



Wokingham  
Learning Disability  
Partnership Board

# Minutes from the Self Advocate Workshop

Bradbury Centre  
Tuesday 16<sup>th</sup> May 2011

## Relationships Workshop!



### Introductions and Icebreaker

Philip welcomed everyone to today's workshop about Relationships. We started off with a **Royal Icebreaker Quiz** where Steven asked 6 questions about the Royal Wedding:

**Question 1:**  
Which dress did Kate wear?



**This one!**

**Question 2:**  
Where did William & Kate get married?





**Westminster Abbey**

**Question 3:**  
Who was Kate's 'Maid of Honour' (the chief bridesmaid)?



**Her sister, Pippa**

**Question 4:** Was William's mother at the wedding?

**Princess Diana was his mother**      **Camilla is his step-mother**

**Question 5:**  
Who is William's grandmother?



**The Queen**

**Question 5:**  
Where did they have their 1st public kiss?



**The balcony at Buckingham Palace**



## Different types of Relationships

Then we talked about all the different types of relationships, which are:

- \* Romantic
- \* Formal
- \* Family
- \* Friendships

We spent a few minutes talking in groups, and thinking about the different relationships we have. Then we thought about examples for each using famous couples we know.



### Straight relationships:

When a man and woman go out together this is called a straight relationship.

*For example: David & Victoria Beckham*



### Gay Relationships:

When 2 men go out together this is called a gay relationship.

*For example: Elton John & David Furnish*



### Lesbian Relationships:

When 2 women go out together this is a lesbian relationship.

*For example: Carol and Susan in the TV programme called Friends.*



## Formal Relationships

These are the relationships you have with your support worker, doctor, nurse, carer or anyone paid to work with or for you.



*For example: James Bond and 'M'*



## Family relationships

These relationships could be with your mum or dad, brothers or sisters, aunts or uncles, grandparents.



*For example: Donny & Marie Osmond*



## Just good friends

You might like to spend time with people but not fancy them. We would call these relationships, 'friendships'.



*For example: Jane Beale & Tanya Branning from Eastenders.*



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## 101 ways to show people you care

There are lots of different ways you can show someone you care – for example:

- \* You can give someone flowers
- \* Do the washing up and household jobs
- \* Write someone a letter
- \* Bring someone breakfast in bed



We broke up into groups and wrote down some of our own ideas. This is what we thought:

I let my husband have a doze when he's tired, even when there are lots of jobs to do.

I ring my mum every week.

I do the gardening, shopping and jobs around the house for my mum.

I say 'I love you' to the people I care about.

smile!

Hugging and cuddling

Holding hands

Ask people how they are.

Kiss!

Cheer someone up when they are sad.

Look after someone if they are unwell.

Stick up for someone or help them if they are in trouble.

Protect your family and friends.

Think of others

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# Relationships and Feelings

Channah doesn't use words, so she communicates with her friends, family and support workers in other ways. Channah and her support workers Tatenda and Rebecca ran the next part of the workshop about Relationships and Feelings.



Every relationship brings different feelings. We thought about how different relationships make us feel (for example happy, loved, hurt, nervous) .... and how these feelings affect us (for example we might cry if we are sad, or feel happy if someone gives us a cuddle).




Then we did an exercise using coloured paper. We thought about which colour represents our different feelings – and matched the coloured paper to a list of emotions (feelings).




Calm  Angry  Happy  Embarrassed 

 Sad  Jealous  Confused  Lonely

We also talked about how you can express your feelings and how you can manage your feelings – for example, how can we cheer ourselves up?!!

We thought about things we could do to make us happy:

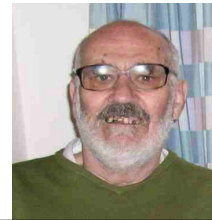
Listen to music  Join in with social activities  Talk to someone 

Have a cup of tea or a pint of beer with your friends!  Go out to dinner  Play sport 

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## When a relationship ends...

Julie and Peter did some role play about when relationships end or change. Afterwards we talked about what helped Jill to move on.



Peter played 'Mark'



Julie played 'Jill'

### Role Play 1:

Jill was moving home and leaving behind her support staff. Jill was very sad, so Mark (the support worker) gave her a **book of happy memories** filled with pictures and stories of things they did together. Mark said he would ring her and she could **come back to see her friends** at any time.

Julie asked us... *"What did Mark do to make Jill feel better?"*

- ✓ They talked about Jill leaving and what her new home would be like.
- ✓ Mark said he would ring her.
- ✓ Mark had made Jill a book of happy memories.
- ✓ Mark reassured Jill that she could come back to see her friends.



Other suggestions from the group were:

- ✓ Mark could organise a party for Jill before she leaves.
- ✓ Mark and Jill could tell each other how much they appreciate the nice things they've done for each other.
- ✓ People in the home could make Jill a card and everyone could sign it.



### Role Play 2:

Mark wanted to go to the pub. Jill said he couldn't go because he didn't have any money and needed to clean his flat. They had an argument about it and Jill stormed out. Then they did a "take 2" version and asked everyone what went wrong the 1<sup>st</sup> time, and why was it better the 2<sup>nd</sup> time?

1<sup>st</sup> time:

- ✓ Jill was being bossy.
- ✓ Mark couldn't make up his mind
- ✓ Both being angry and impatient with each other

2<sup>nd</sup> time:

- ✓ They came to a compromise which meant finding a solution where both people were happy. Mark could clean his flat first and then go to the pub.
- ✓ Both Jill and Mark stayed calm so they could talk and listen to what the other person said.

Let's find a compromise!



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## Ways to cope with the end of a relationship:

We ended the workshop with a "Dear Julie" session where Julie gave us suggestions on ways to cope when a relationship ends.

- ✓ Talk to someone you trust and work out how you feel.



- ✓ Remember the good things about your relationship.



- ✓ Think about your part in the end of the relationship.



- ✓ Find a way to move on ....  
This could be finding new friends, keeping yourself busy, join some new clubs, do some exercise.



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## That was the end of our Workshop!

Our next workshop will be on  
**Tuesday 21<sup>st</sup> June** at the  
Bradbury Centre, 10am-12noon

where we will be talking about  
**Benefits**

