

Talking Mats Workshops



Talking Mats make it easier for people to communicate about things that are important to them.

Talking Mats was designed by Speech and Language Therapists. They are really easy to use.

There is a 'Keeping Safe' Talking Mat.



It helps adults with learning disabilities to tell someone about things that are worrying them.

Keeping safe is one of the main themes from the 'Keys to Life' report about making life better for people with learning disabilities.



Shona McEwan is the Engagement & Participation Coordinator with Fife Adult Protection Committee.

She has had Talking Mats Keeping Safe Training.



The Keeping Safe cards have three topics: Health and Wellbeing, Relationships, and Thoughts & Feelings.

Each Mat takes between 30 mins to an hour (depending on what is talked about).



Any things that are worrying you would be talked through with Shona and passed on to staff who work with you or other support organisations who could help.

If you would like to have a 'Keeping Safe' Talking Mat workshop, let Shona know and she will arrange a place, date and time to meet, that suits you.



All that is needed is a quiet space, a table and two chairs. The workshop will be just you and Shona.

Call Shona on 03451 55 55 55 ext 442134

or email her at: shona.mcewan@fife.gov.uk

