

# 'Support to Live a life' events



People First  
(Scotland)

September and October 2022





**People First  
(Scotland)**



## WHAT HAPPENED?

In September and October 2022 People First (Scotland) held a series of events across Scotland.

They took place in:

- Alloa
- Dundee
- Dumfries
- Edinburgh
- Inverness

## PLANNING THE EVENTS:

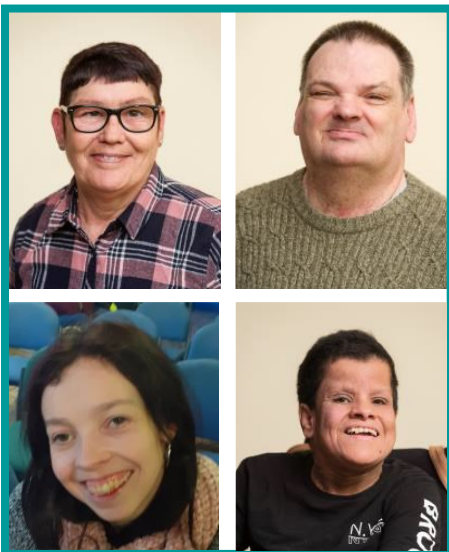
Directors of People First decided back in November 2021 to hold these events.

A group of members have been involved in planning them throughout 2022.

We decided to call the events 'Support to Live a Life'.

We wanted to talk about the support that people with a Learning Disability should get to live a full life like other citizens.

We decided that the discussions would help us develop our Key Messages.





## THE EVENTS!

**Over 60 people with a Learning Disability attended our events.**

**We connected with people living all over Scotland.**

**We welcomed new people to the events and lots of them signed up as members of People First!**

**We connected with people living in their own home and people living in residential care homes.**

**We connected with many young people. Some people attended in person and some attended online.**

**It was a chance for people with a Learning Disability to come together and decide what our Key Messages are.**

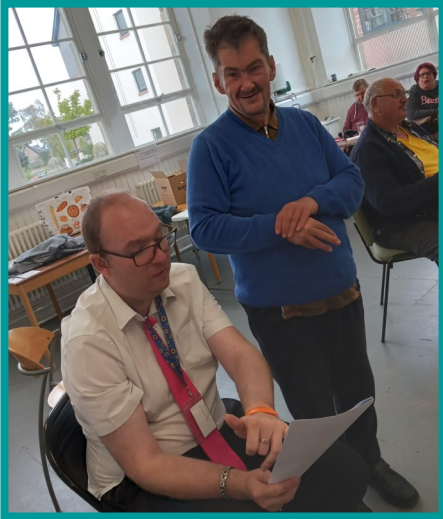
**There were parts of the day when the events across Scotland connected on Zoom.**

**At the end of the day we all came together online to feedback what we had talked about during the day.**

**It was great to connect people with a Learning Disability together, across Scotland, to share what is important to us.**



## WORKSHOP 1:



**We spoke about words and language and how important they are.**

**Words are powerful. They can be used in a positive way and a negative way. Words can be used to demand change.**



**Citizens with a Learning Disability regularly have words and labels applied to them that are discriminatory and offensive.**

**Often it is other people who decide what words to use about us.**

**In Workshop 1, we decided which words are okay to use and which are never okay to use.**

**We made a list of words that we accept and a list of words that we reject.**

**This list will help us to write our Key Messages about words and language.**

**Some of the words we reject are used by professionals about us. Words like 'Challenging Behaviour' or 'Mental Disorder'.**

**These labels often mean we have restrictions put on our lives.**



## WORKSHOP 1:



**We accept phrases such as ‘Learning Disability’ because we choose to describe ourselves this way and we can use this to demand change.**

**But, we are not always comfortable with labels like ‘Learning Disability’ being used to about us. Check with us before using them.**



**We talked about how labels don’t say anything about who we are as a person.**

**We said that we are also Parents, Siblings, Aunts and Uncles.**



**We are employees and employers.**

**We are friends and partners and lovers.**

**We are People First.**

**The list of accepted and rejected words may change over time.**

**Words develop new meanings and that meaning often depends on who is using the word and why.**

**We should choose the words that are used to describe us.**



## WORKSHOP 2:



**We spoke about Sexuality and Relationships.**

**We talked about how some people don't think we need or want sex or relationships.**



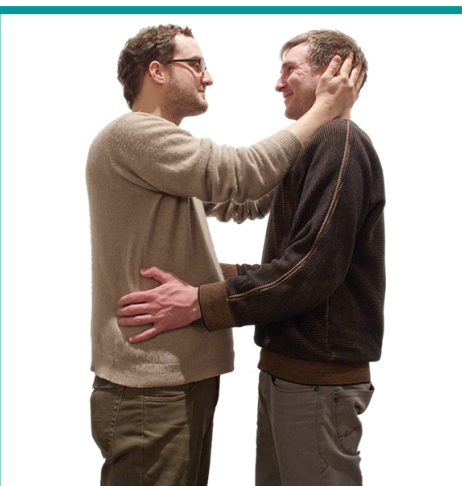
**Professionals and family don't always think we can manage our own relationships.**

**But we have a right to develop relationships and we spoke about what kind of support we need to do this.**



**We need support to get out and meet people through social activities and employment.**

**We need support to understand what a healthy relationship is and decide on our own boundaries.**



**That means accessible information and opportunities to have open and honest discussions about sex and relationships.**

**Some people said that it can be difficult for people who have a Learning Disability who are part of the LGBT+ community. There is even more of a barrier to getting information.**



## WORKSHOP 2:

**LGBT+ stands for Lesbian, Gay, Bi-sexual and Transgender.**

**Lesbian, Gay and Bi-sexual are words that describe who someone is attracted to;**

- Some women are attracted to women.
- Some men are attracted to men.
- Some people are attracted to women and men.

**Transgender is a word to describe people whose gender is not the same as the sex they were given at birth.**

**Some people with a learning disability many not feel safe to tell people that they are Lesbian, Gay, Bi-sexual or Transgender.**

**They may feel worried that they will experience discrimination.**

**We said that there should be more accessible information about being part of the LGBT+ community.**

**It is important to recognise that people with a Learning Disability can be Lesbian, Gay, Bi-sexual and Transgender just like anyone else.**

## WORKSHOP 3:



**We talked about the support we need to make decisions to live a full life like other citizens.**

**Sometimes parents or professionals think we can't make decisions and make them for us.**

**They decide:**

- Where we live
- Who we can spend time with
- What we do with our life

**We spoke about Margaret Fleming who was not given support to make her own decisions. She was killed by the people who were supposed to be caring for her.**



**We felt angry and upset about this. Every person with a Learning Disability should have the right to make their own decisions.**



**Instead, we can have our right to make decisions taken away through Guardianship law. People First is campaigning to change this.**



**We want to see a system of Supported Decision-Making developed where we choose the person we want to support us to make decisions.**

## WORKSHOP 3:



**It is really important that we choose the person that supports us and that it is someone we trust.**

**That person would support us to think about our options and choices and consider the possible outcomes.**

**They would not tell us what to do but would support us to make our decision happen.**

**With the right support, we will decide what our life looks like and what we want to do with it.**



- **To decide where we want to live and who we live with.**
- **To access education and find a paid job.**
- **To develop relationships and start a family if we want to.**
- **To be fully involved in our communities.**



**Scottish Government have said there will be a new law for people with a Learning Disability. It has to include all the things we discussed to bring about real change.**

**Members of People First (Scotland) will continue to come together, to campaign for change.**



# What did people say about the event?



**“I enjoyed everything. I enjoyed meeting new people and hearing everyone's opinions”**

**“Great discussions”**

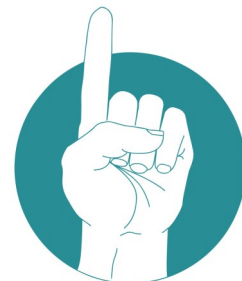
**“What People First does is helping to make change”**

**“It gave everybody a chance to speak and say what they want to say”**

**“It was good to talk about relationships”**

**“Loved it”**

**“The best thing was having interpreters, I felt included”**



**“I had a very good day and enjoyed every bit of it”**

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(Scotland)**





## GET IN TOUCH!

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**



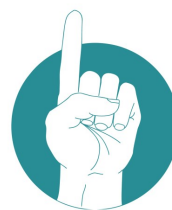
**Email [admin@peoplefirstscotland.org](mailto:admin@peoplefirstscotland.org)**

**Website [www.peoplefirstscotland.org](http://www.peoplefirstscotland.org)**



**Search 'People First Scotland' on Facebook!**

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