

Leonard Cheshire Disability works for a society in which every person is equally valued. We believe that disabled people should have the freedom to live their lives the way they choose - with the opportunity and support to live independently, to contribute economically, and to participate fully in society.

In Northern Ireland we provide support services for disabled people that foster and encourage the ethos of independent living.

- 5 Supporting Living services in Belfast, L'derry, Banbridge and Lurgan.
- A Leonard Cheshire Disability Resource Centre in Omagh.
- Floating Support services to disabled people who live locally in Omagh/Enniskillen and surrounding areas.

The Big Lottery funds two Leonard Cheshire Disability projects, 'Be Safe Stay Safe' and 'Moving on'.



For more information contact:

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Be Aware Take Care

Be Aware Take Care is a person centred safety training programme for disabled people.

Be Safe Stay Safe Partners



**Leonard
Cheshire
Disability**

**Northern
Ireland**



**Be Safe
Stay Safe**

Keeping you safe in your home and out 'n' about



**BIG
LOTTERY
FUND**

LOTTERY FUNDED



Be Aware Take Care

Be Aware Take Care is a unique designed safety training programme for individual disabled people. Person centred, adaptable, and flexible; the training uses practical resources to build resilience and confidence.

BATC training tackles issues of personal and home safety that impact on people's lives, whether living alone, with carers, in supported living or a residential setting.

The **Be Aware Take Care** programme promotes personal safety, independence, self-awareness, choice, positive relationships, self-advocacy and active citizenship. It aims to reduce dependency, vulnerability, isolation and the fear of crime.

The **BATC** training programme is delivered by experienced facilitators on a one to one basis over six sessions in a safe environment - the persons own home, a local community centre, a library, or a day centre.

BATC units include:

- **Your Right to be Safe**
Keeping Safe Feeling Safe it's your right
Developing ways to help you feel safe.
- **Relationships – People in your life**
Personal and Professional relationships
Personal Boundaries/Safeguarding
Making choices / Saying NO
- **Safety in the Home**
Keeping safe in your home
Communicating incidents /concerns
- **Using the Emergency Services**
Who they are! What they do!
When and how to use the Emergency Services
- **Crime – Be Aware**
Identifying and reporting
Crime, Anti-social behaviour, Hate Crime/
Incidents and Mate Crime
- **Finance**
Keeping your money safe
Reporting lost or stolen items
- **Personal Safety**
Personal safety when out and about
Socialising safely
What to do in an emergency when out 'n' about.