

Self-advocacy Conference

In February Julian, Alex and Joyce attended a self-advocacy conference. Jemma and Clodagh also went to provide support.

A conference is where lots of people with a shared interest meet.



A conference can last for a few days. We were there from Tuesday lunchtime until Thursday afternoon. The conference was at the Grand Hotel on the North Shore in Blackpool so we stayed in rooms at the hotel for 2 nights.



Self-advocacy is about speaking up for yourself and having your voice heard. This is what we do at Ordinary Lifestyles Peoples Forum meetings.



Self Advocacy



At the conference we talked about what we would like to see happen in different services for people with learning disabilities.

We went to workshops about housing, autism, advocacy, hate crime and growing older. We also listened to talks from a group in Brighton who had found out lots about voting and democracy and some people from different parts of the



country that wanted to form a national self-advocacy group. On the last day the "big bosses" came in from Social Services and the NHS to answer questions.



We also had fun we went to a dance workshop run by Dance Syndrome, did Zumba with Vicky (Vicky is a Zumba Gold instructor and has Autism),



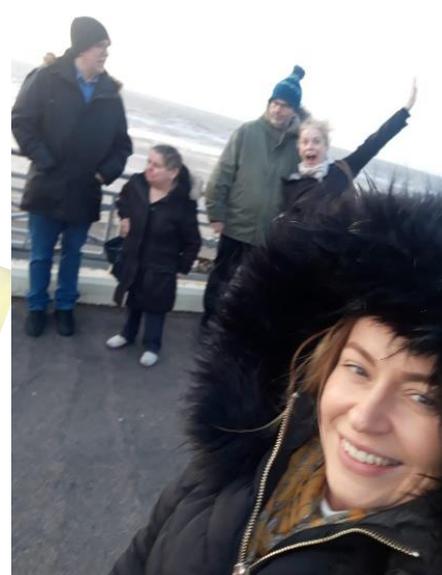
We did sign and sign choir with the Merseysigners.



We also had a Disney music quiz, a Gala Dinner followed by dancing and karaoke and watched the "big bosses" play the chase.



We even had time for a swim and a windy walk to see the sea and the tower!





There were lots of people at the conference so at times it was noisy. We all saw people that we knew from home and made some new friends.

We have shared some videos from the conference on our facebook page, staff can support you to look at these.



Ordinary Lifestyles
Social service



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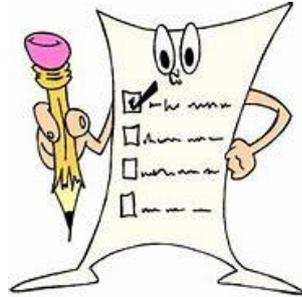
In going to the conference we achieved lots of Ordinary Lifestyles Values in particular Choice and Control, Inclusion, Enjoyment and Fun.



The conference was organised by NWDT / Pathways Associates supported by LDE (Learning Disability England). Individuals can become a member of Pathways Associates or Learning Disability England.



If you are interested we can help you to find out more and fill in an application form.



Alex and Julian would like to go next year, maybe you would like to go too?



We will let you know when we have any details.

Any Questions??

Then please ask Alex and Julian.

