

**National Federation
Community Participation & Inclusion
Group**



presentation to

**Inclusive Research Network
November 2008**

Let us introduce ourselves ...

Galway Team:

- Claire Maher
- Brian Hogan
- Brian Donohoe
- Breda Casey

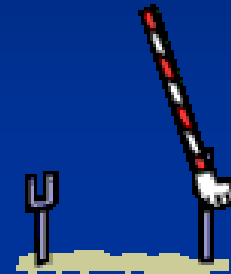
A little bit about our group

- The Board of the National Federation set up our group in July 2005
- Our group is made up of people who avail of services and staff who provide services.
- We were set up to look at how each person can live a full active life, of our own choice, in our own community.
- We meet four or five times a year



What did we want to do?

- We wanted to look at the best ways of getting involved in our own communities.
- And we wanted to look at what stops us from doing the things we like to do.



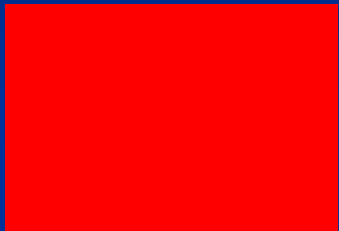
Consultative Workshop

- We decided that the best way of doing this was by:
 - Talking to people
 - Listening to their views and opinions
- We decided to have a workshop in a hotel in Athlone so that nobody would have to travel too far
- Each person on the group invited two people to the workshop

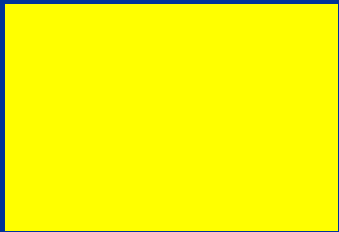


To help

We gave each person at the workshop 3 cards:



If you raise the red card, it means that you don't understand what the speaker is saying. The speaker will stop and explain more clearly.



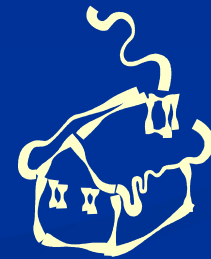
If you raise the yellow card, it means that the speaker speaks too fast and has to slow down.



If you raise the green card, it means that everything is clear.

Consultative Workshop

- We were able to get a lot of different views and opinions
- People lived in all kinds of places:
 - Some people lived with their family
 - Some people lived in a big building with lots of people
 - Some shared a home with a friend



Consultative Workshop

We wrote out 16 questions. Some of these questions were:

- What do I like doing in the community where I live?
- What helps me to do the things I like to do?
- What stops me from doing these things?



We tried to make each question an open question so that you couldn't just answer Yes or No.



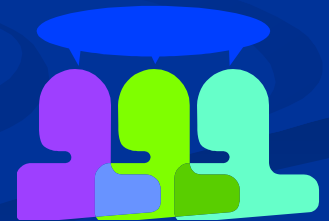
What people said

- Some issues were the same for everyone at the workshop
 - For example, a lot of rules are made by family or staff about what you can do and where you can go
- But some issues were different if you lived in the city or in the country
 - For example, transport was a big issue if you lived in the country



Connecting Cards

- As a reminder of the day it was agreed that each person would send a “Connecting Card” to another person who attended the Consultative Workshop.
- Names and addresses were swapped on the day.
- The idea was that they would be a reminder of a powerful and positive experience of sharing information.



We asked people what they felt went well at the workshop ...

These were some of the comments:

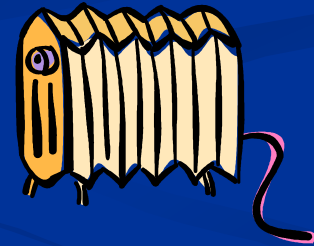
- The way we all spoke to each other went very well
- Enjoyed hearing different views especially rural v city experiences
- Talking to people
- Being included
- Everyone had a chance to speak openly
- Everyone took part
- The whole thing helped to talk about things
- Great the way everyone spoke up
- Facilitators were great



We asked people what could have been done better? ...

These were some of the comments:

- We got stuck on the way up here but the day was very good
- Room could have been a bit bigger
- Room very hot
- Not enough toilets in hotel



Some of the good things that came from the workshop

- Listening to each other
- Learning to have respect for each other
- It focused the work of the group
- Helped us to share information
- Gave us confidence to write articles
- We would like to do some life-story work
- And the best thing of all was that some people who were at the workshop joined our group



Did it work well for our group?

- It was a good way of finding out information
- It was facilitated very well by Cabrini and Catherine
- 30 people was a good size group to hear everyone's ideas and opinions
- Each person had their turn to speak
- Everything that was said was written down



What happened after the workshop?

- We put down in writing exactly what was said at the workshop
- We made recommendations to the Board of the National Federation



What happened after the workshop?

- Two members of our group, Cabrini de Barra and Brian Donohoe made a presentation to the Board in April 2007.
- There was very positive feedback from the Board and commitments were made



What happened after the workshop?

- We put everything into a book called “People Connecting”
- We celebrated this in Athlone the following year and we invited everyone who was involved in the workshop to celebrate with us.





People Connecting

Findings from 26th June 2006 Consultative Workshop on the Barriers,
Incentives and Solutions to Community Participation & Inclusion of
People with Intellectual Disability

together with

Recommendations to the Board of the National Federation



Sharing our Knowledge

- And today we have an opportunity to share what we learned with all of you
- So we are using our experience to train other people

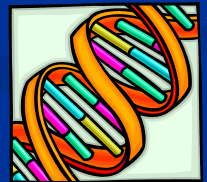


What we would change in the future ...

- We would invite more people working in communities to our consultation, for example, community development people, women's action groups, clubs etc.



- We have learned that its very important to build links and partnerships with other people and groups in our community.



- And we are still learning every day





On behalf of all the people who took part in the workshop in Athlone and all the people involved in the Community Participation & Inclusion Group we would like to:

- Thank you for inviting us here today and for listening to us.
- Thank you for giving us a chance to share what we have learned so far with all of you.
- We hope you found it helpful.

We would like to wish you well with the rest of your Inclusive Research Workshops