

Supported Loving

Tuesday 15th May 2018 workshop notes.



People want supporters who, when supporting people to think about love, sex and relationships are:





Welcome, update since last time and introductions.

An incredible turn out again The room was packed with energy!

People who had news to share had a couple of minutes each to share.

So sorry....we didn't photograph the list we wrote on the flip chart. There were so many good stories. Please email sallyw@paradigm-uk.org if you remember one and we'll create the list again!!

We do remember that people told us of at least 3 LGBT groups which have been set up.

ACTION: Create a google map showing where all LGBT groups are across the country



To get us all chatting we asked people to think about what they would want to know about somebody they were thinking about possibly dating them. People then wrote their ideas on the post it hands. Well....we were getting ready for Speed Dating later!!

See the picture bigger on the last page of this document!



Sharing action 1: Love4Life

The team from Love4Life had created an online, interactive, quiz to help us learn about Love4Life. The quiz was made with the Kahoot app. You may find the app useful see here: <https://kahoot.com/mobile-app/>

People (over 18) are supported to meet others and go on dates. There are 96 members at the moment. More men than women so encouraging more women to sign up is important.

People can be supported on up to 3 dates. This will include helping a person think about what they can chat about on the date, questions they might like to ask etc.

People can have chaperones to support them on the date BUT the chaperone doesn't get in the way of sit with the couple! The person sometimes agrees a 'secret password' so if the chaperone hears it they know the person isn't feeling comfortable.

To find out more see: <https://www.fitzroy.org/love4life/>

Here are some of the things people at the workshop said could help:

- Access to easy read information and equipment to help start the conversation
- Use stories (of relationships etc.) told in soap operas and other fave TV programmes
- Share examples of where things worked well
- Use specific, direct language (not baby talk)
- Provide information about where to go for help e.g. sexual health services
- Encourage parents in support groups
- Model conversations with the person in front of their parents, make it normal
- Ask people what they want to learn about
- Co deliver training and ensure a person with learning disabilities takes the lead
- Don't forget to talk about feelings and emotions, attraction etc
- Spend time asking yourself and others 'Is it perceived or real risk?'
- Over protected, under protected Barnados doc:
http://www.barnados.org.uk/cse_learning_and_disability_report_2015a.pdf
- Take time for people and families to question and develop an understanding of the issues
- Find a way of supporting families to have a deeper understanding of the impact of fear
- Don't negatively judge people with learning disabilities who want relationships
- Start workshop re Love, Sex and Relationships early e.g. from at least 14
- Focus on relationships as well as sex
- **Ninja the info – Gill Leno?!**
- Offer workshops just for parents so they can ask anything they want to!

- Providers, value families and have positive conversations with them about Sex and Relationships.



Sharing Action 3: 'The Right to Choose My Friends and Relationships'.

We played the new Reach film designed to support self-advocates, families and staff chat about friendships and relationships.

The film shows a good and not so good example of supporting someone. You could hear gasps in the room when people watch the 'not good' support. We then had a conversation about what people saw and thought about it!

Here is the link to the film: https://www.youtube.com/edit?o=U&video_id=WrcOJkvQy_Y

Please do use the film to get people talking, thinking and offering good support.

We then spent times in groups thinking about how we want support workers to be when they are supporting people to chat about and explore, love, sex and relationships.

The cover page of these notes show you what people highlighted as some of the most important skills YOU SAID support workers needs to really offer Gr8 Support when thinking about Love, Sex and Relationships.



Love is

(A poem read by and written by the Bredale Players (CMG))

A powerful poem. Have a listen **here:**

https://www.youtube.com/edit?o=U&video_id=L31mu9qed7M



Sharing action 3: Respond. Supporting people who have been sexually abused

Seetal Tank and colleagues from Respond told us about the very important support they offer people who have been sexually abused. You can find out all about it on their website: <http://www.respond.org.uk>



Time for Speed Dating:

Yep we Speed Dated! People were asked to think of a question they wanted to ask and then people found someone to chat with until the buzzer went and then they moved onto the next person!

We spent time thinking about thinking about what you really want to know, how you look interested in people and what it is that you are looking for in someone.

A high energy meeting WITH so much information to use and share!

See you next time!



