

Europe for us!

The Newsletter of the European Self-Advocates Movement

Nov 04 to Feb 05



Editorial

Dear self-advocates,
There are two important information in this newsletter.
A new Self-Advocacy Officer has arrived at Inclusion Europe.
He presents himself in the next page.
Between the 19th and the 21st of May 2005,
Inclusion Europe organises a big conference in Prague.
It will be accessible for people with intellectual disabilities.
At this conference in Prague,
EPSA will have its 3rd General Meeting.
It is very important to come.
I hope to see you in Prague at the conference.

Ulla Topi
President of EPSA



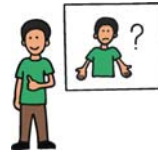
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What is this newsletter?

This newsletter will inform you

- about self-advocates actions
- about news in Europe
- about different topics



Persons with intellectual disabilities write for this newsletter.
They are self-advocates.



The newsletter is sent once every two months.

When you want to inform people about your organisation,
when you need information on a topic,
when you want to share your ideas on a topic,



please contact Inclusion Europe by phone: +32 2 502 28 15
or send us an e-mail: self-advocacy@inclusion-europe.org

We will publish your ideas in the next Europe for Us !



With support of the
European Commission

A new Self-Advocacy Officer

Hello !

My name is Gengoux Gomez.

I am the new Self-Advocacy Officer of Inclusion Europe.

I work at Inclusion Europe since 1 November 2004.

I really like the work at Inclusion Europe.

Before, I worked as a manager of a service for people with intellectual disability in Belgium.

9 persons were living in this community-based service.

I liked to work with them but I wanted some changes.

I already met the members of the Steering Group of EPSA.

We had a really good meeting in November.

I think that we will do good work together.

When you have things to say on self-advocacy, when you need information, please contact me.

E-mail: self-advocacy@inclusion-europe.org

I will answer your mail as fast as I can.

I hope to meet you at the General Meeting of Self-Advocates in Prague.



Gengoux Gomez

Self-Advocacy and Advocacy Officer

Work is important to me !

My name is Kathleen Ryan.

I am from Quilty,

a small village in the west coast of Ireland, in county Clare.

I live beside the sea.

I was brought up with my family at home.

We are a big family. I have 12 brothers and sisters.

We are all grown up now.

Most of my brothers and sisters are married and have grown up children.

Some of them have even got grandchildren.

I still live at home with my mother.

My father died just over a year ago.

I have a job in a restaurant in Kilrush.

I have been there for 5 years now.

I have a Job Coach, her name is Rose.

She works for the Supported Employment Service.

They find jobs for people with a disability and support them settling in the job.



Work is important to me !

I got my first job in a laundry seven years ago.
I didn't like it at all. It was very stuffy and hot.
We could not open the windows.
I was feeling unwell and had to leave the job.
After that I was working in a mushroom farm.
It was a bit too much for me.
I was under too much pressure, it was very demanding and I had to leave.
I then got a job in Saint-Theresa's Nursing Home.
I was setting the tables and doing kitchen work.
I did not get pay that time they were just trying me out to see how I got on.
One day the matron said to me "Sorry, you have to leave."
I loved it there and was very upset when I left.
Soon after I got a job in Kelly's restaurant.
I have been working there since.
I work three days a week. I mostly do the dishwashing.



Working is very important to me in my life.
It gives me a chance to meet people and I feel more confident in myself.
I also earn some money which gives me more independence.

There are not that many jobs around so it's important to do well in my job.
A few months ago I was being late for work, I got delayed talking to people.
My manager was giving out to me and told me that if this went on
I would lose my job. Since then I make sure I'm on time for work.

When I'm not at work I got to the day centre in Kilrush.
I like doing Pottery, Drama and going to our Advocacy meetings.
I'm also involved in making a Radio Programme in the local Community Radio.
I write short stories and read them out in our programme.
Some months ago I wrote a story about my work.
I'd like you to read it.



I would wish more people to get out and get a job.
Since I got a job I feel more included in society and a happier person.

Kathleen Ryan, Kilrush, Co.Clare, Ireland

Do you have a job like Kathleen ? Would you like to have one ?
Would you like to tell us your dreams or your hopes about "employment" ?
Send us an e- mail: self-advocacy@inclusion-europe.org
We can put your story in our book !

19 to 21 May 2005: Europe in Action 2005

Community-based services are services where persons with intellectual disabilities are included in the society.

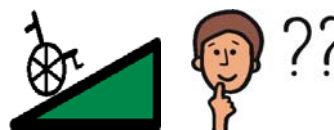


There are lots of community-based services in Northern Europe. There should be more community-based services in all Europe and less large institutions.

Inclusion Europe organises a conference called "Europe in Action 2005". At this conference, you can share ideas on the community-based services. Do you think community-based services are good for people with intellectual disabilities ? Do you think community-based services can help people with intellectual disabilities ?



This conference will be from 19 to 21 May 2005. It will be in Prague, in Czech Republic. The meetings will be accessible for persons with intellectual disabilities.

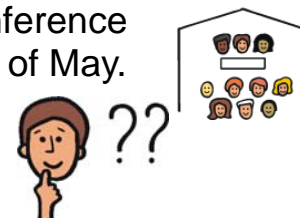


If you want a programme
If you want to register
If you want more practical information
You can visit the website: www.europeinaction.org
People with intellectual disabilities might need the help of their supporter to visit this website and to register.

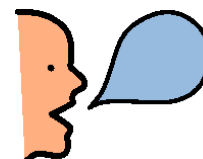


18 May 2005: Europe in Action - Preparation Meeting

To make sure that everyone will be able to understand the conference Inclusion Europe organises a preparation meeting on the 18th of May. This preparation meeting will be in Prague. It can be very useful for people with intellectual disabilities.



In the preparation meeting you will speak about the themes of the conference. You will also learn to use the cards. And you will learn to express your opinion during the conference.



This preparation meeting will be in English only. You have to come with your support person. If you want to attend this meeting, you must register in advance.



20 May 2005: Europe in Action - 3rd General Meeting of EPSA

The European Platform of Self-Advocates (EPSA) consists of organisations of self-advocates.



They meet at least once per year.

In 2005, they will meet during the conference "Europe in Action 2005" in Prague.

It will be on the 20 May 2005.

It will be the 3rd General Meeting of EPSA.



This General Meeting is for all people with intellectual disabilities.

At this meeting,

EPSA will present its work and some new publications.

EPSA will present the new leaflet.

EPSA will present the new "Rules for good support".

This General Meeting will be in Prague as well.

It is a very important meeting for the self-advocates.

You will have the chance to meet self-advocates from all over Europe.

You will have the opportunity to share your ideas and your experiences.

You will get new friends.



Last EPSA Steering Group meeting: 20 November 2004

Ulla showed us a video.

It says: "Learning Disabilities are not contagious - Attitudes are".

It is a very good and very short film against discrimination.



Then we worked on a new brochure: "Rules for good support".

We will speak about these rules at the conference in Prague.



We worked as well on a new leaflet to present EPSA.



And finally, we want to make another brochure.

We want to collect stories about

"how self-advocacy helps people in their lives".



Does self-advocacy help you in your life?

How ?

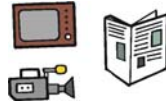
Would you like to tell us your story?



Please, send us your story: self-advocacy@inclusion-europe.org

How to speak to the media

In the Europe for Us of December 2003, we explained you how to speak to the media how to make a press conference how to attract reporters to your event.



Inclusion Europe made a project called Real Live Media This project helps people with intellectual disabilities to speak to the media.

We created a tool-kit with this project. You can use this tool-kit when you need it or when you have to contact the media.



This tool-kit is in English, French, Portuguese, German and Spanish.

You can find it at www.realivemedia.org

If you want more information about this project, you can write to Nathalie: information@inclusion-europe.org



- To get information
- To tell us about news and meetings

Please contact us!

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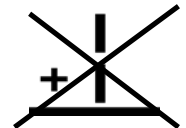
self-advocacy@inclusion-europe.org

People with intellectual disabilities talk to politicians

To participate in the policy life of your country is not easy.

To speak with the members of your government is not easy.

To speak with persons from the European Commission is not easy.



“Diversity in dialogue” is a project led by LEV, in Denmark and other partners from Ireland, Wales and Portugal together with Inclusion Europe.

The objective of this project is to help people with intellectual disabilities to speak with politicians.

The objective of this project is to help people with intellectual disabilities to participate more in politics.

In July 2004, a group of people with intellectual disabilities went to the European Parliament.

They spoke with members of the Parliament.

It was a very interesting discussion.



The project “Diversity in Dialogue” created a resource pack.

It is made for people with intellectual disabilities.

It is easy-to-read.

It is available in English, Portuguese and Danish.



If you want information and have a look on this resource pack: www.did2.org