

Europe for Us!

The Newsletter of the European Platform of Self-Advocates

Oct-Dec 2016



Editorial



Hello to all Self-Advocates!

It has once again been very busy in the office of Inclusion Europe.

In this New Year's edition of "Europe for us" you will get to read about many different topics.



On page 2 you will read about a project which wants to stop people using the R-Word against people with intellectual disabilities.



On page 3 you will read about the project "Exit 21". It is a project that teaches people with intellectual disabilities how to write down their ideas.



On page 4 you will read about a music project.



On page 5 you will get to read about the first Italian Self-Advocacy group "Io, Cittadino!".



On page 6 there is an article about the European Day of Persons with Disabilities.



On page 8 you will read about an easy-to-read workshop which Inclusion Europe held.

On page 10 is an article about a man with an intellectual disability who has held against his rights.



If you have any video or stories you want to share please e-mail them to

s.el-amrani@inclusion-europe.org



From all the team here at Inclusion Europe we wish you a great start into the New Year! Let's begin this new adventure!

Bien à vous,
Soufiane El Amrani
Easy-to-read editor

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With support of
the European
Commission and
Inclusion Europe

Stop using the R-word



There are still people who use the word “retard” to describe people with intellectual disabilities.

This word is not very nice.



It is a word that is rude and hurtful.

So we will call it the R-word.



There is a campaign that wants to stop people using the R-word towards people with intellectual disabilities.

It is called “Spread the Word to End the Word”.

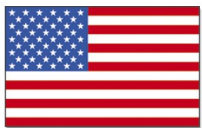
It encourages people to speak more positively about disability.



It began 7 years ago during the Special Olympics because the media were using the R-word a lot and in a bad way.

This upset a lot of people with intellectual disabilities.

So far the campaign has been very successful.



The word is no longer used in medicine or law in America.

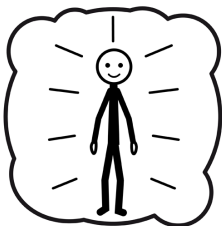
It is also not allowed to be said on television.



So far there have been over half a million people who have signed to agree to stop using the R-word about people with intellectual disabilities.

This shows they respect persons with intellectual disabilities and don't want to hurt their feelings.

People need to stop using the R-word towards people with intellectual disabilities.



The Special Olympics committee wants everyone to take the pledge to help stop people using the r-word forever.

To find out more information about this click on this [link](#).

What is “Exit 21”?



“Exit 21” is a project which was created in 2011.

It is run by a team of people with intellectual disabilities and people without disabilities.

The project helps people with intellectual disabilities to write down their ideas.



Support persons also help them with getting ready to do interviews.

The project people meet every Monday in the afternoon and they talk with the person with intellectual disabilities about the articles they want to write about.



Exit21 people also gives training to people who want to start filming.

The project had a girl with intellectual disabilities who was very interested in making videos, more than in writing texts. So they helped her out.

Sadly they do not have any translated information into easy-to-read.

But they have created an easy-to-read format which they use.



They do different things

so that people with intellectual disabilities know what is happening.

People with intellectual disabilities learn about the following things:

- How to write articles
- How to give an interview
- How to search for information

But they also learn how to better express themselves in their everyday lives.



Plena Inclusión's new music project



Plena Inclusión is Inclusion Europe's national Spanish member.

They have come up with a way to get help from musicians who can teach people with intellectual disabilities to play musical instruments.

Plena Inclusión is working with the Spanish Symphony Orchestra and the foundation BBVA on this music project.

Around 300 people with intellectual disabilities will take part in the project.

People who know about music will show people with intellectual disabilities how they can play any musical instrument they want.

There will be different groups. Each group will try and come up with a new way of music.

The project will also have a documentary which will be made by a director called Angeles Muniz.

He wants to teach people with intellectual disabilities how they can work together.

"This project is the best thing that could happen because all people with intellectual disabilities will be able to come together and learn how to play different kinds of musical instruments."

People with intellectual disabilities have the right to learn how to play instruments, just like other people.

Once the workshops are over, there will be different bands that will play live for people with intellectual disabilities.



“Io, Cittadino!” – The first Italian Self-Advocacy group



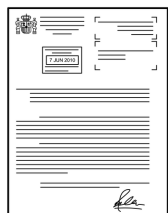
Inclusion Europe's Italian member Anffas has created a new Self-Advocacy group. They are called “Io, Cittadino”.



It is the first ever self-advocacy group to be created in Italy.

They will work with the [European Platform of Self-Advocates](#) (EPSA, in short)

to speak up for all people with intellectual disabilities in Italy.



They will also look at what is written in the United Nations Convention on the Rights of Persons with Disabilities (in short, UN CRPD).

This is an important document which explains the rights of people with disabilities.



The project started at the Hear Our Voices conference which happened in Rome in 2015.

The group was launched with a celebration in September 2016.



One of the persons who came to the celebration was the president of the European Platform of Self-Advocates. Her name is Senada Halilčević .

This is what she said:

“People with intellectual disabilities in Europe today have more rights than before.

But there is still a long way to go for full inclusion of all people with intellectual disabilities into society.”



Another person who came was Elisabeta Moldovan. She is a board member of Inclusion Europe.

You can watch a [video](#) to find out more about “Io, Cittadino!”.

European Day of Persons with Disabilities

The European Day of Persons with Disabilities took place on 29-30 of November.



This day is a very important day for all people with disabilities, also people with intellectual disabilities.



The European Commission organised a big conference.

A lot of people with different kinds of disabilities and many organisations came to the European Commission and took part in the conference.



Marianne Thyssen is a Commissioner at the European Commission.

A Commissioner is a person who is responsible for a field of work at the European Commission and manages a lot of people.

Marianne Thyssen is responsible for employment, social affairs and also for inclusion.



She announced the winners of the Access City Award.

The Access City Award is a prize given to cities which make an effort to include people with disabilities.



The city that won the Access City Award was a city from the United Kingdom called Chester.

They won it because they made their city easier for people with disabilities to move around.

There were 6 other cities that also received a prize at the Access City Award.

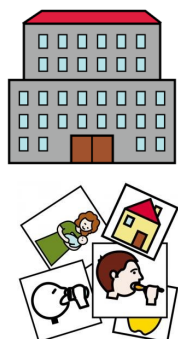


One of them was Lugo in Spain.

They do many things to help people with disabilities move around the city.

They also help people with intellectual disabilities.

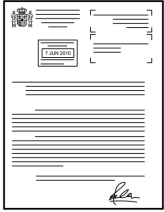
For example, they put images outside public buildings to make it easier to understand what you can find inside of the building.



European Day of Persons with Disabilities



The European Day of Persons with Disabilities was also the anniversary of the United Nations Convention on the Rights of Persons with Disabilities (in short, UN CRPD).



This is an agreement between lots of countries on the rights that persons with disabilities have.

People at the conference also talked about how they can use this agreement to make sure that people with disabilities are included in all areas of life.

Let's make more texts easy-to-read!



Inclusion Europe



Inclusion Europe organised a workshop on Easy-to-read in December in Brussels (Belgium).

People from many different member organisations of Inclusion Europe participated.

Inclusion Europe's Executive Director Milan Šveřepa welcomed everyone to the meeting.

Executive Director means that he leads Inclusion Europe and manages the team.

I introduced myself as the Easy-to-read Editor and I told everyone that I work for Inclusion Europe. I also told the others that I am responsible for this newsletter.



Sandra Marques works for Inclusion Europe. She took part in two projects on Easy-to-read.

She said that there are rules to follow when creating Easy-to-read documents.

She also said that the Easy-to-read logo is used by many different organisations.



There is an organisation for people with intellectual disabilities in the UK. They are called Mencap.



They produce a lot of easy-to-read documents to give to people with intellectual disabilities.

They even once translated a 120 page manifesto into easy-to-read!



At Mencap they also train their staff, so they can write easy-to-read texts.



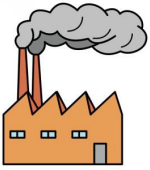
There is another organisation in the United Kingdom. It is called Building Bridges.

They said that the problem is that often people do not want to pay the organisations which make texts easy-to-read.

Let's make more texts easy-to-read!



There is another organisation in Austria.
It is called Atempo.



They adapt texts to easy-to-read for money.

Their clients are businesses, other organisations and also
the Austrian government.



Everyone agreed that more events should use easy-to-read
information.

People should pay attention to use easy icons and symbols so people
with intellectual disabilities can understand them.

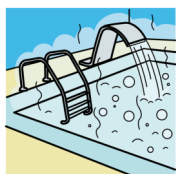
For more information or
to share stories with us,
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Held against his rights



Jaroslav Červenka is a person with intellectual disabilities.
He was held against his rights in a care home for 8 months.



His support person told him that he was going to a spa
for treatment for his leg.

This was a trick.
He never made it to the spa.



He was placed in a care home.
The care home was very dirty.



Mr. Červenka had this to say about the care home:

“It was terrible. The first thing I noticed was
that there were 50 men and only 2 toilets.”



He said the cleaning was only done once a week.

He asked the staff of the care home when he could go home
and they told him that nobody goes home from this place.



He was given tablets for a mental disorder he did not even have.

He asked if he could go out for a walk and they told him no.



His mobile phone was taken away
and his letters were checked by the staff members.



He even tried to call the police but they would not help him at all.

This all happened in the Czech Republic.

This is a country in Europe.



The European Court of Human Rights
is a court for people in Europe.

They said what happened to Mr. Červenka was not right at all.

They said that the Czech Republic needs to better help
people with intellectual disabilities.



This is good news for people with intellectual disabilities
in this country.

