

'Our Lives, Our Rights' Event



**People First
(Scotland)**

Fife - March 2023



What Happened?



In March 2023 People First held an event in the Victoria Hotel in Kirkcaldy, Fife. This was for new and existing Members of People First from Fife. Over 25 people came together, some through digital connection. We named our event 'Our Lives, Our Rights'.

Planning the Event



Members of People First from Fife planned the whole day. We looked together at topics that we should focus on.

Members also prepare the questions and workshops for each session.



We wanted to talk about People with Learning Disabilities, the Law, Mental Health and Advocacy work in Fife.

Members led the workshops and facilitated the day.

The Event

Over 25 people with learning disabilities attended the event.



We connected digitally with some people who stay in long stay hospital. We connected with young people, and people who had never been to People First events before.



It was a chance for people to get together to talk about what is important to them. It was a chance to meet new people and connect.

It was a chance to talk about the Laws in Scotland that affect our lives. To learn about our rights. A chance to talk about Mental Health and to hear about what advocacy is.



There were 3 main workshops. We made sure they were interactive so everyone could get involved.

It was an exciting and busy day.

Workshop 1



After an Icebreaker game to get to know each other—Workshop 1 began. It was also based on a game called the ‘House of Rights’.

Through some fun questions about rights, the law and discrimination, teams answered with a buzzer. When we got a correct answer we built our house.



The game really got us to think about what it means to have rights. We spoke about discrimination and how people with learning disabilities can be discriminated against. We spoke about what our human rights are and what they mean to us.



We talked about what equality is. We talked about how important it is for people with learning disabilities to be treated the same as everyone else. It is frustrating when we as citizens are not given equal rights.

Workshop 2

This workshop was all about Mental Health. A Member who connected Digitally did a great job leading this workshop!



We worked in groups of 2 or 3 so it was easier to talk about our experiences. We talked about what Mental Health means to us. We talked about some of the causes and experiences that we have had.



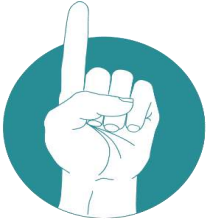
We also talked about the barrier and challenges of getting help, especially if you have a learning disability. We spoke about who we can turn to for help, shared resources and also talked about what we can do to help our own mental health. Some of these ideas were:



- Meeting together with other people
- Going for a walk or exercising
- Getting enough sleep
- Talking with friends.

It was good to share ideas and talk.

Workshop 3



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During workshop 3 we discussed Advocacy and People First in Fife. This workshop really got us talking!

We talked about what our lives are like. We talked about whether we want things to be different and what was hard.



We also talked about making big decisions, whether we get to make decisions and what Advocacy is and why it is important.

We shared big ideas about frustrations about how others do not listen to us because we have a learning disability. We agreed that Advocacy can really help us. It can even support change in laws and policy that local authorities and even governments make.



We agreed we would share our ideas to help inform the 'Advocacy Strategy' in Fife which says how Advocacy should be organised across Fife.

What did people say about the event?

I enjoy People First, it's for me.

I learned where to go if I need help with Advocacy.

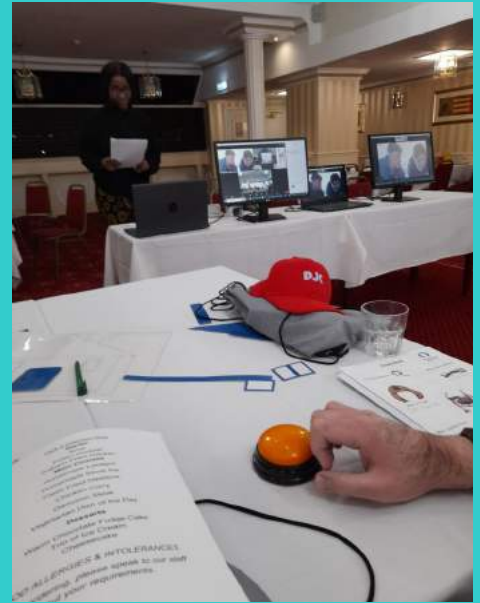
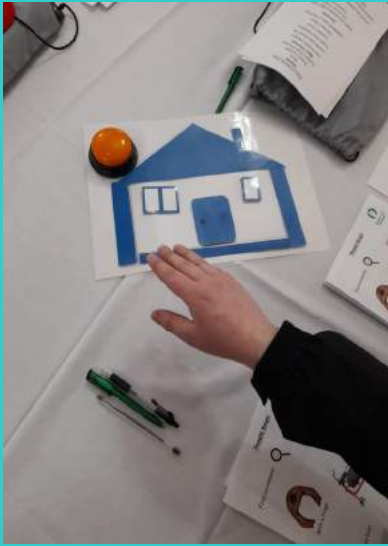
It was a very good meeting!

The best thing was talking about mental health, being independent and talking about your rights.

I enjoyed coming together and meeting new people today.

We learned everything about Advocacy, it was great!

Learning about other people's opinions was great!



Stay in touch!



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If you would like more information about People First groups then please contact the National Office in Edinburgh.

People First (Scotland)
77-79 Easter Road
Edinburgh
EH7 5PW

Phone: 0131 478 7707

Email: admin@peoplefirstscotland.org

Website: www.peoplefirstscotland.org

You can also contact Katie Cook in Fife on:

Telephone: 0783 4328821

Email: Katie.cook@peoplefirstscotland.org



Thank you for being part of such a wonderful day.

There are groups running in Dunfermline, Kirkcaldy, Leven, St Andrew's and Glenrothes and Katie or Head Office can give you details. No need for a referral. We hope to see you soon.

