

# 'Do You See me?'



**People First  
(Scotland)**

**Fife - June 2025**



## What Happened?



In June 2025 People First held an event in St Bryce Kirk in Kirkcaldy, Fife. Around 35 people came to the event, existing members of People First and new people. Partners attended too, from the Health and Social Care Partnership and the Equalities centre. We named our event ‘Do you see Me’. A theme about making sure we are seen as a whole person and not just seen as our disabilities

## Planning the Event



Members of People First Fife planned the day together. We decided on the topics and who would lead the workshops. Members prepared the questions and workshops for each session.

Our topics were : Hate Crime, Do you see me? Human Rights and Advocacy work in Fife.

Mental Health  
The Law



Members did a great job of giving presentations and leading the workshops on the day.

## The Event



Some members who usually join us online were able to join us in person this year, we were very pleased this could happen. There were new members, existing members and some old members coming back to join us. It was exciting to get together and everyone was in such good spirits. The room was filled with lots of good conversations.

What's important?



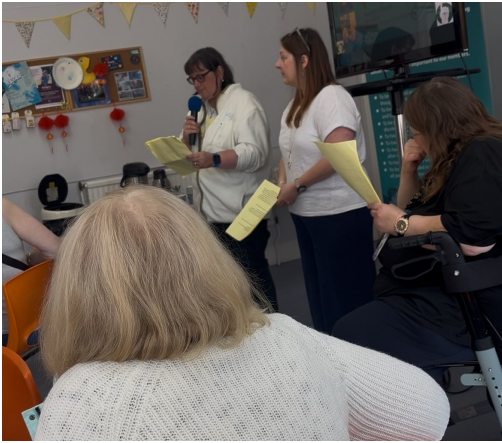
This event was a good way to meet new people, connect, and talk about important issues together.

We talked about lots of topics that we face in our lives as adults with a learning disability. We shared our stories together and thought about things we could change in our lives.

It was a fantastic day together with lots of learning. It was good to talk about what is important to **US** and making sure we are seen heard and valued.



## Workshop 1



Susan introduced the day and reminded us about how important the work we do together is. She introduced an Icebreaker game. Then our first session was about Hate Crime.

During this workshop Vicki and Sarah gave a great presentation about the experience of hate crime. This was work close to Sarah's heart. She also talked about the experience of other disability activists who say they are seen for their disabilities rather than their abilities.



We watched a video together created by other People First members. The video talked about Hate crime and gave some powerful examples of how it feels to be a victim of bullying.

We talked about questions in groups about how we can make things better, raise awareness and tackle Hate Crime.



There was lots of powerful discussion around people's lived experience. People wanted to be listened to and respected in all parts of their lives.

## Workshop 2



DO YOU SEE ME? Was all about people with a learning disability being seen, heard and valued. We want to be seen as People, with value and interests, we want people to see us not just our disability.

We asked each table to speak about what makes them the person they are. We chatted over questions like “what makes us feel invisible and what makes us feel seen.” We also thought about “how we can help people see and respect people with a learning disability.”



There was really good discussions and people shared their important views around the questions. Some people said,

“I sometimes feel invisible if my disability is not visible”

“I feel seen when I am at my groups like People First and Peace of mind”



Our last part of the workshop talked about all of our skills and qualities . It was very powerful to hear everyone share these.

## Workshop 3



Workshop 3 was led by David Scott, Director of People First Scotland and was all about Human Rights.

David talked about the United Nations Convention on the rights of People with Disabilities (CPRD). We talked about it being a Human Right for people to be treated equally in Law. We also talked about people having the right to make our own decisions and how important that is.

We looked at different articles in the convention, one of the articles is about people being free and safe. We talked about what that meant and agreed people shouldn't have a hospital as their home.



We then enjoyed a game of the House Of Rights, which helped us all to think about what our Rights are. The game gave us a chance to discuss all of the things that are important to us. It helped us to talk about discrimination, housing and access to healthcare. We realise that speaking up for ourselves and the need for Collective Advocacy is really important to us.



Being in charge of our own decisions is something that a lot of people with a learning disability never get to do.

# Workshop 4

## Who is People First



Ryan did a great job in leading the last presentation about People First (Scotland) at the end of our busy day. He shared the work People First do, the messages People First share and what groups take place across Fife.

“Members come together in local groups to offer advice, share news and speak up for ourselves. We want to make sure that we have equal rights.”

It was a great reminder for everyone to think about Collective advocacy and what it does for us. A reminder about why we do the work we do and what we want to achieve . Also to think about all the amazing work we have done so far . It was good to have a reminder of the many groups that take place each month all over Fife.



It was a great opportunity for all members to hear again about the work People First do across Fife. People who were part of the event for the first time had the chance to hear all about the work we do together. It was also a great reminder to members who have decided to come back to People First after a break.

# Evaluation



As always we asked for some feedback at the end of the event. We were so glad to read that 100% of our participants enjoyed the day.

Everyone said that they had learned something new, again that is 100%

Everyone answered that they would come to a People First event again. Another 100%

What was the best thing about the event was asked on the feedback form and some answers are given on the next sheet.



We are so pleased people took the time to give us feedback on the event, Thank you .

Thanks to everyone who took part and did some presentation work or just came for the day to speak with other Members. We are proud that we are able to connect people from all across Fife who usually meet in their local groups throughout the year at different points. Thanks also to our partners for all of the good work that we do together.



# What did people say about the

I enjoyed the day and being able to share ideas as a group .

It was a fabulous day and I really enjoyed it. I loved presenting and talking about People First .

It was great to meet everyone

The day went really. I enjoyed the Hate crime presentation the best it was very powerful.

I enjoyed presenting for the very first time , it made me feel happy to get my point across and be heard .

I enjoyed taking part and getting the chance to lead a workshop.

