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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