

## Me and My Community – what we said

### 1. What helps me feel part of the community?

<b>Having things to do</b>	
Working, volunteering, helping	<ul style="list-style-type: none"> <li>• Getting up for work</li> <li>• Helping at Glenisla</li> <li>• Helping out with chores</li> <li>• Working for the council, volunteering at local events and Lighthouse group, supporting local coffee mornings</li> <li>• Involved in the community with ENABLE and In Stitches, helping with people to learn where their community is in Elgin</li> <li>• I like to help my friend Caryn to do Makaton</li> <li>• Going to meetings, Cornerstone task group</li> <li>• I volunteer and help at the café in Dr Gray's. I'm also on the committee of ENABLE, a charity for people with learning difficulties which keeps me involved in the community. I also have good neighbours who help each other out if needed</li> <li>• Working for the local council</li> <li>• Community council</li> <li>• Work outside</li> <li>• Forres in Bloom</li> </ul>
Day services, supported employment	<ul style="list-style-type: none"> <li>• Harlequins (4 people said this)</li> <li>• Artisans</li> <li>• Going to Burnie in Buckie (3 people said this)</li> <li>• Going to Keith Community Hub (2 people said this)</li> <li>• Having work placement at In Stitches; In Stitches (2 people said this)</li> <li>• Loch Park</li> </ul>
Clubs and groups	<ul style="list-style-type: none"> <li>• Groups</li> <li>• Greyfriars Club (3 people said this) Going to clubs</li> <li>• Going to Lighthouse group in Buckie</li> <li>• Go to Cedarwood Sunshine group</li> <li>• Going to clubs</li> </ul>
Keeping active	<ul style="list-style-type: none"> <li>• I like going to ten pin bowling on a Wednesday with my support worker</li> <li>• Sporting activities</li> <li>• Walking; I like going walking (2 people said this)</li> <li>• Walking my dog</li> <li>• Bowling (5 people said this)</li> <li>• Going swimming</li> <li>• Going to sports club in Buckie</li> <li>• Pushbike</li> <li>• Football (2 people said this)</li> <li>• I go dancing in Elgin</li> </ul>

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Having things to do	
	<ul style="list-style-type: none"> <li>• Sports clubs</li> <li>• Swimming pool and gym</li> </ul>
Social activities	<ul style="list-style-type: none"> <li>• Shopping and buying bracelets; shopping with my mum in Elgin; shopping in Elgin and Inverness (by train); get support to go shopping; shopping (9 people said this)</li> <li>• Visiting Christies in Fochabers, going to Elgin City football match</li> <li>• Attending/supporting local events e.g. Buckie Christmas Kracker</li> <li>• Taking part in local activities</li> <li>• Music mainly, especially with the stars of the Hub</li> <li>• Library (3 people said this)</li> <li>• Coffee out</li> <li>• Bingo (4 people said this)</li> <li>• Bonfire (2 people said this)</li> <li>• Cinema (3 people said this)</li> <li>• Entertainment</li> <li>• Lots to do in Lossie</li> <li>• Places to go that I enjoy</li> <li>• Places to go, good bus</li> <li>• Country and western</li> <li>• Social activities</li> <li>• Christmas Kracker, Lidl,</li> <li>• Our church, belonging to different groups,</li> <li>• Get support to go out for meals</li> <li>• Dreamtime workshop, going to concerts</li> <li>• Discos</li> <li>• Singing Kettle</li> <li>• I like going to places</li> <li>• Town hall events</li> <li>• Church</li> </ul>
Family, friends and meeting people	<ul style="list-style-type: none"> <li>• Coming to meet others here</li> <li>• Connections all ages, workers, volunteers</li> <li>• Friends; friends and friendly support; making friends x6</li> <li>• Family x5</li> <li>• Meeting people</li> <li>• Friendly folk; friendly people</li> <li>• Interacting with peers</li> <li>• Locals, neighbours</li> <li>• Fitting in</li> <li>• Living in the community, socialising in the community, interacting with people of all backgrounds, sharing experiences with different people from different walks of life,</li> </ul>

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### Having things to do

- Can do things for myself, meeting people
- Chatting to people
- Getting involved, knowing what's going on when and where. Good community spirit, participation in community life, with support to be involved in leisure and pleasure activities, recognition of my abilities, family life

### Other important things

- My home
- Support to live in my own home
- I like teddies
- Everything
- Feel I have my say
- Being included
- Being able to feel inclusive
- Feeling safe

## 2. What stops me feeling part of your community?

### What you said

Other people not thinking about someone with a learning disability	<ul style="list-style-type: none"> <li>• Feeling I'm being ignored</li> <li>• Ignorance</li> <li>• Sometimes people can be unkind</li> <li>• Some prejudice in the community around disability issues – discrimination, difficulties with transport, having to continually justify to areas of authority and finance my need for support (PIP/work assessment)</li> <li>• A lack of awareness and understanding, segregation and isolation, not getting out and about</li> <li>• Discrimination, big steps to shops and pavements bin in way</li> <li>• Poor facilities and access</li> <li>• Lack of facilities for disabled people, access to some shops and no toilet facilities on ground floor in some restaurants</li> <li>• Transport, access, lack of information about coming events, lack of disabled access in some shops and cafes</li> <li>• Big steps to buses</li> </ul> <p>Legislation and Moray Council</p>
Not having the right	<ul style="list-style-type: none"> <li>• Not understanding what people are talking about in certain situations</li> <li>• My communication skills hold me back. I always have someone</li> </ul>

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What you said	
support	<p>with me who understands</p> <ul style="list-style-type: none"> <li>• Lack of shared activities and services, being able to communicate with people, lack of support staff</li> <li>• No support appropriate, travel could be a problem</li> <li>• Staffing – staff not available at all times</li> <li>• Not having staff to help me finds things to do and get there safely</li> <li>• Not going out, not having support, not being confident</li> <li>• Activities for people confined to a wheelchair who have a mental handicap and places they can access also vehicles to transport them is a problem</li> <li>• Lack of staff</li> <li>• Not enough staff at times to support me</li> <li>• Bus</li> <li>• Losing Blue Badges and bus passes</li> <li>• Not knowing what's going on in the community, knowing what to do, finding places to go (3 people said this)</li> </ul>
Not having my choice of things	<ul style="list-style-type: none"> <li>• No shops in Lossie</li> <li>• Not enough entertainment</li> <li>• Bands don't come to Buckie</li> <li>• No shopping in Lossiemouth, no dance in Lossiemouth</li> <li>• Not enough evening activities,</li> <li>• Need better choices</li> <li>• Drumming classes, more technical work for theatres/schools</li> <li>• More choice of places to go, , more clubs for all to enjoy</li> <li>• Not enough choice of shops (Buckie) making me shop elsewhere</li> <li>• Not enough local events of interest for me e.g. photography</li> <li>• Not enough clubs to go to in the evenings. I need help to get there</li> <li>• Lack of opportunities for things I'm interested in</li> <li>• Hours of work, lack of time, lack of activities I'm interested in</li> </ul> <p>Too busy to enjoy it</p>