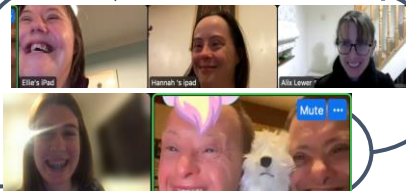include.org

We are the Champions

The Champions are a lovely group of people that work with friends over Zoom as supported volunteers.

The Champions group are all members of an organisation called Include.org.

Include is a charity that helps people with learning disabilities or autism to use signs and other communication strategies, to understand and express themselves.

Include also helps other people to communicate with people who have understanding difficulties.

The Champions are a co-production group

This co-production group is a team of people with and without learning disabilities, or autism.

We work together as a team to include everything that is important to our members who understand best about what helps people with disabilities.

The Champions are also a self-advocacy group

Self-advocacy means speaking up for yourself. Self-advocacy gives people with learning disabilities or autism more power to control their lives.

In our self-advocacy group, we work together to understand the rights of people with learning disabilities or autism. Learning our rights makes it easier to speak up for ourselves!

What do we do in the Champions Group?

We talk about important topics and make our own Easy Reads to help other people understand too.

We use pictures and easy words in the Easy Read documents to help everyone understand the words.

We share our Easy Reads on our website (www.include.org) so other people can read them too.

We look at other organisation's documents to check if they are easy to understand.

The Champions help design and deliver training

For Example:

We thought it was important for doctors and nurses to learn how to communicate with people with learning disabilities.

The Champions worked together to talk about what helped them communicate in hospital and made a presentation which we showed the healthcare team.

This helped them understand how to support people with learning disabilities, autism or other needs in hospital.

The Champions are looking forward to creating other Easy Reads. If you have any great ideas – or any feedback, let us know!

You can email us on:
info@include.org

Sign up for our newsletter or check out the other easy read documents at
www.include.org