

Our Rights Our Voice

The UN Convention and my rights



Our Rights Our Voice

Our Rights Our Voice is a project led by Learning Disability Wales and All Wales People First.

The project is working with partner organisations across Wales to raise awareness of people's rights under the UN Convention of the Rights of Persons with Disabilities.



Learning Disability Wales is a charity.

We work to make Wales a place that values and includes every child, young person and adult with a learning disability.

www.ldw.org.uk



All Wales People First is the voice of self-advocacy groups and all people with learning disabilities in Wales.

www.allwalespeople1st.co.uk

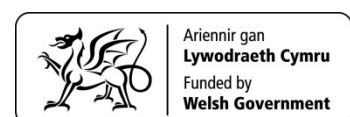


These materials were written by Dynamix.

Dynamix is a training and consultation co-operative who uses participative methods to engage and explore serious issues in a fun way.

www.dynamix.coop

Our Rights Our Voice is part of Learning Disability Wales' Valued Lives Project



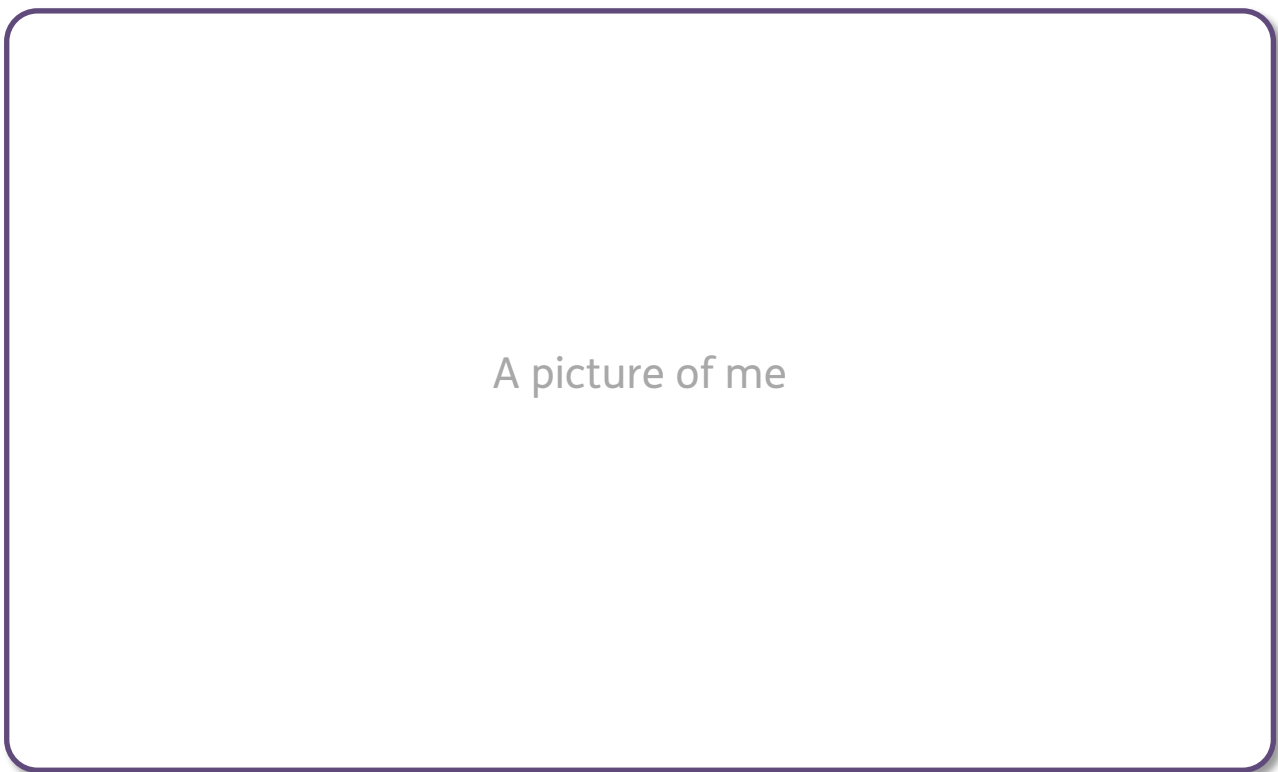
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Your trainers today are



This book belongs to



A picture of me

Name : _____

Organisation : _____

About this training

The aims of this training are to teach you about your rights.

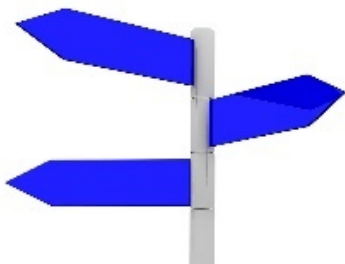
You will find out what rights are.



The rights that we will talk about are in the United Nations Convention on the Rights of Persons with Disabilities (**UNCRPD**).



You will also find out about some other agreements that are there to protect your rights.



You will have chance to think about why your rights are important and what things can stop you from getting them.

You will also learn about what you can do if you are not getting your rights.

We hope that you enjoy it!

United Nations Convention on the Rights of People with Disabilities (UNCRPD)



All people have rights, no matter what age, sex, or abilities they have.

Some people need extra help to make sure that they get their rights.



The rights in this pack are about the rights for disabled people.



These rights are called the United Nations Convention on the Rights of Persons with Disabilities, or the **UNCRPD** for short.



These rights were first written in 2006. Lots of countries in the world have agreed to them.



The United Kingdom is one of the countries that have agreed to these rights.

Wales is in the United Kingdom.

The government and different organisations should do everything that they can to make sure that disabled people get their rights.



The rights are not laws but they can be used with laws to make sure you get your rights.

There is a list of the rights on page 37

The difference between rights and wants

Rights

Rights are things that nobody should be able to take away from you.

Rights help you to be safe, healthy and have a good life.

Wants

Wants are things that we might like to have in our lives but are not as important - having a good life does not depend on them!

These kind of things are **wants**

Takeaway food



Trendy clothes



Presents



Wi-fi



A sports car



Your own jet plane



These kind of things are **rights**

Clean water to drink



To have a say about your life



A chance to work



Healthy food



Health care



To be able to join in with things



Question

Are any of these **rights** also **needs** – things that you really could not live without?

Agreements about rights

The government has said they will make sure that disabled people get the same rights as everybody else.

Here are some of the things that they have agreed to.

Our Rights Our Voice

The UN Convention and My Rights

The laws and agreements about your rights

Our Rights Our Voice

1



Everybody in the world should have rights. From when they are born till when they die.



Everybody should know that they have rights.



- We are all protected by the Human Rights Act 1998
- This was based on a Declaration from the United Nations in 1948



There are different laws to protect us all from being treated unfairly.

You can think of the laws like layers of clothes.



If you are under 18 you are protected by the Children Act and the United Nations Convention on the Rights of the Child



If you have a learning disability you are also protected by the United Nations Convention on the Rights of Persons with Disabilities 2006.



Llywodraeth Cymru
Welsh Government

In Wales we have Social Services and Well-being Act (2014) to help you

- Be healthy
- Be happy
- Have opportunities to learn new things
- Be in control of your life
- Have a chance to work

Our Rights Our Voice

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If someone tries to stop you from getting your rights ...**they are wrong!**



Our Rights Our Voice

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What the Social Services and Well-being Act (Wales) 2014 means to me?

The Welsh Government says



I should be asked what matters to me.

I have a strong voice when deciding what I need to achieve well-being.



If I need support to make my voice heard, someone will speak on my behalf.



Assessment looks at what I can do, and what I can do with the help of friends and family.

I should get care and support to help me do the things I can't do.



I should have easy access to information and advice.



The laws to keep me safe are stronger.



More services are available to me to get help when I need it, so problems don't get worse.



If I am in care my foster family and I will be supported to stay together until I am 21.

This will only happen if it is in the best thing to do for everyone



If I am in education or training I will get support to stay in education until I am 25.

Rights Sale

What was the name of your team country?

(you can write or draw your answer or just think about it)

What was one of the rights that you wanted to buy?

(you can write or draw your answer or just think about it)

Why did you want this right?

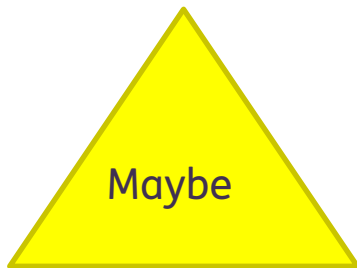
(you can write or draw your answer or just think about it)

You should be getting all of the rights – you don't have to choose!

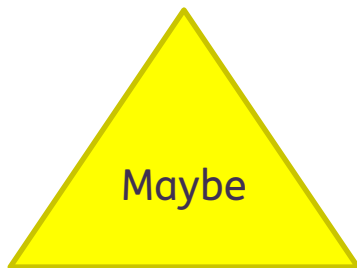
Traffic Lights

Mark the answer that you agree with

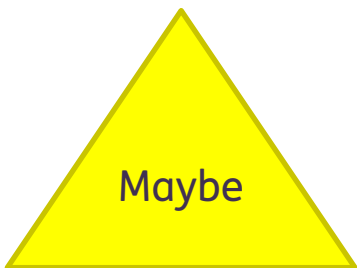
I can choose what I want in my life.



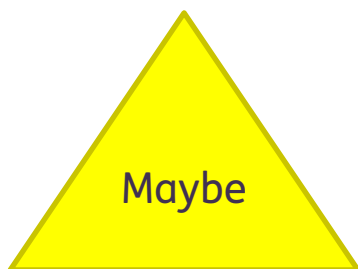
I am treated fairly in my life and not discriminated against



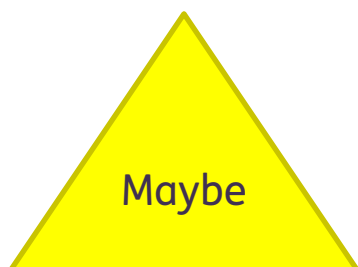
I can join in with things that I want to be part of.



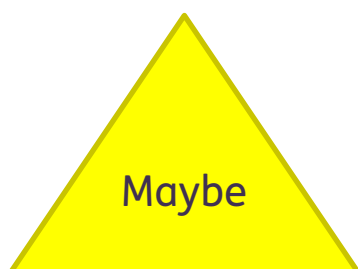
I am respected for who I am.



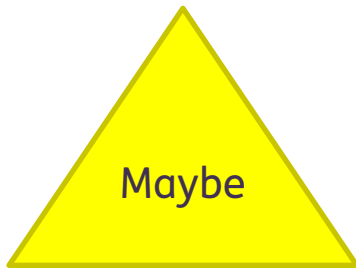
I have got the same chances in life as other people



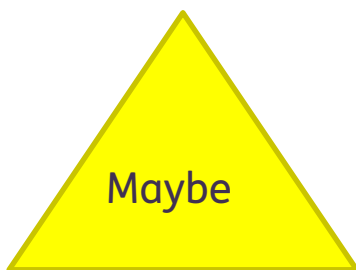
There are enough things that help me to do what I need to do or want to do.



Disabled men and women are treated equally.



Disabled children are respected for who they are as they grow up



Do you get your rights?

Article 19 – Independent living

One right you have is Article 19 - the right for independent living and being part of the community.

This means you should have a say in where you live and who you live with.

You should also have a say in the support that you get.



Is it easy for you to have this right?

Yes

☐

No

☐

Sometimes

☐

Does anything make it hard for you to have this right?

You can write or draw your answer or just think about it.

What things help you to have this right?

You can write or draw your answer or just think about it.

Article 7 – Disabled children

Another right you have is Article 7 - the right for disabled children to be treated equally.

This means that disabled children will have the same rights and freedom as other children.

What is best for the child is the most important thing to think about when you are making decisions with them.



Was it easy for you to have this right?

Yes

☐

No

☐

Sometimes

☐

Did anything make it hard for you to have this right?

You can write or draw your answer or just think about it).

What things helped you to have this right?

You can write or draw your answer or just think about it.

Article 23 – Home and family life

One right you have is Article 23 - the respect for home and family.

This means that you have equal rights to get married and have relationships.

You have a right to start a family and get help to bring up your children if you need it.

You have a right to family planning advice and information to help you decide.



Is it easy for you to have this right?

Yes

☐

No

☐

Sometimes

☐

Does anything make it hard for you to have this right?

You can write or draw your answer or just think about it.

What things help you to have this right?

You can write or draw your answer or just think about it.

Things people have said about getting their rights

Groups like
People First
helped me learn
about my rights.

Travel is difficult, as
bus timetables are
complicated and use
a 24 hour clock

My independence is
stopped sometimes by my
family and social services
could not help me when
my mum died”

I don't like the
dodgy ramps even
when somewhere
says it's accessible

Since joining Vale
People First my
confidence has really
grown. I go everywhere
by myself now

My experience is that social services did not help me at all when I had to move house. They cut me out of the house with a county court judgement and we (Mencap) had to write a letter of complaint to social services because of the issue. I have been through it all in my childhood and adulthood, from pillar to post sometimes.

I am independent, live in my own house with my dog and have a boyfriend.

Relying on benefits. Filling in forms can be hard. Sometimes you have to do it on the computer which can make it harder – and maybe some people can't use a computer. And sometimes there is no connection!

There is a lack of support, I don't know what is available.

Some children who went to a special school had to travel a long way to get there or board there during the week.

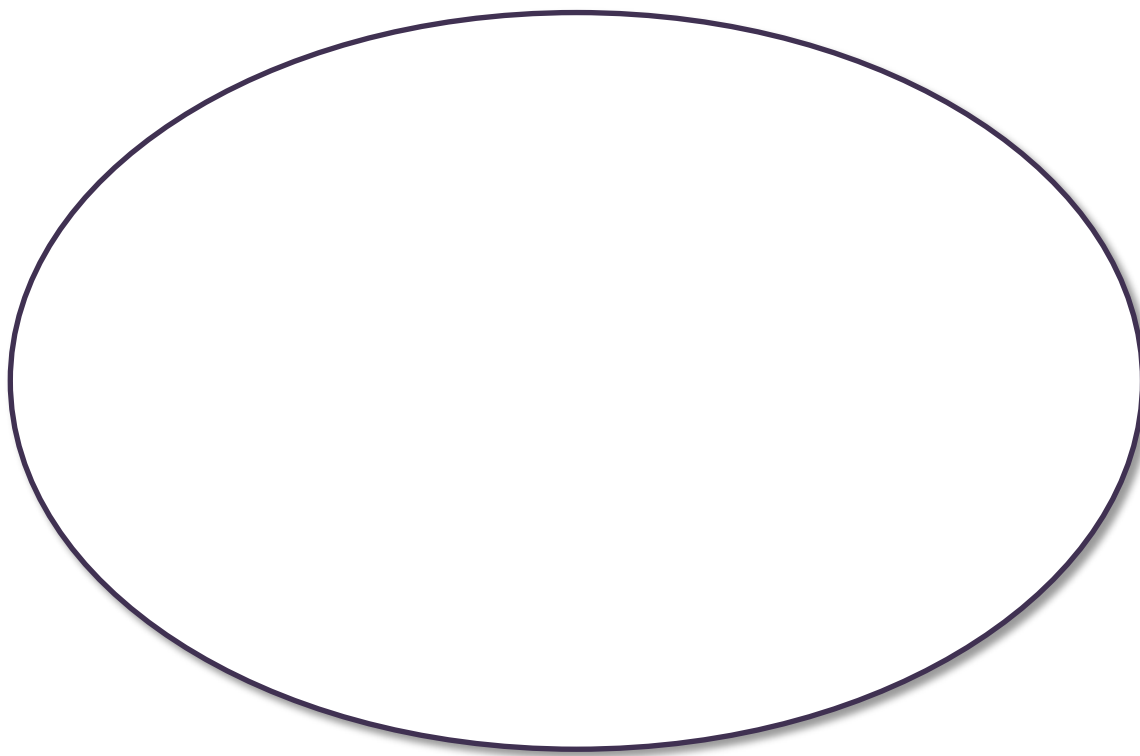
What I want to say about my rights



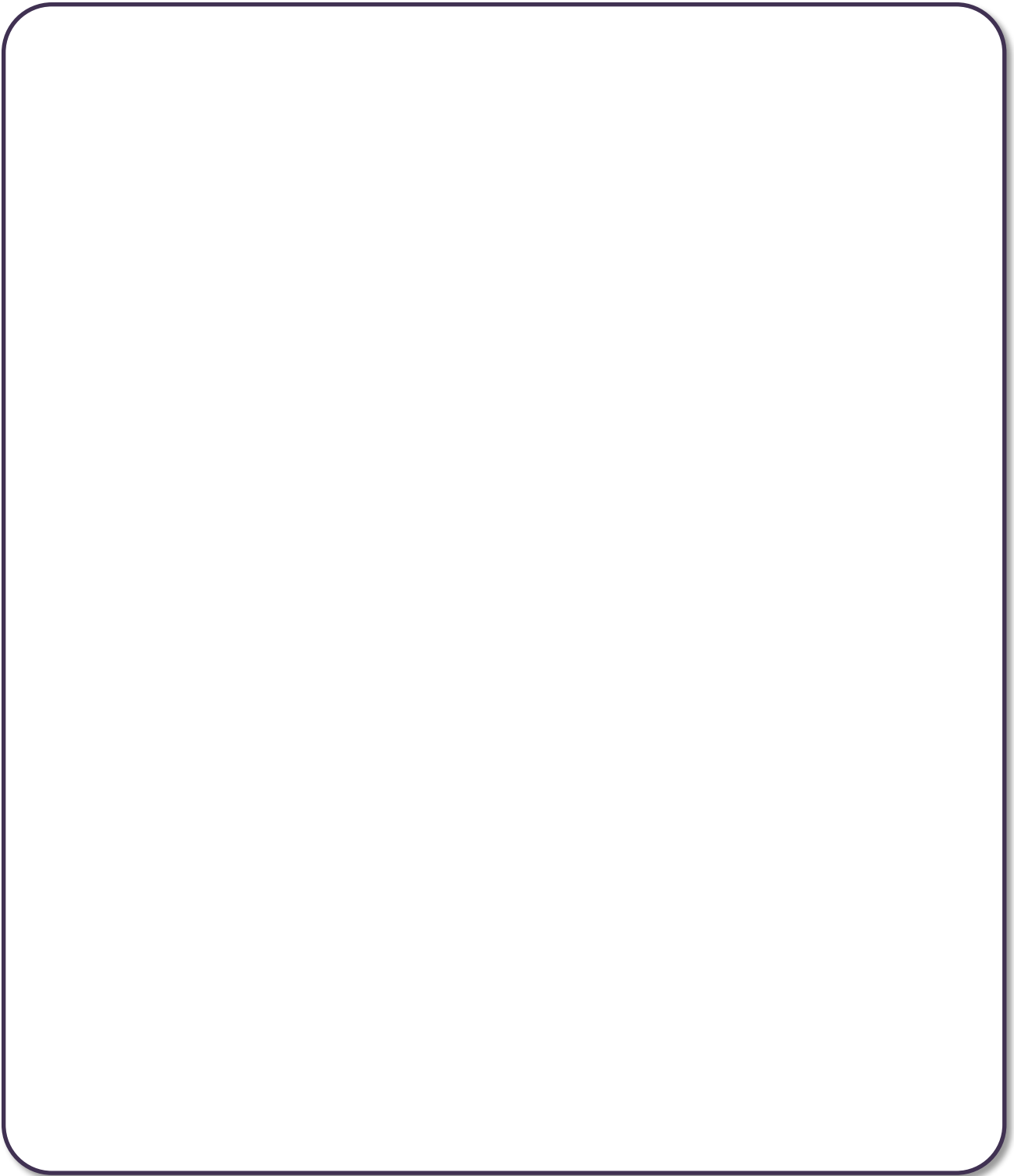
Pebble Promise

Your pebble promise

Write or draw 1 thing that you are going to do so that someone else knows about rights for disabled people



Who can you talk to if you are not getting any of your rights?



Useful Information

Equality Advisory Support Service

The Equality Advisory Support Service give information on discrimination and human rights to people in Wales England and, Scotland

Freepost, Equality Advisory Support Service, FPN4431 Phone: 0808 800 0082 Textphone: 0808 800 0084

www.equalityadvisoryservice.com

Phone: 0800 444 205

Textphone: 0800 444 206

Equality and Human Rights Commission (EHRC)

Guidance for people about the Equality Act 2010:
www.equalityhumanrights.com/en

Freepost, Equality Advisory Support Service, FPN4431 Phone: 0808 800 0082 Textphone: 0808 800 0084

Also a guide to The United Nations Convention on the Rights of People with Disabilities, which can be read online:
<http://www.equalityhumanrights.com/human-rights/human-rights-practical-guidance/guidance-from-the-commission/a-guide-to-the-un-disability-convention>

The British Institute of Human Rights (BIHR)

The British Institute of Human Rights is an independent charity that is committed to stopping inequality in everyday life in Wales and the rest of the U.K.

www.bihhr.org.uk

The British Institute of Human Rights is an independent charity that is committed to stopping inequality in everyday life in Wales and the rest of the U.K. <http://www.bihhr.org.uk> BIHR have produced a guide for disabled people called 'Your Human Rights'

<http://www.bihhr.org.uk/documents/guides/a-guidefor-disabled-people>

Citizens Advice Wales

The Citizens Advice Wales site has guides including ones about disability discrimination, as well as contact details for local branches of Citizens Advice Bureau:

www.adviceguide.org.uk/wales.html

Phone: 08444 77 20 20

Disability Advice Project

A project in South-East Wales which gives information and advice on all disability issues

Phone: 01633 485865

E-mail: pjones.dap@gmail.com

Diverse Cymru

Gives benefits advice, equality training, social care advice, Black and minority ethnic mental health help, Disability Access advice. The advice service covers South Wales.

Diverse Cymru, 3rd Floor, Alexandra House, 307-315 Cowbridge Road East, Cardiff, CF5 1JD

Phone: 02920 368888

E-mail: info@diversesecymru.org.uk

www.diversesecymru.org.uk

Department for Work and Pensions (DWP)

The DWP site has a section which covers what the UK Government should do for The United Nations Convention on the Rights of People with Disabilities, and more information about the convention:

www.gov.uk/government/organisations/department-for-work-pensions

Disabled/Deaf People's Organisations Legal Network

This Legal Network aims to bring together organisations for deaf and disabled people and lawyers to work together to understand the legal system, and laws about how disabled people can get a good life

www.publiclawproject.org.uk

Disability Law Service

The Disability Law Service is run by and for Disabled People.

Disability Law Service, 39-45 Cavell Street, London, E1 2BP

Phone: 020 7791 9800

Minicom: 020 7791 9801

E-mail: advice@dls.org.uk

www.dls.org.uk

Disability Rights UK

Disability Rights UK have guides to disability rights, including the 'Disability Rights Handbook' which can be bought from their website. 12 City Forum, 250 City Road, London, EC1V 8AF

Phone: 020 7250 3222

Email: enquiries@disabilityrightsuk.org

www.disabilityrightsuk.org

RNIB

The RNIB has guides on the Equality Act and how it affects Disabled People, including Frequently Asked Questions.

Email: helpline@rnib.org.uk

www.rnib.org.uk

Benefits and Work

Gives practical, information about disability and incapacity benefits written with the interests of claimants and their advisers in mind.

www.benefitsandwork.co.uk

Learning Disability Wales

Learning Disability Wales work to make Wales a place that values and includes every child, young person and adult with a learning disability.

Phone: 029 2068 1160

Email: Enquiries@ldw.org.uk

www.ldw.org.uk

Dynamix Co-op

Dynamix wants to make a fairer society by helping people to participate, co-operate and be Included. Dynamix runs training and consultation to explore serious issues in a fun way.

Phone: 01792 466231

www.dynamix.coop

All Wales People First

All Wales People First is the voice of self-advocacy groups and all people with learning disabilities in Wales

We share knowledge and information. We fight for equal rights. We want people with learning disabilities to be valued.

www.allwalespeople1st.co.uk

Important Laws

Human Rights Act 1998

This law can be used to bring a case against a public authority if you feel your human rights are being damaged.

Mental Capacity Act (2005)

This piece of law can be used with other equality legislation to argue for the rights of Disabled People.

National Assistance Act 1948

This piece of law can be used with other equality legislation to argue for the rights of Disabled People. [This link](#) contains more information and a brief description of the Act.

NHS and Community Care Act 1990

This piece of law can be used with other equality legislation to argue for the rights of Disabled People.

Social Services and Well-being (Wales) Act 2014

This law applies to Wales only and promotes the well-being, rights, protection and interests of people from birth to old age.

The Articles of the UNCRPD

United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)

Articles 1 to 4 are general ideas about the whole UNCRPD, what some of the words mean and says what governments should do to take the convention into their laws.

Article 5
Being equal.



Article 6
Disabled women being treated equally.



Article 7
Disabled children being treated equally.



Article 8
Making everyone aware that disabled people have the same rights as everyone else and showing them what disabled people can do.



Article 9

Accessibility. Making sure disabled people have better access to things in all areas of life.



Article 10

Right to life.



Article 11

Emergencies. Make sure that disabled people are properly protected when there are risky situations for everyone, for example when floods happen.



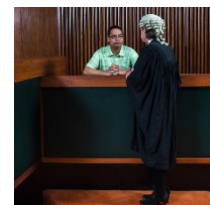
Article 12

Being treated equally by the law.



Article 13

Getting justice.



Article 14

Disabled people should be free and safe, the same as everyone else. Disabled people should not be locked up just because they are disabled but only if the law says so for other reasons.



Article 15

Not being tortured or treated cruelly.



Article 16

Not being used or abused.



Article 17

Treating disabled people as people first. Disabled people should be treated like anyone else, with the same respect and rights as others.



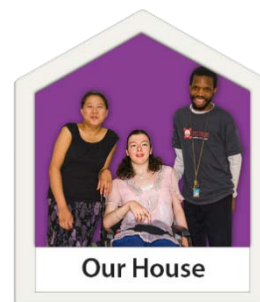
Article 18

Moving around. Being able to move between countries and live where you want without discrimination.



Article 19

Independent living and being part of the community. Disabled people have the same right as everyone else to live where and with who they want.



Article 20

Getting about.



Article 21

Saying what you want and access to information.



Article 22

Right to privacy.



Article 23

Respect for the home and the family. Making sure that disabled people have equal rights to marriage, a family and personal relationships.



Article 24

Right to education.



Article 25

Health. Making sure disabled people have the right to the best possible health and access to health services including family planning.



Article 26

Services to help you to be independent. Making sure disabled people can lead an independent and healthy a life as possible and providing support in health, work, education and social services to help that happen.



Article 27

Having the same chances and rights at work as other people.



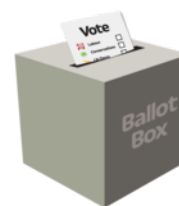
Article 28

Having an equal right to a good standard of living. This includes food, clothing, housing and clean water.



Article 29

Being involved in politics.



Article 30

Right to take part in sports and leisure.



Our Rights Our Voice is part of Learning Disability Wales' Valued Lives Project.

Bywyd Gwerthfawr

Valued Lives

