

Wokingham
Learning Disability
Partnership Board

Minutes from the Self Advocate's Workshop

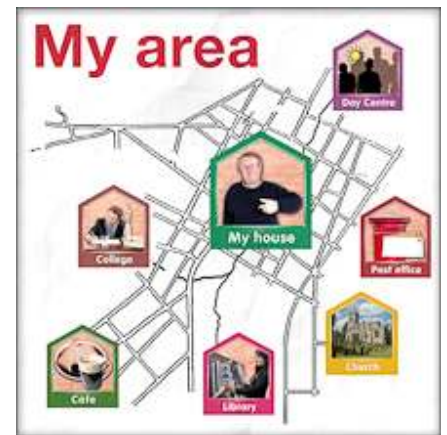
Bradbury Community Centre,

Tuesday 1st September, 2009

“Being a Good Citizen”

Who was at the meeting: Suzanne Burbidge, Juanita Goswell, Garry Potter, Peter Waite, Fiona Buchta, Clive Pressinger, David Chaffe, Frankie Brewer, Phillip Pearce, Jason Archer, Tracy Obler, Sarah Weltscher, Christine Morgan, Charles Dobie, Roz Gilbert, Kim Stott, Julie White, Jennie Grieve, Jodie Newman

Jodie welcomed everyone to today's workshop which was about **citizenship** and **being involved in your community**.



Icebreaker

Jason started off with an icebreaker and asked everyone to say their name and talk about a time when they have been helpful. Here's what people said:

- ✓ **Jason** collects milk bottle tops for his dad.
- ✓ **Jodie** feeds her neighbours' cats when they go on holiday.
- ✓ **Frankie** gave someone some directions when they were lost.
- ✓ **Juanita** helps push her friend in her wheelchair.
- ✓ **David** does the shopping for his mum.
- ✓ **Garry** does the hoovering for his mum and washes up after lunch at his sister's house.



- ✓ **Suzanne** helps tidy up the dustbins for her neighbours after the bin-men have been.
- ✓ **Clive** helps people to do their gardens and keeps them tidy.
- ✓ **Kim** helps people to live an independent life and do the things they want to do.
- ✓ **Jennie** helps in the school that her children go to.
- ✓ **Peter** helps the police with the Safer Places Campaign.

- ✓ **Roz** helps people at Reading Athletics Club.
- ✓ **Fiona** helps her mum with the shopping.
- ✓ **Christine** gives lots of things away to charity shops.
- ✓ **Tracy** helps her family with babysitting and shopping and driving everyone around.
- ✓ **Sarah** helps tidy the table and take things out to the kitchen.
- ✓ **Phillip** helped Leilah buy her lunch one day.
- ✓ **Julie** helped a farmer get a calf away from a horse in one of his fields.
- ✓ **Charlie** helps with the laundry at home and also helps to put magazines away.



After all the introductions were over, we started off by talking about...

Community:



Jason asked everyone what we mean by “Community”?

- ❖ **Phillip** said it’s another word for a town or city.
- ❖ **David** said it’s a group of people coming together.
- ❖ **Peter** said it’s people in a group.

Community can mean different things. It can mean the place that you live - like your street or your town. It can also mean a group of people who share something in common – for example people who have the same hobby or interest (like football), or people who have the same faith (religion). People with learning difficulties are also a community because they know what it is like to be treated as a disabled person.

Then we talked about...

Being a Good Citizen:

Jason asked everyone **what is a Good Citizen?**

- ✓ It is about having a say and taking part in decisions.
- ✓ It is about helping other people
- ✓ It is about making things happen.



We think being involved in your community is important! Everyone has something to offer! Here are some examples of being a good citizen:

Being a good neighbour:

- ✓ **Frankie** looks after her neighbours when they aren't well.

Campaigns: These are projects where people try to make everyone aware of something important. Here are examples of campaigns that some of our members have worked on or planning to do:

- ✓ **Hate Crime/Anti-bullying and Safer Places Campaigns:** Take Notice and Listen To Us ran these.
- ✓ **Recycling Campaign:** **Jason** would like to start this campaign, and is looking for volunteers today.
- ✓ **Litter Picking Campaign:** **Clive** has already started up this group – more about this later!
- ✓ **Telling people about learning disabilities:** The Listen To Us group runs training on this.
- ✓ **Making life better:** **Philip** was part of a group at college that dealt with lots of campaigns about making life better.
- ✓ **Making our neighbourhood safer:** We had 3 examples to share with everyone: (1) **Christine** campaigned to get a footpath built near to her home to make walking down the road safer. (2) **Howard** lives at Ravenswood Village, and he campaigned to have traffic lights put in at the bottom of the road. (3) Take Notice campaigned for better pathways for wheelchair users at Wokingham train station.



Being a member of a local group:

- ✓ Lots of people are members of CLASP and Take Notice.
- ✓ We are all members of the Partnership Board.
- ✓ **David and Philip** are members the Regional Programme Board.
- ✓ **Frankie, David and Philip** are members of the South East Regional Forum of People with Learning Difficulties.



Take Notice Group



Helping at a community event:

- ✓ **Philip** helped Robert Pasterfield collect money for Mencap and Addington School by shaking collecting tins.
- ✓ **Peter** helped raise money for Children In Need by selling cakes at the Bradbury Centre.
- ✓ **David** raised money for the British Red Cross.

Giving your views about the community:

- ✓ **David** said the wow4me website has a section where you can leave comments about somewhere you've been (a restaurant, a bowling alley – anything!)
- ✓ **Clive** gave his views on the local community by doing a survey with Jodie.
- ✓ Julie Quarrel (from the Council) is in the coffee shop right now! asking people's views on how the Council can help make information clearer about what's going on in Wokingham.



Volunteering: This means giving up some time for free to do something good!

- ✓ **Frankie, David and Peter** volunteer at the coffee shop
- ✓ **Roz** volunteers at CLASP.
- ✓ **Fiona** volunteers at the stables.

Being a Good Advocate: This means speaking up for others.

- ✓ **David** thought of this one – he does a lot of speaking up for people with a learning disability!



Then we talked about projects that some of the CLASP members would like to start.

- ❖ **Frankie Brewer** would like to start a **Fundraising Project**



- ❖ **Jason Archer** would like to start a **Save the Planet Project**

- ❖ **Clive Pressinger** has already started his **Litter-Picking Project**

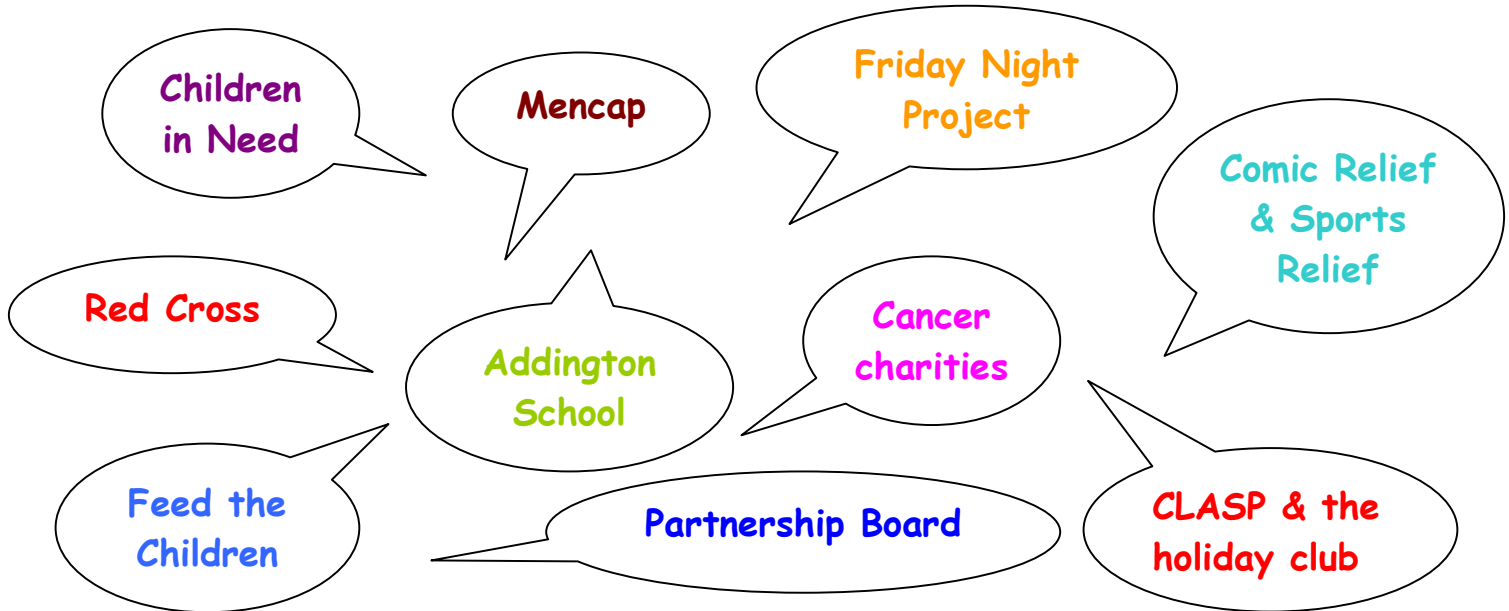




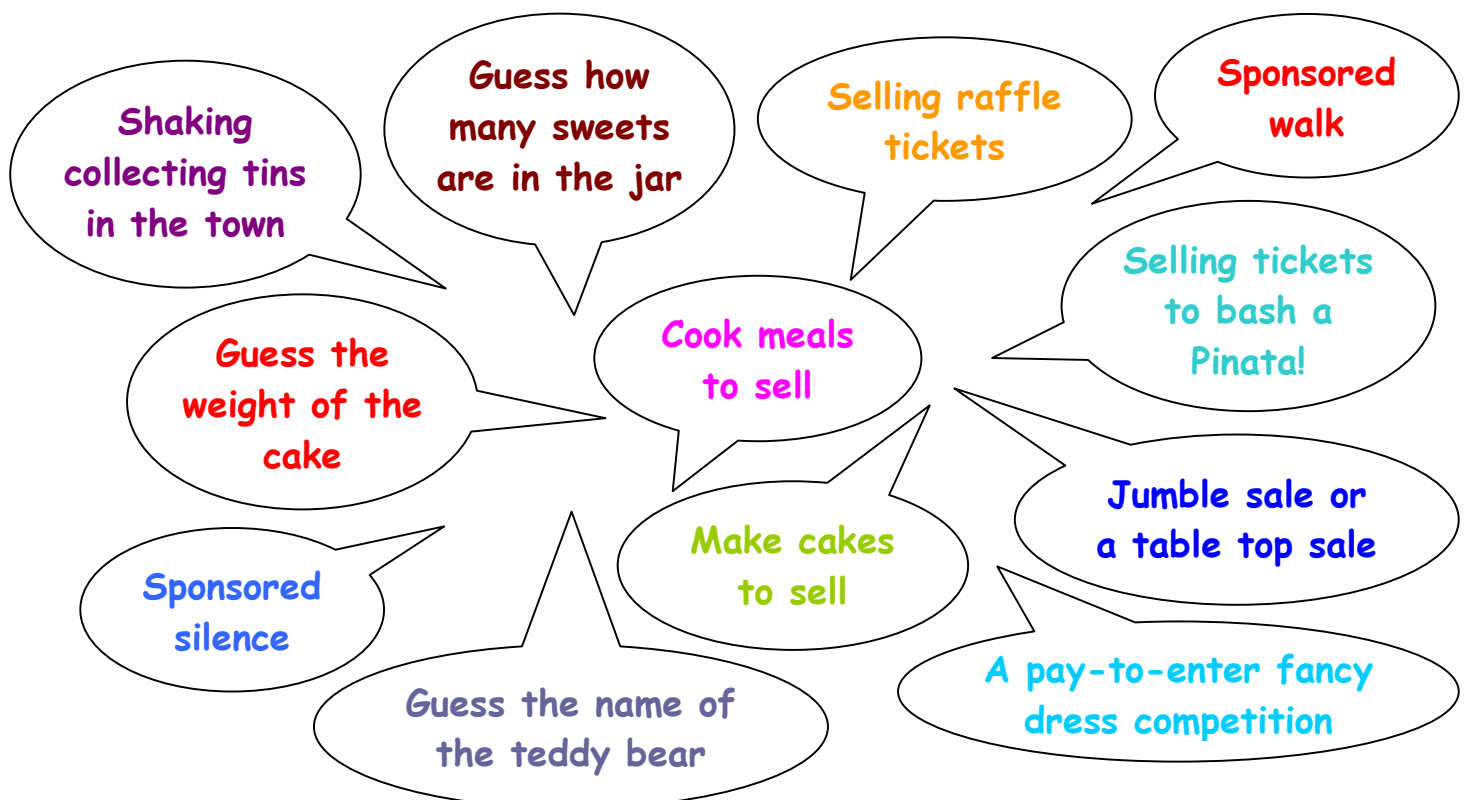
Frankie's Fundraising Project:

Frankie asked us to think about **which** groups we would like to raise money for, and then **how** we can raise money for them.

These are the groups for which we thought we could raise money:



And these are the different ways we thought we could raise money:



Then we talked about the national charities that we have supported in the past, and asked if anyone would like to volunteer to raise money for these groups again this year. This is what our volunteers suggested!

Macmillan Cancer Support, World's Biggest Coffee Morning (Sep 09):



- **Jason** and **Juanita** will speak to the Members Committee at the Acorn Centre and Crescent Centre about having a coffee morning there.
- **Frankie** will speak to Barbara and Jerry about having a coffee morning at the Bradbury Centre.



Children In Need (Nov 09):

- **Peter** will sort through his videos and sell them to raise money.
- **Jason** will speak to the Members Committee at the Acorn Centre about organising a car boot sale.

Sport Relief (March 2010)

- **Kim** will speak to Dimensions about having a fancy dress sponsored walk.
- **Peter** and **Garry** are both interested in helping fund raise.



Frankie and Jodie will get everyone together who has offered to help so that we can make a plan.

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Jason's Save the Planet Project:

Jason talked to people about why we should look after the planet, and Jodie explained what some of the difficult words mean.



What are fossil fuels?

Fossil fuels are things that were made in the earth millions of years ago, and we now use to make energy – for example coal and oil. When these are burned,

they give off invisible gases which hang around in the atmosphere for many **many** years and cause damage to the environment.



What is climate change?

When the poisonous gases (from burning fossil fuel and the exhaust from cars), built up in the atmosphere, they made a hole in the **Ozone Layer**. (The ozone layer forms a block between the sun and the earth, and stops the heat from the sun burning the earth.) This hole is getting bigger and bigger so more heat is getting through to the earth, which means our climate (the weather) is getting warmer.



This means that the polar ice caps (which are the ice in the North Pole and the South Pole) are starting to melt – so there is less ice for animals such as polar bears to live on, and the sea levels will get higher and possibly flood some countries.

The good news is that trees and plants give off oxygen which helps the ozone layer but the bad news is that we are cutting down our forests!

We all need to do something to Save Our Planet! What can we do?

- Recycle as much as we can.
- Save electricity by switching off lights when we are not in a room and unplugging the TV. We could also use energy-saving light bulbs.
- Grow our own fruit and vegetables.
- Save water (don't leave the tap running when we brush our teeth!)
- Walk and cycle instead of using our cars
- Compost (recycle food) – to use as food for the garden.



What can we Recycle?



- ✓ Newspapers, magazines, cardboard
- ✓ Bags
- ✓ Cans
- ✓ Plastic Bottles and containers
- ✓ Glass
- ✓ Garden waste
- ✓ Old clothes
- ✓ Bric-a-brac (old things that are still useful but you don't want)

Phillip told us about the 3 R's: Recycle, Reduce and Re-use!

Finally, we thought about some recycling projects we could focus on:

- Recycling paper in offices – we usually recycle paper and cardboard at home, but not in some offices!
- Learning about composting to encourage people to recycle their potato peelings, etc!
- Having a cycle to work day to encourage people to leave their cars at home!



Jason will get a Recycling Group together to work on these 3 projects. Peter, Phillip, Julie and Jodie will all work with Jason on this.

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Clive's Litter Picking Project:

Clive thinks it's important to keep Wokingham clean and has started a litter picking project. Clive has already got some help from local PCSOs (police community support officers) and community wardens, and Kim will be speaking to the Community Flat in Eustace Crescent. Clive is looking for some volunteers. Juanita already does some litter picking, but she agreed to help Clive. Frankie, Fiona, Phillip and members of Take Notice will also help. Jodie will help Clive design a poster.



We had such a good meeting this morning, that before we knew it, we'd ran out of time!! Jodie and Julie agreed to find times for each of these new volunteer groups to meet in the CLASP office or the Webcas office to talk about their project, and hopefully take them forward!

That was the end of our Workshop. Our next workshop will take place on:

**Tuesday 13th October 2009, 10am–12noon,
Bradbury Community Centre**

The theme for this workshop will be:

**Treating People with Learning Disabilities Right:
Are you a patient? Service user?
Or an independent person?**

