





# Supported Loving

Notes of FIRST meeting on  
15<sup>th</sup> February 2017



Supported Loving

	<p>Welcome and introductions</p> <p>Sally and Jackie welcomed everyone and we spent a little time thinking about what it is we get from the special relationships in our lives.</p>
 <p>Supported Loving</p>	<p>Why 'Supported Loving' and this network?</p> <p>Dr Claire Bates.</p> <p>Claire explained the concept of the Supported Loving campaign and how it aims to highlight the importance of good support for people with learning disabilities in the formation and maintenance of relationships.</p> <p>Supported Loving: <a href="http://www.choicesupport.org.uk/news/supported-loving-social-media-campaign-launched">http://www.choicesupport.org.uk/news/supported-loving-social-media-campaign-launched</a></p>
	<p>Sharing action 1:</p> <p>David and Adeline tell their story (Getta Life)</p> <p>The impossible is Possible We watched a hugely inspiring film shown by Getta Life (Coventry).</p> <p>The film tells some of the story of David and Adeline (who were present at the workshop) and their relationship. The film, with input from their support workers - who are just amazing - shows a glimpse into the lives of 2 people who would be considered as having complex needs and</p>

	<p>often not supported to have loving relationships, living as a loving couple thanks to the belief, insight and love of their family, their staff and the organisation as a whole.</p> <p>Getta Life: If you want to buy the film see the link here. We REALLY suggest you buy the powerful 'We've Gotta Life' book and film as well!</p> <p><a href="http://www.gettalifeonline.co.uk/resources.html">http://www.gettalifeonline.co.uk/resources.html</a></p>
	<p>Sharing action 2:</p> <p>Jack and Josephine (Choice Support)</p> <p>Pippa Gascoigne and Angela Playford gave a presentation about Josephine &amp; Jack and how these anatomically correct life size cloth people have been used in a range of settings to support people to explore sensitive issues using drama and role play around relationships and sexuality.</p> <p>Choice Support has a team of trainers and offer a range of workshops covering a variety of themes.</p> <p>For more information contact Pippa: <a href="mailto:Pippa.Gascoigne@choicesupport.org.uk">Pippa.Gascoigne@choicesupport.org.uk</a></p>



### Sharing action 3:

Supporting women who experience domestic violence (Dr Michelle McCarthy, Tizard Centre)

Michelle spoke about the other side of relationships, the intensity and prevalence of women with learning disabilities who experience domestic violence & abuse.

She gave practical advice on what staff can do if a woman is in such a relationship or if staff suspects this could be a possibility.

You can see a list of Michelle's publications here:  
[https://www.kent.ac.uk/tizard/staff/acadstaff/michelle\\_mccarthy.html](https://www.kent.ac.uk/tizard/staff/acadstaff/michelle_mccarthy.html)





### Sharing action 4:

Thinking about love, emotions, relationships and sex (Paradigm)

Sally & Jackie presented the work that they had designed and facilitated in response to requests from self advocates at Brandon Trust (Billy from Brandon Trust was there). This was a project over 10 months and involved people with learning disabilities and their staff teams working together on a course all about relationships & sexuality.

Sally and Jackie explained how everyone developed throughout the course & how people found their voices to discuss very intimate things & to ask questions & to post challenges.

Sally also spoke about how as the course progressed they searched for more relevant and realistic images and resources to help to explain intimate things to people which

	<p>worked well and enabled people to ask more questions. Channel 4 Sex Education and the 'Guide to getting it on' clips were used to show realistic images and frank honest information, which was suitable and relevant for the individuals.</p> <p>Here are the links to the clips:</p> <p><a href="https://vimeo.com/128690941">https://vimeo.com/128690941</a></p> <p><a href="https://www.youtube.com/watch?v=vJ5fMKCyt1A">https://www.youtube.com/watch?v=vJ5fMKCyt1A</a></p> <p>For info about Paradigm see:</p> <p><a href="http://www.paradigm-uk.org">www.paradigm-uk.org</a></p> <p>To see Paradigm's films on You Tube see:</p> <p><a href="https://www.youtube.com/channel/UClyuFXtfnVvc t0TGukBuxHg">https://www.youtube.com/channel/UClyuFXtfnVvc t0TGukBuxHg</a></p>
	<p>Right at the end, Angela read a poem she had written to her boyfriend, which summed up the workshop perfectly.</p>
<p>What next?</p> 	<ul style="list-style-type: none"> <li>• People agreed that they would definitely like to keep meeting. We agreed we would meet every three months.</li> <li>• People were asked if they thought having regional/UK wide meetings on the same day would be good. People said yes so we will link with colleagues in Wales, Scotland and Yorkshire about having Supported Loving Networks in their countries/regions on the same day as the South meeting. We can then connect via computer for some of the workshops</li> <li>• People thought to way the workshop was</li> </ul>

	<p>designed today worked well. One suggestion is that one of the four presentation slots will be an 'experiential' learning slot. So a member would actually facilitate part of a session they offer for the group.</p> <ul style="list-style-type: none"> <li>• PLEASE can people get in touch with Claire or Sally if they would like to present at the next workshop</li> <li>• PLEASE can people let us know if they have a venue in the South/Midlands where we could host a meeting for free? Thanks to Getta Life for offering their space in Coventry.</li> <li>• Finally.... people were asked to think of how we could raise funds to support this network. Neither Choice nor Paradigm has funds BUT we want to get on with the network and then worry about the money!!!!</li> </ul>
Date of next meeting.	<p>Date: May 31<sup>st</sup> 2017</p> <p>Time: 11 – 3.30pm</p> <p>Venue: Queen Alexandra College, Court Oak Road, Harborne, Birmingham.</p>

Finally: Here is the word cloud created from the words people used to describe the feeling we get different relationships from the range of relationships in our lives. [See you next time!](#)

