

A living manifesto for a better life for people with learning disabilities

When the institutionalisation of people with learning disabilities has ended...

- and there is enough money to spend on food and essentials,
- and there are opportunities to make some choices in life
- and people with learning disabilities feel good about themselves and their friends
- and there is an end to being bullied, assaulted and called names
- and everyone can access healthcare, education and employment, on equal terms

We will all **BELONG**

Six ways we can be sure of feeling good about ourselves and our friends:

**B**

Be active and be healthy - like eating well, dancing, swimming and joining in.

**E**

Enjoy our friends and family and show them we care.

**L**

Love ourselves...and welcome the love and support of others. And if things go wrong say yes to help.

**O**

Ordinary things like choosing where we live, and what we do and share.

**N**

New things to make our lives more interesting - like drama, drawing, singing and sharing stories - with the support we need.

**G**

Give something nice - like our time, our work, a hug... every day.



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(Books Beyond Words, 2018)