# Europe For Us

The Newsletter of the European Platform of Self-Advocates  
  
September and October

## Introduction

This is what happened at Inclusion Europe

during the last two months:

Inclusion Europe went to a conference in Russia.

It was on Easy to Read.

You can read about it on pages 3-4.

You can also read about our leadership training.

The topic of the training was how to end violence against

women with intellectual disabilities.

You can read about the training on pages 5-8.

On pages 9-11 you can read about the Hear Our Voices conference.

It will be on the 5-7 of December in Brussels in Belgium.

On page 12 you can read about the European Accessibility Act.

The European Parliament voted on the Accessibility Act in September.

On page 13 you can read about the State of the Union speech.

The speech was made by Jean-Claude Juncker.

Juncker is the President of the European Commission.

We love hearing from you! Please write to me at:

s.el-amrani@inclusion-europe.org.

## Topic

### Inclusion Europe Goes to Russia

In September Soufiane El Amrani and Guillaume Jacquinot

went to Moscow.

Moscow is a city in Russia.

They went to Moscow to talk about easy-to-read.

Soufiane El Amrani is Inclusion Europe’s easy-to-read editor.

Guillaume Jacquinot is Inclusion Europe’s policy officer.

Soufiane and Guillaume were invited to a conference

by the Garage Museum of Contemporary Art.

The conference was about accessibility (definition page 14).

When they were at the conference Soufiane and Guillaume

learnt about how to make a museum better

for people with disabilities.

For example, a museum can show information

in different ways to help people

with different kinds of disabilities.

At the conference, people with intellectual disabilities and their parents

spoke about their experiences when visiting museums.

Soufiane and Guillaume gave presentations about

how easy-to-read could be used in museums.

Participants in the workshop tried to make some writings

into easy-to-read and Soufiane helped them.

The participants found this very interesting and useful.

Soufiane and Guillaume hope that their workshop helps

so more people with disabilities can visit museums.

Soufiane and Guillaume also met

with Inclusion Europe’s member Perspektiva.

When they met with Inclusion Europe’s member Perspektiva,

Soufiane and Guillaume talked about easy-to-read.

They talked about how putting things in easy-to-read

helps people with intellectual disabilities.

Soufiane and Guillaume enjoyed their time in Moscow and learnt a lot!

They both made new friends in Russia.

They thank the Garage Museum of Contemporary Art for the invitation.

And they hope to see everyone again soon.

## Topic

### Leadership Training

On the 26 and 27 and 28 of September

Inclusion Europe had its leadership training.

At this training we had self-advocates from all over Europe.

The leadership training took place in Brussels in Belgium.

We had self-advocates from Belgium, France, Portugal and

the United Kingdom.

We also had self-advocates from Croatia, Lithuania, the Netherlands,

and Romania.

We also had family members and experts from Malta and other

European countries.

The topic of the training was how to stop

violence against women with intellectual disabilities.

The topic of the training was also how to speak to

Members of the European Parliament (definition page 15).

On the first day of the leadership training all participants got to meet

and talk about their own countries.

We also talked about what Inclusion Europe does

and we started talking about violence against women

with intellectual disabilities.

The next day we heard from some guest speakers.

We heard from the European Women’s Lobby.

They talked about how to make women equal in Europe.

We also heard from the European Disability Forum.

The European Disability Forum is an organisation of people

with disabilities in Europe.

Juultje Holla also talked about a project of Inclusion Europe.

The project is looking at violence against women

with intellectual disabilities in the Netherlands.

Here you can read more about this project: http://bit.ly/2rUuLNy

Then in the afternoon everyone prepared

for their meetings with the MEPs (definition page 15).

Most groups had their meetings with the MEP on Thursday.

The leadership training participants met with 9 different MEPs.

Leadership training participants met with MEPs

from many different countries.

These countries were Belgium, the Czech Republic, France,

Lithuania, and Poland.

These countries were also Greece, Romania,

and the United Kingdom.

Everyone met with the MEPs (definition page 15)

in small groups in the European Parliament (defintion page 15).

When the participants met with the MEPs,

they shared their stories and talked about

how the MEPs can help stop violence against women

with intellectual disabilities.

On the last day of the leadership training

after the meetings with the MEPs

we all met up and talked about what happened.

Participants talked about their meetings and what they learnt

and what they hope to see in the future.

Participant Sara Pickard said that when she met with the MEP,

she felt that her opinion mattered.

These were some other things the participants said:

“I did not know that other women

also have had the same experiences as I did.”

“It was really cool to be at the European Parliament (definition page 15)

and talk with MEPs.” (definition page 15)

“It was great to meet other self-advocates. We are not that different.”

“Super! I have learned so many things!”

Inclusion Europe enjoyed working with the self-advocates,

family members, and experts.

We would like to thank everyone who participated

in the leadership training.

## Hear Our Voices

On the 5-7 of December the European Platform of Self-Advocates

will be holding a conference called “Hear Our Voices”.

The European Platform of Self-Advocates is made up of

organisations of self-advocates from different countries in Europe.

We call it EPSA for short.

It is a part of Inclusion Europe.

The Hear Our Voices conference happens every two years.

It is a conference where lots of self-advocates come

from all over Europe.

The conference will be in Brussels, Belgium.

The first day of the conference is on **December 5th.**

On this day we will do workshops led by different self-advocates.

The speakers include Senada Halilčević, László Bercse

and Harry Roche.

Senada Halilčević is the Vice-President of Inclusion Europe.

Senada Halilčević is also the Chair of EPSA.

László Bercse is a member of Inclusion Europe’s board.

László Bercse is also a member of EPSA Steering group.

Harry Roche is also a member of Inclusion Europe’s board.

Harry Roche is also a member of EPSA Steering group.

At the workshops we will talk about

how to be included in the community and nationally.

We will also talk about why the right to vote is important.

Another topic will be how to get involved as a self-advocate.

For example, when you are on the board of an organisation.

Or when you set up your own self-advocacy organisation.

On the first day we will also be preparing for the

European Parliament of Persons with Disabilities.

It will be on December 6th.

On **December 6th** we will go to the **European Parliament (definition page 15)**.

At the European Parliament there will be

the European Parliament of Persons with Disabilities.

This is an event for people with different kinds of disabilities.

For example, people who use a wheelchair.

Or people who are blind.

But also people with intellectual disabilities.

This event is a chance for you to share your ideas.

The last day of our conference is **December 7th.**

On this day we will hear from Maureen Piggot.

Maureen Piggot is the President of Inclusion Europe.

Self-advocates will give a summary of the conference.

The conference will be a good way to share your experiences

and learn more about how to be involved as a self-advocate.

We will make sure that our voices are heard Strong, Loud and Clear!

You can find more information about the conference

when you click this link: <http://bit.ly/2y4o3pY>

## Short News

### European Accessibility Act

In September the European Parliament (definition page 15)

voted on the European Accessibility Act.

The European Accessibility Act is a proposed law.

It is very important.

It is important because it will help make different things

easier to use for people with disabilities.

This includes making some things like ticket machines

easier for people with disabilities to use.

It is also includes making some buildings

easier for people with disabilities to use.

The European Parliament made the decision

to vote yes on the European Accessibility Act.

The Accessibility Act must now be looked at and may be changed

by the governments of the European Union (definition page 15)

before it can become a law.

Inclusion Europe hopes that the governments

will make the Accessibility Act stronger

so it can help more people with disabilities.

## Short News

### State of the Union

On September 14th Jean Claude-Juncker gave his

State of the Union speech.

Jean-Claude Juncker is the President of the European Commission

(definition page 14).

Jean-Claude Juncker talked about how things are going

in the European Union (definition page 15).

When Juncker spoke he talked about how everyone

should be treated equally.

But in the European Union at the moment

people with intellectual disabilities

are not treated the same as everyone else.

They often do not have full legal capacity (defintion page 16)

which they need to do things like vote or get married.

There are 80 million people in Europe who have disabilities.

Around 7 million are people with intellectual disabilities.

Inclusion Europe thinks that Mr. Juncker

should talk about people with disabilities in his next speech.

## Definitions

### Accessible

Something that is easy to use for people with disabilities.

Such as:

Ramps to get into a building.

Information in easy-to-read.

Information in sign language.

### Deinstitutionalisation

Deinstitutionalisation is helping people to move out of institutions.

It is when the people who lived in institutions get help

so they can live independently in the community.

### Discrimination

Discrimination means that you are treated unfairly or that you do not get the chances you deserve.

It is discrimination when it happens because of your disability.

It can also happen to other people.

For example people who have a different skin colour. Or older people.

European Commission

The European Commission works with the European Parliament.

The European Commission suggests laws for the European Parliament

and the Council of the European Union to discuss.

It also makes sure that the laws that have been decided upon are being followed by the member states.

### European Parliament

The European Parliament is a place where important decisions

of the **European Union** are made.

For example: laws and budgets.

The **Members of the European Parliament (in short, MEPs)**

make these decisions

and represent all the people who live in the **European Union.**

Every five years, the people who live in the **European Union**

vote for their country’s MEPs.

### European Union

The European Union (in short, EU) is a group of 28 countries.

We call these countries “member states”.

They have joined together to be stronger politically and economically.

The EU makes laws on many important things for the people

who live in those countries.

### Guardianship

Guardianship allows some people to make life choices for others.

The person who makes choices for you is your guardian.

Your guardian can decide things for you, like where you live.

Sometimes, people under guardianship are not allowed to vote, get married, or take care of their kids.

### Independent Living

Independent living means that people with intellectual disabilities can choose with whom and where to live.

They also can:

Live in the community.

Have the same experiences as all other people.

### Institutions

Institutions are places where people with intellectual disabilities live

with other people with intellectual disabilities.

They live apart from other people. This is what we call “separate”.

Sometimes this happens against their will.

The people who live in institutions have to follow the rules of the institution

and cannot decide for themselves.

### Legal capacity

Capacity is when you can make a decision or choice at one moment.

Legal capacity means that people with intellectual disabilities can do things on their own.

This is what they can do:

Make choices about their lives.

Get married, start a family and raise children.

Have a bank account and control their money and property.

Make decisions about their health.

Take part in politics and have the right to vote.

## Test summary

You have read a lot of importants things today.

Maybe you would like to let others know.

Explain to your friends what you have learned:

1) What is the name of our Russian member

that Guillaume and Soufiane met in Moscow?

2) How many different MEPs (definition page 15) did we meet with

during the Leadership Training?

3) What days is the Hear Our Voices conference on?

## Inclusion Europe

Available on Inclusion Europe’s Website in:

English, French, German,

Hungarian, Romanian and Spanish

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Share your self-advocate stories with us!

Send us your stories at:

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