

Craven and Harrogate Local Area Group June 2019 Group Work

1. What does having a good life mean to you?

In our groups we talked about a good life:

- what is good about life where you live
- what do you like doing
- What would your life be like if you could do all the things you enjoy

These are the things we wrote in our groups

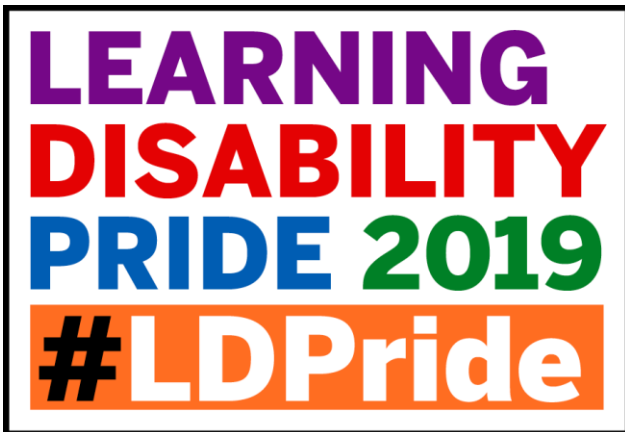
Group 1	Group 2	Group 3
Bowling	Gardening at allotment	Meeting new people
Cinema	Reading	Wanting to work
Running	Exclusively Inclusive group to meet friends.	Money (benefits)
Reading	Walking group – especially walking in Skipton woods	Supported employment and volunteering
Swimming	Writing	Travel training - bus
Gym	Learning	Travel and cost
Shopping	Walking on the beach with my dogs.	Being outdoors
Yoga	Advocating for self and others.	Activities
Going out	Cooking and eating nice food	Walking
Girl Guides and Rainbows	Asian food	Photography

Biking	Barriers to learning removed.	Swimming
Climbing	Having family and remembering happy times with family who have died.	Craft group
Walking	Living on your own	Working on the radio Charity, volunteering
Friends	Driving pass, driving test	Dogs/animals
Living by myself	Living with my boyfriend	Nice community which is friendly and I am recognised
People	Going to different country holiday and explore	Share a house with lovely support from workers (PAs)
Family	Getting a job	Family and friends, partners.
Boyfriend/Girlfriend	Going new place	Dreams
To be yourself, to be accepted as you are and to have a voice.	Going to concerts / music	Community improvement.
To have a voice.	Going to music festivals	Luxury holiday with Leanne.
Being a parent and being able to watch my son grow up and developing independence and non-judgement skills.	Getting your own car	My dream is to have a farm with a gift shop and a café.
To have friends – togetherness	Having top tip for employers	Fantasy versus reality – who decides our limits?

Is there anything you would like to change that would make a big difference to your life?

- Would like to live in a house where the stairs aren't as steep, bathroom downstairs.
- Being able to spend more time with my mum.
- To learn more about my family history.
- To afford a haircut and have my hair coloured and styled.
- Help to budget money better.
- When professionals are involved with helping I would like them all come together instead of lots of different meetings.
- Employment training to help get into work.
- [There is a] board at work, looking for volunteers anytime they have got, fantastic to work there. Money for cancer research.

Learning Disability Pride Week



Learning Disability Pride week is in June 2019. We talked about things that make us proud. We said:

- Speaking up for myself.
- Being a self-advocate for disabilities
- Voice to everyone
- People listening
- Being part of Exclusively Inclusive.
- Staff at 'This is Me' festival (in Ripon)
- Being a mum
- Teaching my son to be inclusive
- Going to work and disco with dad.
- Doing the Exclusively Inclusive sponsored walk
- Talking to the group.
- New job.
- New home.
- Photography skills.
- My dog for walking well with my wheelchair and supportive.
- Support respecting me.
- Family – dogs - being alive
- Parents being supportive.
- Volunteer work.

- Support respecting me!
- My children.
- Job I enjoy and love.
- Being part of the Flying High group in Harrogate.
- Being the Craven Citizen of the Year.
- Raising awareness through my blog.
- Mingling with community.



We took a photograph with us holding signs of the things that make us proud. Our signs say:

- “I am proud that I am Citizen of the Year for Craven”
- “I am proud that I am a good friend”
- “I am proud that I am still alive”
- “I am proud of my photography skills”
- “I am proud of my volunteering work”
- “I am proud of how far I have come with my job”
- “I am proud of being part of the North Yorkshire Partnership Board”
- “I am proud of how I have come with my job”

- “I am proud of being an Auntie”
- “I am proud of running races for charity”
- “I am proud of my family”
- “I am proud of being able to speak out in public and be a voice for others”
- “I am proud that I won the Chamber of Trade award”

2. At the end of the meeting we talked about all the things we enjoyed about today. We said:

- Meeting new people and sharing ideas.
- Great to be here.
- All interesting, good to share ideas and meet again.
- Sam enjoys coming, long way to go.
- Likes hearing what people are proud of.
- Participation around the tables.
- All of it, really interesting that we haven't known about.
- Good to have our say.
- Enjoyed seeing everybody really involved together.
- Enjoyed the group work and the pride work.
- Enjoyed finding out of what we are proud of.
- Being very informative.
- Skipton has put on a really good show!
- Seeing everybody and how you all work.