

# People First (Scotland)

## Not 30 yet

### Nothing About Us Without Us



September 2019



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# Background



30 years ago in 1989 People First was established at the first member-led conference.



The venue was Pollock Halls Edinburgh.

The organisation has grown and developed significantly over those 30 years.

In March 2018 The Board of directors identified three priorities. Widening the membership was one of those priorities.



In November 2018 Executive and Staffing Committee members met for two planning days.

The Committee members decided that a conference should be designed and happen in 2019 led by people under 30.

The same age that many founding members were when People First (Scotland) began.



**People First  
(Scotland)**

# Planning events



Three planning days took place.

One in Glasgow, one in Edinburgh and one in Dumfries.

The planning days were well attended and brought together young people who were not yet connected to People First.



Those young people offered ideas for discussion at the conference itself.

Many, but not all of the young people who attended the planning days could come to the conference in the end.



Forty-three people did come and they took part, discussing their priorities, interests and experiences.



People First will work hard to have contact in different ways with all the young people.

# Welcome



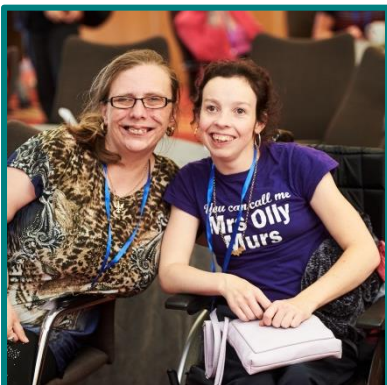
As young people arrived there was time and support to find the different parts of the campus, settle into rooms and look over the plan for the 2 days.



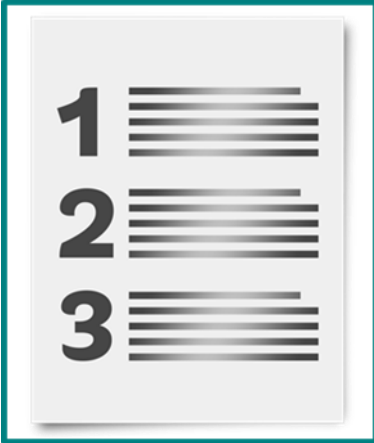
People travelled from different parts of Scotland in different ways to take part.



After checking in, the young people came together in the common room, got to know each other and heard a bit more about People First.



Over dinner and the rest of the evening young people discovered shared interests and common experience in life, both good experience, poor service and also discrimination.



## Priorities

Three top themes came out during the planning days;

## Relationships

## Employment

## Decisions



Young people took part in Interactive workshops where they shared their lived experience.



By hearing from each other and asking questions young people had the chance to recognise many of the barriers faced living as citizens with learning disabilities in Scotland.

There were three workshops;

## Your Relationships Workshop

## Your Future Workshop

## Your Decision Workshop





## Your Relationships Workshop

Young people talked about their experiences of developing relationships and how difficult it can be.



People want better support from workers and health professionals and need accessible information, rather than judgement.



It was agreed that trust is so important in intimate relationships but also with professionals who are providing support and advice.



Social media can be great for meeting people and finding out new stuff but people have also had negative experiences and been abused online.

**Young People want People First (Scotland) to keep campaigning to change attitudes so that relationships and sex education are open to everyone with a learning disability.**



## Your Future Workshop

Young people talked about how important it is to get a job that pays a real wage and is something you choose to do.

Having a job allows people to be independent, to have choice, to contribute and, perhaps most importantly, to meet people.

There was a discussion about some of the challenges of finding and applying for a job.



Some people had positive experiences of job coaches or supported employment but there were inconsistent experiences across the country.



Young people said it would be good if there was a central place to find out about support to get a job.



**Most importantly, young people want access to education and training that will give them the right skills to find employment.**



## Your Decisions workshop

Young people talked about the kind of decisions they get to make in their everyday life - big and small. Sometimes young people do not get to make their own decisions because they are not given the right support.



In the workshop young people said that events like the conference allowed them to discuss these issues and build their confidence.



**Young people want People First (Scotland) to continue to campaign for the rights of people with learning disabilities to make their own decisions.**



It was agreed that People First (Scotland) can help to change people's perception of people with learning disabilities.

## What next?



23 Young people have already signed up as members of People First (Scotland), the Disabled People's User-Led Organisation that belongs to them.



Young people who want to come along and observe future People First Board meetings can contact workers to arrange this.



The Board of directors has agreed that some of the young people should join the Board. Rather than stand in an election, these young people would be 'co-opted' onto the board.



Those who are successfully co-opted will be supported to learn the role by both People First development workers and fellow directors.

Some young people wish to join existing, local self-advocacy groups.



Others wish to be contacted for one off or occasional focus groups, events and consultations.



Some of the young people live in areas where there is no funding for People First groups to meet.

Other young people face different barriers to getting involved with People First.



People First will apply for funding to make it easier to involve those groups of people in different ways.

Thank you for taking part in the planning days, the conference and for your interest in the work of People First (Scotland).



**Not 30 yet**

**Ready for the years to come,**

**Nothing About Us Without Us!**

## Feedback

**“There are people out there that do understand”**

**“I learnt about the support I can get to find a paid job”**

**“The sessions were great, I learned a lot and it was good to hear from other people”**

**“The best thing was being given the chance to make a difference and inspire others”**

**“It was great to meet new people”**

**“I learnt about my rights under the UN charter”**

**“No matter how scared you are you can still make choices”**



People First  
(Scotland)

People First (Scotland) now has a Facebook page.

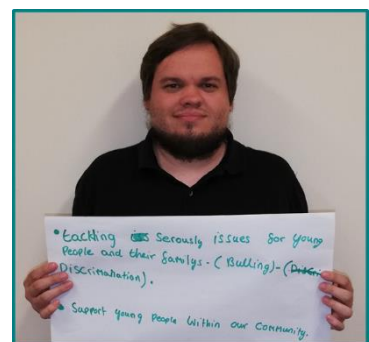
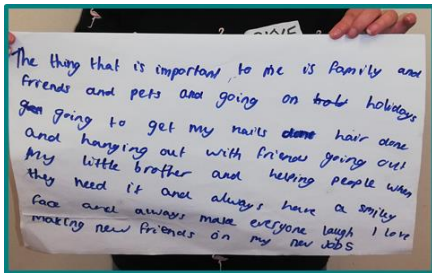
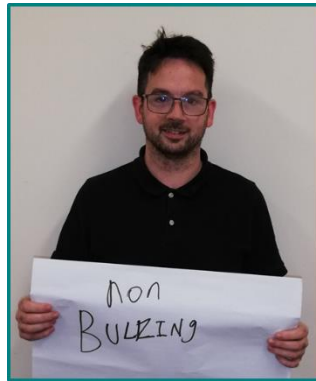
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**Thank you to photosymbols for continuing to offer images that support our work.**



**Thank you to National Lottery Community Fund. The Making Our Voice Stronger project they fund made it possible to hold the conference.**



**Also big thanks to Malcolm Cochrane Photography who continues to offer us both images and video to support the materials we produce and our website.**

