



## **Partners Guide to Touch Trust Sessions**

This Guide is to help you as partners to provide the best possible experience for each guest in their Touch Trust session. The Touch Trust programme increases happiness through developing communication and social skills, relaxation and well being, circulation and health.

The 3 stones on which touch trust is built are:

- Service
- Celebration of Diversity
- Fun and Happiness

Here you will find essential pointers and aspects about the session as well as what you can expect from Touch Trust session leaders and what we expect from you as partners!

### **HEALTH AND SAFETY BEFORE THE SESSION BEGINS:**

- The comfort of the guests and their partners in the session is paramount. Please take the time to ensure each guest is happy and settled before the session begins.
- Where possible encourage guests to come out of their wheelchairs and help guests onto beanbags where they can be comfortably supported with pillows and cushions.
- We like guests and partners to remove coats and footwear and advise all to take off socks for safety as the session room can be slippery.

### **Notes before the session begins**

- We ask that partners support each guest's movements gently in the session. Please do not force or manipulate.
- In some sessions, guests are free to explore and move around the space so please partner them to do so safely.
- The Session Leaders are the facilitators of the session but it is you as partners who are responsible for the guest in the session. Please do not hesitate to ask any questions you may have and we will be at hand to help wherever we can!
- Finally, please turn off all mobiles or devices as these interrupt the course of the session and can be a distraction for all taking part.



## **Partners Guide to Touch Trust Sessions (continued)**

### **How the session will unfold and what to expect from us throughout:**

- Depending on the guest and/or the group, your Touch Trust session can last anything up to one hour.
- The Session Leaders will guide guests and their partners through the session programme and we ask that you involve yourself in all sections of the programme. We will be at hand to help you to support each guest.
- The Touch Trust program works with an exploration of energy changes throughout and we work with the two basic rhythms in everyone - the breath and heart beat rhythm. Appropriate music will accompany and complement these energy changes.
- Your session will start in a lively way leading into a **sound activity**. We will then move into a calmer energy with focus on **breathing** and **massage**. From here the energy will lift again as we move through a **percussion** section into a more enlivened state with emphasis on **dance** and **free movement**. The energy will then become more relaxed as we move into a **focused movement** activity. We allow plenty of time for **relaxation** at the end.
- Our Aim as Session Leaders is to enable individuals and the group to have a positive and successful experience in their session!

**Please be open to and embrace the flow of the session. It will be fun, encouraging and rewarding for all!**

### **What we expect from you throughout the session:**

- The Touch Trust session programme is heavily reliant on your interaction with each guest working in a 'special partnership' with each other.
- Please do give all your attention and focus to the guest. Share eye contact, smiles and voice to maintain a close connection throughout.
- Listen to and watch the guest in order to respond with authenticity to their actions, reactions and movements as the session unfolds.
- Praise and enjoyment are an essential aspect of the session so please join in clapping and praising each guest's contributions and achievements however minimal they may seem!
- We find ways to give choices in the session. Guests will make choices about what they want and what they don't want to do. Please be patient, observe the guest closely and honour these choices.
- The Touch Trust Programme is about each guests self expression in a nurturing and happy atmosphere, individually and as part of a group. Please embrace the experience also. The more you relax and the more enjoyment you get, the more the guest will too!

**We ask for your total commitment to the guest in their session and your continual support, encouragement and motivation**

### **Background of Touch Trust**

Touch Trust is a registered charity based in Cardiff, at the iconic Wales Millennium Centre. We provide unique creative movement programmes for individuals with learning disabilities, those affected by autistic spectrum disorder (ASD), complex needs, behaviour which challenges, and other vulnerable groups in the community. The charity was found by Dilys Price OBE who continues as the charity's Director (as well as being the oldest female sky-diver!) The licensed Touch Trust programme has been put together through over 50 years of Dilys' teaching. Testimonies from parents, teachers and professionals say it has a profound effect on those that access it, while being fun, engaging and relaxing. Touch Trust run courses to help special schools, day centres and other related organisations access the programme. Touch Trust prides itself on excellence in service to the guests to provide enjoyment and relaxation in their lives through access to the creative arts.

**We hope you enjoy yourself in the session.**

Touch Trust  
Wales Millennium Centre  
Bute Place  
Cardiff Bay  
CF10 5AL

02920 635 660  
[www.touchtrust.co.uk](http://www.touchtrust.co.uk)  
**Registered Charity Number: 1078995**

© Touch Trust all rights reserved