










## **Building Change Together – Actions for Good Lives**



**22<sup>nd</sup> March . 10.30am – 3.30pm . London Coin Street**

## **Agenda, Workshop and Speaker Information**

**Bringing together different people and organisations to share ways they are  
taking action to support everyone living a good life**



Time		Agenda Item
10am		<b>Registration and Coffee</b>
10.30am		<b>Welcome from the Conference - Co-chairs</b>
10.45am		<b>'Why Self- advocacy matters and how it has made a difference to people' - Danielle Garrett from Brighton and Hove Speak Out</b>  Keynote speaker
11.15am		<b>Morning Workshops – Ways People Are Working for Change:</b> <ol style="list-style-type: none"> <li>1) How people with lived experience can deal with challenging times: lessons from history - Nathaniel Lawford and Liz Tilly</li> <li>2) Making coproduction happen across the whole organisation - Team from MacIntyre</li> <li>3) Planning Ahead to build our Good Lives - Together Matters</li> </ol>

<p><b>12.15pm</b></p>		<p><b>Lunch</b></p> <p>You can take a break, chat with people or drop in to 1 of the lunch time sessions or look at the stands or pictures being shared.</p> <p><b>Lunchtime sessions to visit:</b></p> <ul style="list-style-type: none"> <li>• My Own Front Door research - sharing pictures of home</li> <li>• Duties to involve representatives – Chat with Ivan</li> </ul>
<p>1.30pm</p>		<p><b>Welcome Back from Conference Co-chairs</b></p>
<p>1.35pm</p>		<p><b>Afternoon Workshops - Ways People are Working for Change:</b></p> <ol style="list-style-type: none"> <li>1) Health Inequalities: What have we done to work with partners across the UK to explore Obesity and Health - Pro Active Community and Active Prospects Team</li> <li>2) Book Clubs for everyone: Pop up club - Books Beyond Words</li> <li>3) The right support, in the right way at the right time - Local Social, Community Catalysts and Hertfordshire County Council</li> </ol>

2.45pm		<b>Good Lives: Building Our Action Together – Learning Disability England</b>
3.30pm		<b>Conference Close</b>

This agenda and the speakers could change. We will update it if there are any changes right up to the day before the conference.

**Workshop and Speaker Information**

	<p><b>Welcome – Conference Co-chairs</b></p>	
	 <p><b>Mary Woodhall</b></p> <p>Self-advocate Representative Body Member</p> <p>Mary is a self advocate from south London. Mary is a campaigner with the group Campaign 4 Change, and also works part time as a receptionist for Premier Inn</p>	 <p><b>Kate Chate</b></p> <p>Family and Friends Representative Body Member</p> <p>Kate is a registered Makaton Tutor and Family Consultant for Dimensions UK. Kate sits on the Suffolk Learning Disability Partnership Board.</p>

	<p><b>Keynote</b> - 'Why Self-advocacy matters and how it has made a difference to people'</p>
	<p><b>Danielle Garratt</b> – Learning Disability Voices Network Project worker</p> <p>Danielle is a Learning Disability Voices Network Project worker for Brighton and Hove Speak Out. Speak Out is an independent charity that makes sure people with learning disabilities can speak up and take action about things that matter to them.</p> <p>Social media: Twitter - @bhspeakout                      Facebook - @bhspeakout</p>
	<p><b>Morning Workshops</b></p> <p>You can pick 1 of these 3 workshops to go to</p>



## How People with Lived Experience Can Deal with Challenging Times: Lessons from History

This session will think about how history can help us better understand the difficult times we're in now. They will talk about examples from history that show how people with learning disabilities and autism have dealt with difficult challenges in the past and come through them stronger. You will then have the opportunity to think about the benefits of recording your own life story.



**Nathaniel Lawford**

Researcher and historian with lived experience

Nathaniel is the Inclusion and Projects Director at Grace Eyre. He is also volunteers for Speak Out Brighton and Hove. Nathaniel is presenting as a person with lived experience and passion for research and history.



**Liz Tilly**








Senior Lecturer at The Open University (OU)




Liz has been doing research into the history of learning disability for 20 years. She is a co-chair of the Social History of Learning Disability Research Group (SHLD) at the OU.










**Social media:** Twitter (Liz) - @liz\_tilley24

	<p><u><b>Making Coproduction Happen Across the Whole Organisation</b></u></p> <p>A team from MacIntyre will share their journey developing a Big Plan to embed Co-Production- Working together across the organisation in a way that gave everyone the opportunity to contribute and take part. Sui-Ling Tang will host her chat show to bring this to life and there will be opportunities for audience participation.</p>
	<p>From Macintyre co-pros  <b>Sui-Ling Tang</b>  <b>Iain Smith</b>  <b>Vicky Smith</b>  <b>Tess Marshall</b>  <b>Paul Payne</b>  <b>Catherine Farrell</b></p>
	<p><u><b>Planning Ahead to Build our Good Lives - Together Matters</b></u></p> <p>Our learning about how resources that can be shared by people, their families and supporters can create better conversations about planning for a good life. The Thinking Ahead planning guides were written for people and their families and have been used in schools, colleges, social work teams and support roles. It helps people to have more meaningful conversations, make better decisions and get rid of things that get in the way of people having the lives they'd like.</p>
	<p><b>Christine Towers</b> – Director, Together Matters</p> <p><b>Social media: Twitter - @christnetowers      Facebook - TogetherMatters</b></p>



	<p><b>Afternoon Workshops</b></p> <p>You can pick 1 of these 3 workshops</p>				
	<p><u>Health Inequalities: What have we done to work with partners across the UK to explore Obesity and Health</u></p> <p>Key focus points:</p> <ul style="list-style-type: none"> <li>• JP Morgan Programme</li> <li>• Whole System Approach to Obesity</li> <li>• Healthy Conversations Skills and Focus for 2023-2024 Accessibility for Taxi and public transport</li> </ul> <p><b>Social media:</b> Twitter - @Active_Prospect      Facebook - @ActiveProspectsUK</p>				
	 <p><b>Matthew Leadbeater</b> Chair of the Pro-Active Community</p>	 <p><b>Michael Farrington</b> Chair of the Pro-Active Community</p>	 <p><b>Helen Guest</b> Manager Active Prospects</p>	 <p><b>Leanne Yeo</b> Pro-Active Community Member</p>	 <p><b>Jade Vallance</b> Director of Care</p>

	<p><u>Book Clubs for Everyone – Pop-up club</u></p> <p>Join our live Beyond Words book club, we'll read a word-free picture book. Everyone can join in and share their own ideas, feelings and stories.</p> <p><b>Social media:</b> Twitter - @uk_beyondwords Facebook - @BooksBeyondWords</p>
	<p>From Beyond Words</p> <p><b>Nigel Hollins</b> - Co-founder &amp; Author</p> <p><b>Lucy Alexander</b> - Community Delivery</p>
	<p><u>The Right Support, in the Right Way at the Right Time</u></p> <p>All too often we are quick to assume what people do and don't need in their lives. This can lead us to make judgements about people without fully understanding them, their ambitions and their picture of a good life!</p> <p>In this session we will explore together what good support looks like in our own lives and how we can ensure the right support in the right way at the right time for us.</p> <p><b>Social media:</b> Twitter - @CommCats Facebook - Community Catalysts</p>

	 <p><b>James Rosborough</b> Local Social Director</p>	 <p><b>Andy Cooke</b> Local Social Director</p>	 <p><b>Helen Allen</b> Community Catalysts Director of Community Enterprise</p>	 <p><b>Sam Wood-Ede</b> Direct Payments Manager Hertfordshire CC</p>
	<p><b>Good Lives - Building Our Action Together</b></p> <p><b>Social media:</b> Twitter - @LearningDisEng Facebook - @learningdisabilityengland</p>			
	<p>From Learning Disability England</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="654 1046 871 1273">  <p><b>Rachael Hall</b> Membership and Engagement Lead</p> </div> <div data-bbox="1180 1046 1413 1273">  <p><b>Gary Bourlet</b> Membership and Engagement Lead</p> </div> <div data-bbox="1588 1046 1798 1273">  <p><b>Emma Smith</b> Policy Manager</p> </div> </div>			