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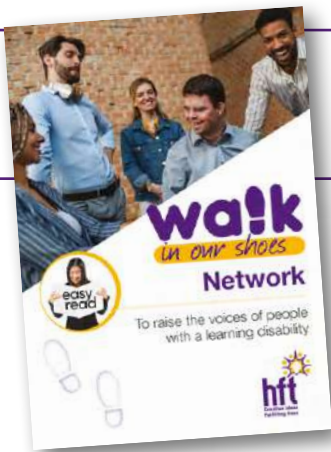
in our shoes

Network



To raise the voices of people
with a learning disability





The booklet tells you about:

walk
in our shoes ?



Part 1

- What the **Walk in Our Shoes Network** is

walk
in our shoes



Part 2

- What **Walk in Our Shoes Champions** can get involved with

walk
in our shoes



Part 3

- How you can be a **Walk in Our Shoes Champion**



Part 1-What the Walk in Our Shoes Network is:

walk
in our shoes



The **Walk in Our Shoes Network** is a group of people with learning disabilities and those who support them.

hft
Creative ideas
Fulfilling lives



The **Walk in Our Shoes Network** helps Hft listen to what people with a learning disability think.

hft
Creative ideas
Fulfilling lives

4



Hft **campaigns** on four important issues that people with learning disabilities told us were important.

✗ → ✓



Campaigning means asking for things to change to make things better.



The four issues are:



Social Care

1. Social Care

Social care means the support some people with a learning disability get to live their life.



The World of Work

2. Housing

This is where people live.



Housing

3. Employment

Employment means having a job.



Attitudes

4. Attitudes

This is about what people think about people with a learning disability.



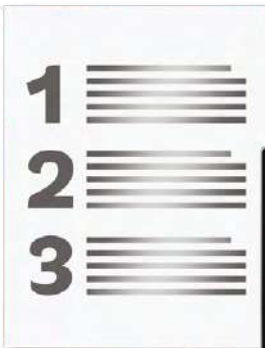


These issues are part of **Voices for Our Future**. Find out more in an easy read format by [clicking here](#).

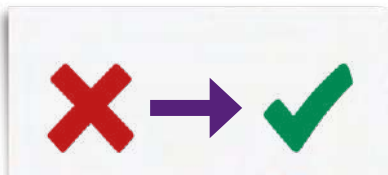
walk
in our shoes



Walk in Our Shoes Champions are the people who make up the Walk in Our Shoes Network.



They will get an e-mail newsletter where they are told about different ways to get involved with **campaigns**.



Getting involved helps Hft to change things to be better for people with learning disabilities.



Part 2-What Walk in Our Shoes Champions can get involved with:



Walk in Our Shoes Champions can be involved as much or as little as they want to be.

If you sign up to be a **Walk in Our Shoes Champion**, the email newsletter would tell you about opportunities.

You could:

1. Talk in focus groups

A **focus group** is a meeting where people tell us their opinion on an issue.

2. Complete short surveys

A **survey** is a form that asks you what you think about something.





3. Tell your story to people who work:

- At newspapers
- On the TV
- On the radio



4. Speak to politicians

Members of parliament are **politicians**.



A **politician** is an ordinary person who has decided that they want to help to run the country.



We can help you to do these things.



Part 3-How you can be a Walk in Our Shoes Champion:



If you would like to be sent the Walk in our Shoes newsletter:



You can fill out this form from Hft's website by **clicking here**.



You may want to ask for support doing this.



If you have any questions please email:
WalkinOurShoesNetwork@hft.org.uk

