








Healthy Surfers Training Agenda with Speakup, Inclusion North and organisations across England Year 2013-2014
For Trainers
 10am – 3 pm

The aim of these training is to train Healthy Surfing Champions who can then teach other people with learning disabilities and/or autism to go on to the internet safely and look for health or health and fitness sites to support people to lead a healthy lifestyle.

Work to Do	Times
Register and welcome.	 10-05
<p>What we will do today? Healthy Surfers an Introduction of the team and the organisation how people can get to know about Speakup Inclusion, Greenwich etc. Aims of the day and any Housekeeping.</p>	 10-10
<p>What do we know all ready? Short impact assessment (please carry out the impact assessment at the beginning and end of the training) Note for trainers – ask the question What would you like to know about health and fitness issues? Let's work in pairs and think about how we use computers already? It's ok if you don't use them, just tell us now in this start session.</p>	 10-40
<p style="text-align: center;">The DVD Healthy Surfers</p>	 10-55

<p>The Tips</p> <p>Tips for using the computers and the internet safely.</p> <p>Working together let's go on to Easy Health. What health things shall we look for?</p> <p>Let's sit in pairs at a computer and we will support you to do this.</p>	
<p>Lunch and Print off findings from Websites to give to all Healthy Surfers.</p>	
<p>Working in pairs or 1-1 with our trainers.</p> <p>Let's look at other sites to help you keep fit and healthy.</p> <p>One to one work to check Healthy Surfer understanding really works.</p>	
<p>Let's check out today. What do you think went well?</p> <p>What do you still need to learn?</p> <p>Short impact assessment to finish the training.</p> <p>Enjoy Healthy Surfing in the future.</p>	