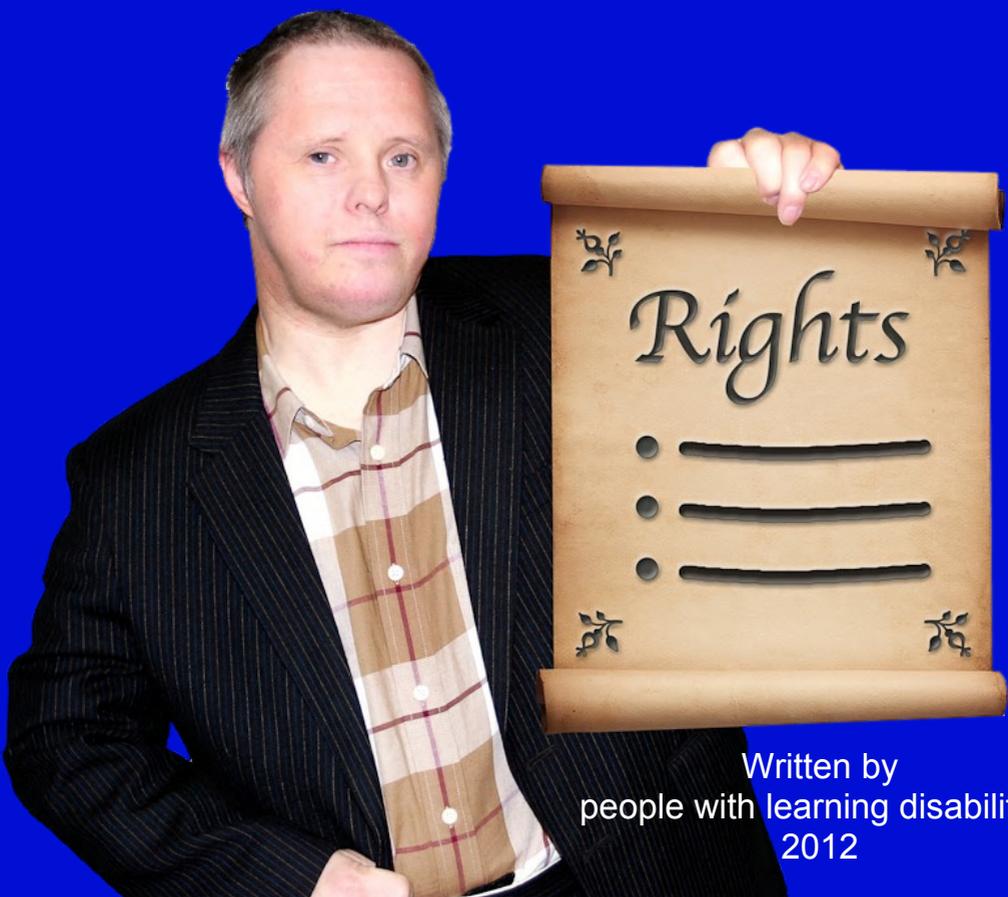


# Bill Of Rights Charter



Written by  
people with learning disabilities  
2012



# This Charter



**In 2004 members of Poole Forum, Bournemouth People First and People First Dorset wrote their own Bill Of Rights without staff.**



**In 2011 they updated and added to the Bill Of Rights. They feel the message should be spread to as many people as possible so we have made this Charter.**



**This Charter is for organisations, services and individuals to sign up to, to say that they will support and work to the Bill Of Rights- the rights that most people take for granted!**

**Equality**



**We hope that you will sign up and show your support to achieving equal rights for all. Read on to find out more about the Bill Of Rights...**

# Bill Of Rights



The right to feel safe when going out

- from strangers, from burglars and from bullying



The right to feel safe in our own homes

- to learn how to be safe in our home
- to feel safe from staff
- to be able to report staff when they are mean



The right to live where we want to live

- to live where we want to
- to live with who we want to
- to make choices in the home and elsewhere



The right to support when and if I need it

- to choose our own carers and to choose how we are supported
- to respectful 'give and take' between carers and service users



## The right to relationships

- to learn about friendships
- to marriage
- to engagements
- to sex education
- to choose when to have a relationship or not



## The right to say NO!

- to bullying
- to drugs or drink
- to strangers
- to parents
- to staff



## The right to confidentiality

- when making a report it won't come back on us
- we decide who sees our life plan
- around health issues (patient - doctor)



## The right to communicate

- to use the latest technology (e.g iPads)
- to alternative communication
- to plain language with pictures



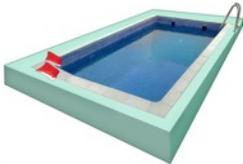
## The right to independence

- to make decisions
- to go out
- to take care of our own stuff
- to run our own business
- to choose what to do
- to come and go when we want
- to be the boss of our own life
- to control our own money
- to a job



## The right to adulthood

- to make our own decisions
- to get married
- to have children
- to have sex
- to birth control
- to vote
- to have a drink



## The right to use public facilities

- swimming pools
- libraries etc



## The right to transport

- to accessible transport
- to learn to drive



## The right to good health care

- to confidentiality around health issues (patient - doctor)
- to make decisions
- to choose what to do
- to plain language with pictures

Listen to us!



## The right to have our voice heard by the Government about

- day services
- good health care
- living where we want to
- jobs



## The right to freedom of speech

- to be the boss of our own life
- to make decisions
- to choose what to do



## The right to have feelings

- to grief
- to get angry

# Sign Up

To sign up, all you need to do is contact your nearest group:

- Bournemouth People First
- Poole Forum
- People First Dorset



Your logo will then be added to the website to show you are supporting the Bill Of Rights.

We would like to thank Dave Hingsburger who facilitated both Bill Of Rights events (2004 and 2011).

Dave Hingsburger is a well known author and



Photo: just some of us with Dave Hingsburger in 2011

# Contact Us

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## Bournemouth People First



01202 303 765



22 Sea Road,  
Boscombe, Bournemouth,  
Dorset,  
BH5 1DD

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## Poole Forum



01202 746 040



Rossmore Leisure Centre  
Herbert Avenue, Parkstone  
Poole, Dorset  
BH12 4HR

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## People First Dorset



01305 257 600



2 Herringston Barn  
Dorchester  
Dorset  
DT2 9PU