This is in some ways the most valuable piece of the project. Knowing your local development company can allow for a direct link to long term additional resources and term supports for you and your family. These companies cover broader areas of independent living supports including guidance on housing, further training and employment.

SPECIFIC LEARNING OUTCOMES:

Participants will come away with a stronger understanding of these seven key Learning Outcomes:

1. Personal Hygiene standards required when working in the Kitchen.
2. Introduction to the Food Pyramid and Healthy Eating.
3. Making the Healthy Choices.
4. Portion Control.
5. Shopping for ingredients including reference to costings.
6. Understanding of Nutrition and what are Calories.
7. Sugar in our diet.

FURTHER PROJECT INFORMATION

Due to COVID-19 restriction and guidelines have been put in place for the safety of all participants and staff. This includes reducing the class time to a maximum of 2 hours. We want remain committed to delivering all our Specific Learning Outcomes. With this in mind, courses have been revised to be delivered across County Galway running over 8 weeks this autumn:

- An Canalach, Poolboy, Ballinasloe
23 September - 11 November
2020, 10 am - 12 pm.
- An Canalach, Poolboy, Ballinasloe
24 September - 12 November
2020, 2.30pm - 4.30 pm.
- Starling Centre, Baunoge,
Loughrea 24 September - 12
November 2020,
2.30pm - 4.30pm.

All queries regarding the project and your key role are welcome to Brothers of Charity staff of your region, and Cathy McGrath
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