



# Become a Co-Trainer

We are hiring people with  
lived experience of learning  
disabilities and autism.



## What is a Co-Trainer?

Co-trainers help other trainers to teach Oliver McGowan Mandatory Training.

If you live as an autistic person or live with a learning disability, you are an expert with lived experience of autism or learning disabilities.

## Oliver McGowan Mandatory Training

Oliver McGowan was an autistic man with a learning disability. After he died, his mum, Paula, campaigned for better training for health and social care staff. Find out more at [www.olivermcgowan.org](http://www.olivermcgowan.org)



The training is co-delivered by people with lived experience of autism and learning disabilities. That's why we need you.

## What will I need to do?

- Talk about your life and experiences to help people understand autism and learning disabilities.
- Answer questions.
- Work in a team with other trainers who will support you.



You may need to travel to in-person courses or log on to online courses.

## What skills do I need?

You must be able to:

- Speak in front of a group of up to 30 people.
- Listen carefully and understand what others are saying.
- Be organised to travel to training venues and arrive on time. We can support you with this.



## What experience do I need?

You do not need any previous job experience.

You must be an autistic person or have a diagnosed learning disability such as Global Development Delay; Downs Syndrome; or Cerebral Palsy. Other diagnosed Learning Disabilities are also accepted.

## What will I get?

We pay our co-trainers £20 for each hour of training delivery.

The job has flexible hours with a zero-hour contract. This means you will not work a set number of hours every week.

The job will help you:

- Gain independence and confidence.
- Progress in a career.
- Make life better for people like you.



## What support is available?

We will make reasonable adjustments to make sure you can do the job.

You can call, message or email your manager if you need help.

Here are some examples of the support we give:

- Teach to do the job before you start.
- Create step-by-step travel plans.
- Provide Easy Read and Braille documents.



If you are unsure whether you would like to become a co-trainer, and have any questions, please call our friendly team on 01386 562 965.

# How to Apply



0800 310 2300



bcropper@firstresponsetraining.com



[www.firstresponsetraining.com/co-trainers](http://www.firstresponsetraining.com/co-trainers)

## **Louise, an Autistic Expert with Lived Experience Co-Trainer, said:**

“I love delivering the Oliver McGowan Training and look forward to the days I deliver it... I really appreciate how understanding and accommodating the FRT team is. They go above and beyond to ensure that we as experts feel supported and can deliver our training in the best way. Over the time that I have been training, I feel that my confidence and skills have developed too.”

## **Frequently Asked Questions**

### **Will this job affect my benefits?**

Many of our Experts with Lived Experience work while receiving benefits. Please speak to us if you have any questions about this.

### **Do I need to travel?**

Yes. We can provide pastoral support to make travel plans, arrange practice runs, book and pay for taxis, and being available to call if you need help.

### **Do I need to fill in a form to apply?**

Yes. If you need help, we can talk you through the form. We can provide Easy Read forms.

### **I have a health condition. Can I still work for you?**

Yes. We will complete a risk assessment to make sure you are safe at work.

**Empowering Staff, Transforming Practice**