



Extract from our Manifesto about Connection and Belonging



Our lives are better when we focus on each other's strengths, abilities and gifts

We recognise inclusive living when

- ✓ We are known for what we contribute to our family, school/work, society
- ✓ Our interests and gifts are applauded and promoted
- ✓ Our will, preference and wishes are the starting point of all conversations

Inclusive living is strengthened when

- Everything starts with us, where we are at and how we define our needs and aspirations
- The focus is on what we are good at
- We have the support we need to get on with life

Inclusive living is weakened when

- The control lies with those around us and not with us
- There is an over emphasis on our weaknesses
- There is an over - focus on experts and risk and not on understanding the essence of who we are

**Extract from our Manifesto
about Connection and
Belonging**



Strong personal relationships, connections and networks give us a sense of belonging and safety

We recognise inclusive living when

- ✓ We are in real relationships, knowing and understanding each other
- ✓ We are sharing our time, interest and support with each other
- ✓ We spend our time in ordinary spaces and places with ordinary people.
- ✓ During a life time we share our lives, strengths and vulnerabilities together

Inclusive living is strengthened when

- We open our hearts, minds and curiosity to each other within our communities
- We are in real, mutually respectful relationships with those we choose
- We value and protect the positive relationships in place
- We intentionally seek out and nurture as many positives as we can

Inclusive living is weakened when

- We are separated, segregated and removed from our communities
- We are not offered opportunities and support to be included, engage and contribute in positive ways to our communities
- We are not allowed and supported to offer our individual strengths to others within our communities
- We are defined by deficits and support arrangements rather than by our personhood. All the focus is on what is wrong, what's missing in terms of capacity and supports