

LISTEN UP WILTSHIRE

FROM WILTSHIRE CENTRE FOR INDEPENDENT LIVING



AUTUMN 2023

www.wiltshirecil.org.uk

@wiltshirecil

MESSAGES FOR WILTSHIRE
WRITTEN & PRODUCED BY DISABLED PEOPLE

This magazine has been written and produced by disabled people in Wiltshire, with support from Wiltshire Centre for Independent Living.

Wiltshire Centre for Independent Living is a user led organisation. Our vision is for all disabled people to be able to live independently through individual choice, control and equal rights. Our mission is to provide the support required to do this.

Find out more about Wiltshire Centre for Independent Living by visiting our social media or getting in touch.



@WiltshireCIL



@listenupwilts



@WILTSCIL



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To join our mailing list and have the latest ListenUp Magazine sent directly to your email, sign up here:
<https://eepurl.com/hW7Mpv>



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GET INVOLVED

Are you a disabled person living in Wiltshire?
Do you have a campaign or message that you want Wiltshire to hear?
Do you have an article or piece of writing you'd like to feature in our next magazine?

Get in touch with us to find out how you can get involved with ListenUp Wiltshire.
Send us an email to getinvolved@wiltshirecil.org.uk
or contact us via our social media.

PIONEER UPDATES

2023 has truly been the year of the Pioneer! Since launching in the spring, over 100 people have become Pioneers - joining our network of disabled people. The Pioneers have had the opportunity to take part in a variety of projects and campaigns over the past few months.

DIRECT PAYMENTS

June saw us host a series of interactive workshops around Direct Payments. We heard from people who use a direct payment, are thinking about having a direct payment, or manage one on behalf of someone else. You can find a report based on the ideas and experiences shared at these workshops on our website - <https://www.wiltshirecil.org.uk/wp-content/uploads/2023/08/Direct-Payments-June-2023.pdf>

One key theme that emerged was the value of talking to other people with similar experiences and sharing advice and support on all things to do with Direct Payments and Personal Assistants. If this would help you, check out our Facebook Forums:

Wiltshire Employers Forum -

<https://www.facebook.com/groups/947557272600857>

Personal Assistant Vacancies -

<https://www.facebook.com/groups/581582310008593>



SUMMER 2023

DIRECT PAYMENT GUIDANCE

Understanding what information
people need and how they need it on
their Direct Payment journey



*"if people have the correct
information it can enable them to
have choice and control over the way
they want to live their life"*

(Direct Payment recipient)

ADVOVCACY

We recently hosted a series of workshops talking about advocacy and exploring barriers that people might face in accessing advocacy services. There were some great suggestions for how advocacy services need to communicate with individuals, and adapt their communication to meet different needs.

Watch this space and our website for the final report!



AUTUMN 2023

WHOLE LIFE ADVOCACY

Understanding what people use advocacy for and what type of advocacy they use, alongside any barriers to accessing advocacy



AUTISM TEA & CHAT

We hosted two Autism Tea and Chat get-togethers in partnership with Wiltshire Council and Bath, Somerset and Wiltshire Integrated Care Board Commissioners. Hot topics included accessing GP appointments, with very mixed experiences of this, and an individual journey through diagnosis. Also, issues about accessing mental health support and finding information about groups and community activities were discussed.

Check out our social media for future Tea and Chat dates!



Autism Tea and Chat group - Salisbury

AUTUMN GATHERING

Early October saw people come from across Wiltshire to join our amazing autumn gathering. The Young Pioneers got things off to a great start with a lively update on their work this year, and what being a pioneer means to them, followed by a question and answer session.



A key part of the event was sharing the Wiltshire Vision that was co-produced by people with lived experience and Wiltshire Council. We created the vision in the style of Stonehenge, with the vision stones supported by four key message pillars.

WE ALL DESERVE TO LIVE OUR LIVES OUR WAY

My support on my terms at the right time with people I know and trust



My relationships are real, equal and honest; I feel love and give love

My own home works for me and makes me feel safe and secure

My community is where I belong, contribute, have and add value

Pioneers Abi and Freya spoke about their vision and aspirations for the future, both as disabled people and for the wider disabled community.

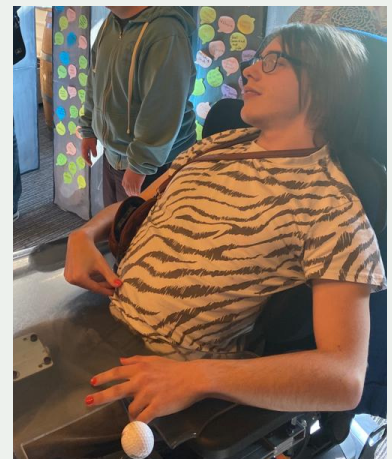


"Just like any other adult myself and other disabled people should be in control of our own lives and be the leading voice in our support. My care should change around my plans instead of my plans changing for my care. Like every adult I don't want my bedtime, shower times, meal times etc decided by others and dictated to me. Like many disabled people my needs and abilities can vary depending on pain levels, energy, my previous day etc.

My support should aim to maximise my good days, where I can go out and do things, but also support me on days that aren't as good where I need more help"

"My home might be different to yours but our message is clear, we want the same as everyone else. For me this means having adaptations so I can live as independently as possible, and having choice about what I want to do, when and with who. A house is just bricks, but a home should be somewhere I am proud of and feel safe to be myself.

This is really important to me because as a young trans woman at the beginning of my journey, having my own home has allowed me to finally be out and proud of who I am after many years in the closet. It has also given me a safe place for me to explore things such as makeup and clothes so I can find my style without feeling judged by society. Up until recently I could only dream about what 'Freya' would look like, but having a home made that a reality"



THE DISABLED PEOPLE'S MANIFESTO

In September, the Disabled People's Organisation Forum (DPO) launched 'The Disabled People's Manifesto.' The forum is a collective of deaf and disabled people's organisations and groups from across the UK. They have worked together to create a manifesto which calls upon the Government to tackle the issues facing disabled people today.

The Manifesto contains a four step plan to work towards disability equality in the UK. The full Manifesto can be viewed on their website. It is also available in easy read or as a signed video. We have produced a brief summary of the Manifesto, but we encourage you to check out the full version at www.disabledpeoplesmanifesto.com

REPRESENTATION & VOICE

"We want Disabled people to participate across all political and public roles, with the required adjustments put in place, so we can achieve real justice and equality."

Some of the asks include:

- "An election fund to support reasonable adjustments for Disabled candidates at local and national elections."
- "Accessibility standards for elections including the removal of voter ID"
- "Co-produce policies and programmes at national and local level with disabled people and our organisations."

RIGHTS

"We want to fully enjoy all rights guaranteed by the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). Discrimination we face in all areas of life must stop. We want financial and legal support to enforce our rights and all public bodies to have a duty to advance and enforce our rights actively. We want greater accountability for when our rights have been breached."

Some of the asks include:

- "Legislate to fully incorporate the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) into UK Law."
- "Ensure parity in law for victims of Disability Hate Crime."
- "Establish an inquiry into benefits-related deaths."
- "Legislate to abolish forced detention and treatment of people on mental health grounds."

INDEPENDENCE

"We want the right to live independently with choice and control over the support we get. We want major reform and investment across social security, social care, education, housing and employment, to provide disabled people of all ages, genders, backgrounds or immigration status with a decent level of income and free at the point of use additional support that we need to fully enjoy our rights and to lead full and connected lives."

Some of the asks include:

- "Co-produce the benefits system that recognises everyone's rights to an adequate standard to living."
- "Stop social care charging."
- "Introduce a national requirement for all new build homes to be accessible and 10% to be wheelchair accessible."
- "Implement all the recommendations of the Grenfell inquiry, ensuring all disabled people can evacuate safely."

INCLUSION

"We want plans for every aspect of life to address specific needs of disabled people from the outset. We want all resources going to segregated settings and programmes diverted to inclusive programmes and support."

Some of the asks include:

- "Commit £3 billion extra per year for education support."
- "Full implementation of the British Sign Language (BSL) Act."
- "New accessibility standards which meet the needs of people with different impairments for transport, built environment and public realm."
- "Commit to closing the disability employment gap."
- "Ensure quick and adequate support from Access to Work."

TAKE ACTION

The Disabled People's Forum suggest a few different ways you can get involved and pledge your support to the Manifesto:

- **Sign the petition to the Government online**
- **Email your MP using the DPO Forum's template**
- **Sign the Manifesto as an Organisation**
- **Share on Social Media**

Find out more about The Disabled People's Manifesto by visiting www.disabledpeoplesmanifesto.com

DISABILITY PRIDE

2023

WE ARE POWERFUL



WE ARE PROUD



This July we came together to celebrate Disability Pride and promote our key messages. We worked together to create a display, radio podcast and training films based on our experiences as disabled people. We then took our messages into the community, offering local businesses the opportunity to display a Disability Pride window sticker. Thank you to our Pioneers for making the day meaningful and fun.

WE HAVE A VOICE



WE HAVE A PLACE



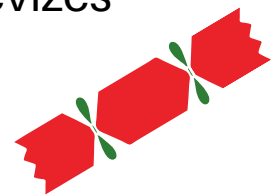
COMING UP!

**SAVE THE
DATE!**

Pioneers Christmas Get-together



Tuesday 19th December
11am - 1pm
WCIL Office, Devizes



Speak Up 2024

A group for disabled people who want to make positive change in their community

Wednesday 10th January
Wednesday 14th February
Wednesday 13th March
Wednesday 10th April
Wednesday 8th May
Wednesday 5th June



All Speak Ups 10.30am – 12pm at WCIL, 11 Couch Lane, Devizes,
SN10 1EB

To find out more email: getinvolved@wiltshirecil.org.uk
or call 0300 1233 442



CATCH UP WITH DIGS

(DISABILITY INTEREST GROUP SALISBURY)



DigsSalisbury



In a previous edition of ListenUp Wiltshire we introduced you to Kez Adey, a Salisbury based disability campaigner. We caught up with Kez to find out what has been happening the past months, and what a lot has been happening! From being a lone campaigner (Wheels of Freedom) Kez went on to found DIGS (Disability Interest Group Salisbury) and has been joined by (in her words) “an amazing team”

“When I started out in 2021 I never thought we would be where we are now. It’s got bigger quicker than I ever imagined. I spent two years doing this on my own and it became too much. I’ve now got an amazing team around me, and they keep me going.

We’ve had great success in campaigning for an additional hour of free blue badge parking in council run car parks. Also, working with the City Council to make our green spaces more accessible for wheelchair and mobility scooter users by improving gate access and removing tree roots where these are a problem.

Our main project is to get a wheelchair accessible swing which we will donate to the city council, who have said they will install it on one of our local parks. We want every child to have the opportunity to play, not simply watch their siblings and friends as they play. We are busy fundraising with a raffle and silent auction coming up. There has been great support from local businesses for this.

Our team has been out and about doing audits of local shops – big shops, independents, you name it – to create a booklet of accessible shops, places to stay and places to eat in Salisbury. It’s also getting our DIGS name out there with businesses and they are realising who we are now.



It’s all about awareness and knowing how to support people, for example we have a team member who is deaf and blind and people can communicate by writing on his hand.

We literally go into a shop and introduce ourselves and what we do and offer the shop an audit. It's that simple, and most the shops have been amazing, and because we are doing a booklet that promotes what they do it works for them as well as improving accessibility for disabled people."

To contact DIGS or get involved;
digsalisbury@gmail.com 07425 450562



ASK, DON'T ASSUME

In September, the Government launched their new campaign #AskDon'tAssume. The campaign aims to encourage people to ask disabled people questions, rather than make assumptions.

Taking to social media, the campaign was launched with a series of images which highlight some of the assumptions disabled people face.



The campaign was developed in partnership with disabled people, but it has been received with mixed opinions throughout the disability community.

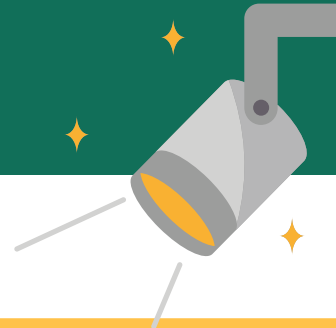
"We welcome the launch of the Government's campaign. It was developed with disabled people to challenge common assumptions about what they can and can't do, and about the advice and assistance they need." - RNIB

"My thoughts on the new #AskDontAssume Campaign. Please, don't ask. We will let you know if we need anything. Otherwise you can assume we are just fine." - Sophie Morgan (@SophmorgTV)

"This campaign does not stress what question it is or is not appropriate to ask. It's excellent practice to ask if someone disabled needs help, or anyone else to be honest, but asking intrusive personal questions about our disabilities is something this community has been actively campaigning against for decades." - Diary of a disabled person (@WheelerDax)



SPOTLIGHT



Some highlights on disability campaigning and blogs from around the world

Equal Bangladesh

"Don't wait for change to happen - be the change!"

This is the inspirational message behind Sightsavers' Equal Bangladesh campaign.

Sightsavers' believes everyone should have the right to go to school, find a job, have equal access to healthcare and take part fully in society. Although these rights are upheld in law disabled people are often denied them due to stigma and discrimination.

This partnership campaign is pushing for the proper implementation of laws that protect and enhance the rights of disabled people in Bangladesh.

To find out more visit: campaigning.sightsavers.org/take-action


Disability Debrief

A disability lens on world news with curated resources from 125+ countries

Led by Peter Torres Fremlin, with support of regular and guest contributors, Disability Debrief is an engaging and specialist guide to disability news from around the world.

Debrief features a huge range of articles from features about disabled people in Sudan and Ukraine, to how the disability movement is staging protests from Paris to Seoul, Through it you can meet radical disabled people from the past and present, and find out how home appliances are letting people down.

You can read online and subscribe at <https://www.disabilitydebrief.org>

 [@desibility](https://twitter.com/desibility)

Project Billinghamurst

Project Billinghamurst is a project which brings together disabled activists and campaigners with designers, artists and engineers to design and develop solutions for making activism accessible. They are calling for people to submit their ideas and get involved. People can participate by completing online surveys, attending workshops and sharing their ideas.

If you want to be at the forefront for protesting and activism, this is the project for you! Find out more by contacting projectbillinghamurst@proton.me



SPOTLIGHT



Life of a Blind Girl



Life Of A Blind Girl

Holly has been blogging since 2015 sharing her experiences of being visually-impaired and to educate people. Her posts cover everything from assistive technology, social media accessibility to travel and gigs.



LIFEOFABLINDGIRL



@LIFEOFABLINDGRL

SIMPLYEMMA

SIMPLY EMMA

Simply Emma is a leading travel and disability blog focused on accessible travel and life experiences from a wheelchair user's perspective. The blog was created to encourage others, with or without a disability, to travel more and make new discoveries.



SIMPLYEMMABLOG



@SIMPLYEMMA2

NINA TAME

Nina Tame is a disability advocate, writer, mum and content creator who lives in Essex with her family. Using her conversational tone, her platforms debunk outdated societal myths about disability and the ways ableism runs throughout herself and her life.



@NINA-TAME



@NINA-TAME

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