

Europe for Us!

The Newsletter of the European Platform of Self-Advocates



Editorial



Hello to all Self-Advocates!

We have been very busy here at Inclusion Europe.



In this edition you will get to hear about our annual conference called Europe in Action. It was very good and we learned a lot.



You will read about The European Platform of Self-Advocates latest meetings and updates.



I will tell you about an online training course called Safe Surfing that teaches people with intellectual disabilities how to be safe when using the internet.



You will also get to read about Mencap's project called Sidekick that pairs someone with an intellectual disability with a volunteer to spend time with them so they can go out and do things together.



You will get to read about Robert Martin, the first person with an intellectual disability to sit on a United Nations Committee.



Lastly I will tell you about Enable Scotland's project that wants to stop children with intellectual disabilities getting bullied in school.



If you have any videos or stories you want to share with us, please e-mail them to: s.el-amrani@inclusion-europe.org

Best regards,
Soufiane El Amrani

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With support of the European Commission and Inclusion Europe

Europe in Action 2016



[Inclusion Europe](#)'s annual Europe in Action conference took place from the 26-28 of May in Lisbon, Portugal.

It was co-organised with [FENACERCI](#).



FENACERCI

FENACERCI is a member of Inclusion Europe which defends the rights of persons with intellectual disabilities and their families in Portugal.

It was a huge success.

Thank you to everyone who came.



We focused on what families can do to help children with intellectual disabilities go to the same schools as other children.

We got to hear from many different speakers who were talking about different topics.



We heard from the president of Inclusion Europe, Maureen Piggot, who said that education is very important for people with intellectual disabilities.



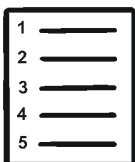
The president of the European Platform of Self-Advocates (in short, EPSA) Senada Halilčević, said at school we should learn how to speak up for ourselves and make friends like all other students.

School is the basis of our lives.



Several important meetings took place during the conference including the EPSA General Meeting.

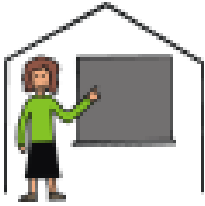
You can read more about this in the EPSA article.



At the conference, we learnt a lot from each other by sharing our stories.

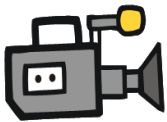
We discussed the United Nations Convention on the Rights of Persons with Disabilities (in short, UN CRPD).

In the UN CRPD, it is written that all children have the right to go to school together.



We came up with ideas to make inclusion education work better.

We also need to tell people that inclusive education is good for all children in the class.



Here are two videos from people with intellectual disabilities showing why inclusive education is important for all:



- Tana Vogele's film is about why inclusive education is important for children without disabilities too. Click this [link](#) to watch



- In her video, Ellis Jongerius shows us her own flat and talks about her job. It shows the importance of Inclusive education for independent living. Click this [link](#) to watch.



It will take a lot of hard work to make inclusive education happen but it can be done.



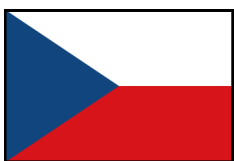
The next big conference this year is organised by Inclusion International.

They will have their annual conference in Orlando, Florida from the 27-29 October 2016.



I invite you to register for that if you want to take part by clicking this [link](#).

The next Europe in Action is going to be in 2017. It is going to be about how to help persons with intellectual disabilities live a full and healthy life.

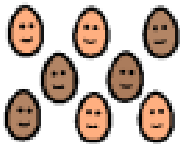


It will take place from the 1-3 June 2017 in Prague, Czech Republic.

The European Platform of Self-Advocates



[The European Platform of Self-Advocates](#) (in short EPSA) has been created in 2000 and is part of Inclusion Europe.



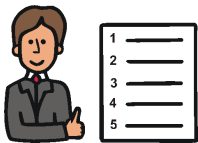
They are a group of self-advocates who come from different countries across Europe.

The word self-advocates means persons with intellectual disabilities who speak up for their rights.



EPSA meets at least twice a year.

During the month of March, the EPSA Steering Group met on the 7-8 of March in Belgium.

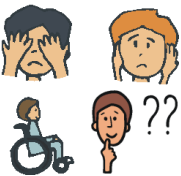


The Steering Group is a team of self-advocates who manage EPSA's work plan.

The members of the Steering Group are:



- Senada Halilcevic from the [Association of Self-Advocacy](#), Croatia
- Harry Roche from [Mencap](#), United Kingdom
- Luminita Caldaras from [Pentru Voi](#), Romania
- Elisabeta Moldovan from [Ceva de Spus](#), Romania



The reason they met in Brussels was to get ready for their General Meeting during the Europe in Action conference in Lisbon, Portugal, which happened from the 26-28 of May.



EPSA wants to inform its members of the good work they are doing for all people with intellectual disabilities.

The European Platform of Self-Advocates had there general meeting during Europe in Action and this is what they talked about:

- How could they get information about what other members have done so far.



The European Platform of Self-Advocates



- How to inform everyone about the kind of work EPSA has done so far.
- How they can split the work they do so far.



The European Platform of Self-Advocate has got 17 members from 15 different countries.

EPSA's main Agenda made up of three words beginning with A:



- Ambition – they want to stop all people with intellectual disabilities being treated differently in the future
- Advocacy – they are trying to change the attitudes of others, starting with young people



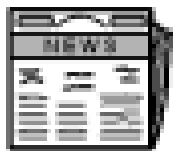
- Ability - to encourage change by showing others what is possible.

If you would like to read EPSA's 2015 annual report click on this [link](#).



Persons with intellectual disabilities are people like everybody else.

This means that they deserve to have the same rights as everyone else.



The newsletter Europe for Us was created by Inclusion Europe to give a voice to European Self-Advocates.



If you are an organization of self-advocates, you can join EPSA by clicking on this [link](#).

Online training course called Safe Surfing



Safe Surfing is a project that has been created by 5 organisations in different languages.

They are:

- [Mencap](#) in English
- [Inclusion Europe](#) in French
- [Anffas](#) in Italian
- [Plena Inclusion](#) in Spanish
- [PSOUU](#) in Polish

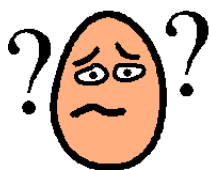


There are 5 different sessions, one per week.



The course is online with a trainer and a group of other people who are connected and ready to learn.

Each week, we had a lesson showing us different ways to be safe when using the internet.



The topics covered were:

- What is personal data?
- The dangers of internet
- Mobile devices and apps
- How to protect yourself on Facebook?
- What to share on the internet?



For example, in week 4 we learnt how to set your Facebook account to private.



This is important because you don't want people you don't know to see your pictures and information.

We talked about the dangers of the internet and who to tell when things go wrong.



The internet is useful for many things, for example shopping or talking to friends.

Everyone should be able to benefit from the information and services available online.

Online training course called Safe Surfing

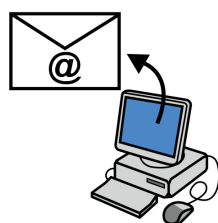


The course has been designed for persons with Intellectual disabilities, so it does not move too quickly or use difficult and confusing language.



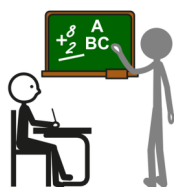
During each session, there are little exercises for everyone to do, videos and live tutorials to make sure you understand.

You can ask the trainer questions as you go along if you don't understand something.



They will try their best to answer you.

Every week, we received an e-mail with information to prepare for the next session.



At the end of each session, we received a summary of what we learnt that week so we could go over the points again in our own time.

The training course taught me how to be safe when using the internet so I found it very useful.

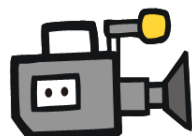


For example, we learnt that there are apps which are free to download and others which ask you for your credit card details and charge you money.



I am now sharing with my friends what I learnt during the Safe Surfing training.

I think it is a very good idea that everyone does this course so they can stay safe online.



Find more information and watch the videos in 5 different languages at www.safesurfing.eu

Mencap's Sidekick programme brings friendship

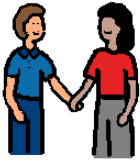


Mencap did a study to find out if people with intellectual disabilities were happy in their lives.

They asked lots of people with intellectual disabilities questions and found that most were afraid to leave their homes in case they get bullied or laughed at.



If a person with intellectual disabilities does not have friends they may feel alone or trapped in their house.



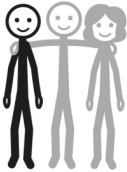
This is not fair at all for people with intellectual disabilities.

People with intellectual disabilities have the right to go out but they need somebody by their side for support to stop them being scared.



To improve persons with intellectual disabilities' quality of life Mencap has created a programme called Sidekick.

A Sidekick is someone who volunteers to spend time with a person with intellectual disabilities to do things like:



- Going to the park
- Going to the cinema
- Going to the supermarket



Friendship is important to live a happy life.

When a person with intellectual disabilities has a Sidekick they feel safer and more comfortable so they can do all the things they want to.



If you want to sign up for the sidekick programme click on this [link](#)



A huge step for the voice of persons with intellectual disabilities



Robert Martin is a self-advocate from New Zealand.



He has been elected for the United Nations Committee on the Convention on the Rights of Persons with Disabilities (in short, the CRPD Committee) to make sure the United Nations Convention for Rights of People with Disabilities (in short, UN CRPD) is followed from January 2017 to December 2020.



The CRPD Committee is a group of experts who make sure the UN CRPD is being respected by the countries who have agreed to do so.

This is a very important job.

Robert is the first person with an intellectual disability to sit on a United Nations Committee.



Robert was a member of the [Inclusion International](#) Council when the UN CRPD was being created.



He helped to form important parts like the right to live independently and be included in the community.

He has played a big role in trying to close institutions in New Zealand.

He helped create the self-advocacy group called [People First New Zealand](#).



People First New Zealand is a self-advocacy group run by people with intellectual disabilities.

He also led the first ever strike organized by persons with intellectual disabilities.



He has been awarded the Order of New Zealand to recognize his great work for the country.

He wants to show his commitment to help people with intellectual disabilities worldwide.

Robert Martin is a great model for persons with intellectual disabilities.

ENABLE Scotland wants to stop bullying at school



[ENABLE Scotland](#) did a survey to find out if children with intellectual disabilities are happy at school.

They found that most children with intellectual disabilities are being bullied by other children.



Bullying is bad because it hurts people's feelings and makes them not want to go to school or take part in after school activities.



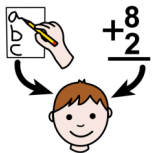
All children have the right to learn and make friends.

ENABLE Scotland's survey found children with intellectual disabilities are too scared to tell their teachers they are being bullied.



This is not right!

ENABLE Scotland wants to stop children with intellectual disabilities being bullied at school so they have created a campaign called 'Included in the Main'.



'Included in the Main' aims to get people talking about what truly makes a school inclusive.



First ENABLE Scotland wants to learn what is working and what is not, the good and the bad.

You can help ENABLE Scotland by telling your story of what school was like for you, [click here](#) to send them a message.



You can read the stories of other people with intellectual disabilities time at school by clicking this [link](#).

For more information or to share stories with us, contact: s.el-amrani@inclusion-europe.org

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