

From the Conversation Café:

Gather examples of the things people with learning disabilities want to improve, barriers they are facing to meaningful inclusion in their own lives.

Gather examples of all the things people with learning disabilities say is positive and where they feel included, valued and respected and equal.

Ask yourself 'If I want to pledge my support what action can I take? and how can I join others to make this happen?'

What does inclusion mean to you?

Share a time when you or someone else felt left out?

How can people include you?

Share a time when you or someone else felt included?

Describe a place that felt inclusive

What action can you take to include people?



You could cut out these cards

Share a time when you or someone else felt left out?

- What did you see?
- What did you or them feel?
- Could anything be done differently?

What does inclusion mean to you?

- Can you describe the word?
- What does inclusion look like?
- Does it look and feel the same for everyone?

How can you include someone with learning disabilities?

- What questions would you ask to help include them?
- Can you give examples of barriers they might face?
- How would you try to overcome them?

How can people include you?

- Think of a place. It might be your work, school or a café.
- Think about the barriers you face there.
- Think about the support you need to get over them.

Action and Advocacy

- What small actions can people take to make a big difference in someone's sense of inclusion?
- How can you be an ally to someone with a learning disability?
- What would a fully inclusive society look like to you?

Describe a place that felt inclusive

- Were the staff or people nice there?
- Were there ramps and lifts to get upstairs?
- Was there accessible toilets and changing rooms?