Get Together:

Inclusive Activities with Disabled People

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**Overview:** The best way to understand disability, is to spend time with disabled people. Make it fun by organising an inclusive, and accessible activity with a group of disabled people in your community.

**Outcome**: Reduced isolation and loneliness for disabled people. Better understanding of disability for young people. Break down barriers between disabled and non-disabled people. Improved communication with disabled people.

**Time**: Dependent on chosen activity

**Materials:** Dependent on chosen activity

**Activity instructions**:

* Speak to your group about Scope’s [research](https://www.scope.org.uk/press-releases/nearly-half-of-disabled-people-chronically-lonely) about loneliness and isolation amongst disabled people:
* Two-thirds (67%) of disabled people have felt lonely in the past year, but this jumps to three quarters (76%) for working age disabled people
* A shocking 85% of young disabled adults - 18-34 year olds - feel lonely.
* Find a disability group in your area to work with; you could research this online or contact a group you already know of. To find out whether you could work with a Leonard Cheshire group check our website for [care](https://www.leonardcheshire.org/what-can-we-do-you/care-and-accommodation) homes near you.
* Or email socialactionvolunteers@leonardcheshire.org with your postcode to ask where your closest care home is.
* Make contact with the disability group and let them know that your group would like to organise an inclusive activity for/with a disability group. If the group would like to do this, ask some questions to aid planning:
* What sorts of activities do the people in the group enjoy?
* What can we do to ensure that the event is inclusive for all those attending?
* When is the best time to run an activity?
* Would the disability group would like to be involved in planning and/or delivering the activity?
* Would they want your group to go to them, or would it be better to find an external accessible venue?
* Decide as a group what type of activity or event you would like to do and then on large sheets of paper do some planning. Here are a few ideas:

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| --- | --- | --- |
| **Games**Board gamesVideo gamesBingoAccessible sports, e.g. Boccia | **Creative**Create a muralBird feedersInsect hotelDecorationsCards | **Food and Drink**Cooking lesson or cooking togetherBBQPicnicAfternoon teaBaking, e.g. [Give and Bake](https://www.leonardcheshire.org/get-involved/fundraise-for-us/give-bake) |
| **Outdoors**Nature trail Orienteering GardeningBird watching Campfire | **Entertainment**Campfire songsDrama, e.g. pantomimeMagic showMusic, e.g. a band, carolsQuiz, e.g. [Let’s Quiz](https://www.leonardcheshire.org/get-involved/fundraise-for-us/lets-quiz) | **Seasonal**Christmas carolsChristmas decoration makingHalloween partyBonfire nightEaster egg decoratingEaster bonnet making |

**Some questions to ask your group:**

**What?**

What activities did the person at the disability group say that the group enjoys?

What specific activities would the group like to organise?

What materials etc will we need for the event?

**Where?**

Where will the event be held?

Is the venue accessible and inclusive? How will we check? (see the community access activity)

**When?**

When will the event be held?

Will it be a themed event at a particular time of year such as Easter or Christmas?

**Who?**

Will disabled people be involved in planning and delivering the activity?

Who else will we need to help with the event?

Who else will we invite to the event?

**How?**

How will we organise the event? What jobs will have to be done? (e.g. getting materials, sending invites, rehearsing and practising, planning with the disability group)

* Ensure that there is time for the groups to socialise during or after the activity as this is key for breaking down barriers between disabled and non-disabled people.
* Ensure that your risk assessment is completed with someone who knows the disability group.
* Hold your activity.
* After the activity speak to your group about what they learned.
	+ What did they enjoy about the activity?
	+ Were there any challenges?
	+ Was there anything they would change next time?
	+ How did they feel after the activity?
	+ How do they think others felt after the activity?