

# Supported Loving

## Notes of Workshop 3



Supported Loving

Date: October 5<sup>th</sup> 2017  
Time: 11.00 – 3.30pm

	<p><b>Welcome and introductions</b></p> <p>Another great turnout with people traveling from all across the country.</p> <p>Read all about the workshop here and see the links to help you connect.</p>
	<p><b>What's happened since we last met?</b></p> <p>We talked about our commitment to learning and importantly ACTION. We asked people to tell us, very briefly, what they had achieved since last time. Just LOOK at what action has taken place:</p> <ul style="list-style-type: none"><li>• Attending Preston Pride- having a stall and raising awareness</li><li>• Launched a new London dating agency Happily <a href="http://www.happilydating.co.uk/">http://www.happilydating.co.uk/</a></li><li>• Training for staff teams updated and relaunched "Identity, Sexuality and Relationships"</li><li>• Finding Love Club launched by Choice Supports Gr8 Support staff</li><li>• New Policy being written - 'Friendships, Relationships and Sexuality'</li></ul>

- Love4Life saw a large increase in membership and variation of people / disabilities
- Guidepost have started staff workshops and they have fully sold out
- Voice 4 All- LGBT event in Chorley that was well attended
- NAS started a sexuality support group
- Ian at Love4Life is now engaged
- Voice 4 All videos have been on social media as part of the SL campaign
- Raised awareness of the barriers to relationships and how to overcome
- U right Group- got funding for the 'Staying safe in relationships' training
- Meeting new people
- Mini northern Supported Loving Group in Wakefield
- Care Management Group did staff Family Planning Training– looking at gaps in knowledge
- Supported Loving nominated for a Third Sector Award
- Supported Loving launching a Podcast
- Research has started looking at the experience of women with LD who identify as LBBT in the University of East London

**We look forward to hearing more about all of this action and more!**



## Sharing action 1: Brandon Trust

Justine, Jo and Janet gave an overview of the training they received from Paradigm.

Justine and Jo (with support from Sally) facilitated an interactive activity asking people to think about some question in small groups. The questions were on cards and people had to put them under card faces looking either 'Happy', 'Confused' or 'Angry'.

Their presentation spoke about the barriers they have sometimes experienced, some solutions and what support they would like from staff.

They shared how they were involved in writing the relationships, sex and sexuality policy, guidance and training.

They gave free copies of their accessible policy to members and also their risk matrix.

Here are some links to some of the films made by self-advocates:

To see some short films see this You Tube Channel:

<https://www.youtube.com/feed/history>



## Sharing action 2: Voices for ALL

Sue, John, Stephen and Becky – Shared the work they had done around developing their own training package for staff ‘Why Be Shy’ and a policy. They also told us about a free course they have coming up in Feb 2918 on how to date- see the website:

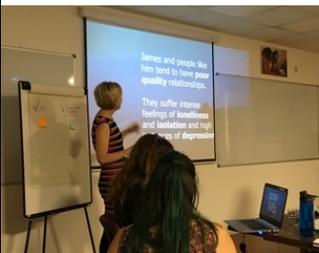
<http://unightgroup.co.uk/about-us/directors/>

Stephen shared his own personal story of experiencing abuse in a relationship and receiving no support/ advice and how he set up their dating agency Meet n Match with Sue.

Keep connected here:

<https://www.facebook.com/MeetNMatchLancashire/>

Sue shared how they had been pressuring CQC to include questions / focus in inspection surrounding relationships – they said they were going to – we will collect feedback on this.



## Sharing action 4: My Favourite Hello

Michelle and Samantha came from a new online dating agency for people with autism and Learning Disabilities that they have set up to share with the group. Here is the link to the website:

<https://www.myfavouritehello.co.uk/>



## Discussion to create TOP TIPS for online dating:

It was agreed that we would create an online survey asking people to vote on the Top Ten tips they feel are most important. You'll get a link to this soon.

Here is the list created at the workshop.  
*(please note ideas that were given more than once have been made into one.)*

- Do not give out too much of your information / images / phone number/ address
- Make sure the person is genuine
- Be honest about yourself
- Report anything you are worried about to someone you trust
- Take your time and do not rush into things – get to know people
- Suggest to Skype/ FaceTime before an actual date
- Meet in a public place
- Get to know your privacy setting- if you are speaking on social media (Facebook etc.)
- Tell someone you trust if you are going on a date: who they are, where you are meeting
- Talk about a plan with someone about what you would do on a date if you are unhappy and want to leave
- Read & follow safety advice on a dating

	<p>website- or ask someone to explain it to you</p> <ul style="list-style-type: none"><li>• Don't send rude pictures and report it if someone sends them to you</li><li>• Remember you can block people if you feel uncomfortable</li><li>• Ask someone to help you to make a good profile- maybe staff or a family member</li></ul>
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	<p><b>Thinking about today's workshop – what worked and what could be better?</b></p> <p><b>What worked?</b></p> <ul style="list-style-type: none"><li>• Learning about dating</li><li>• Good lunch</li><li>• Reconnecting / Catch up</li><li>• Good diversity from all over</li><li>• Lots of discussion</li><li>• Networking</li><li>• Sharing information</li><li>• Risk matrix</li><li>• Group work</li><li>• Talking about different opinions</li><li>• Stephen's personal story</li><li>• Hearing people's personal stories</li><li>• Variety of information and methods</li><li>• Sharing what is going well</li><li>• Good ideas</li><li>• Good presentations</li></ul>
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	<p><b>What could be better?</b></p> <ul style="list-style-type: none"> <li>• Timing a bit rushed</li> <li>• Fresh air / Windows</li> <li>• Larger number of presentations</li> <li>• Sharing training &amp; support resources</li> <li>• A bigger room with windows</li> <li>• Shorter lunch</li> <li>• Longer breaks</li> <li>• Less presentations and more discussions</li> <li>• Red and Green cards</li> <li>• Agenda before the day</li> </ul> <p><b>So we agreed that next time:</b></p> <ul style="list-style-type: none"> <li>• Start and finish at the same time</li> <li>• A slightly shorter lunch break BUT add some breaks in the morning and afternoon</li> <li>• Three presentations in the morning. Each slightly shorter</li> <li>• Time after lunch for discussion about what we heard in the morning so people can ask questions and create new ideas together</li> </ul>
 <p><b>Supported Loving</b></p>	<p><b>Keep connected with the Supported Loving Campaign</b></p> <p>The campaign is sharing, challenging and connecting nationally. Can you share something?</p> <p>Claire explained that the Campaign will be launching some 'podcasts' very soon. These are recordings of conversations that you can</p>

	<p>listen to on your computer or smart phone. Here is the Campaign link:</p> <p><a href="https://www.choicesupport.org.uk/our-work/supported-loving-campaign/supported-loving-blogs">work/supported-loving-campaign/supported-loving-blogs</a> <a href="https://www.choicesupport.org.uk/our-">https://www.choicesupport.org.uk/our-</a></p>
	<p><b>Next of meeting:</b></p> <p>To be confirmed but it will be late January 2018</p>

