



Date: 3rd, 4th & 5th February 2013

Venue: Ribby Hall, Kirkham, Nr. Blackpool

For several years a small group of highly committed people have been organising the inclusion conference in England which celebrates the skills and gifts of everyone. This year as money gets tighter we know we are going to have to stick together and consider the many different ways we can enable people to get a good life. Join us in thinking through and experiencing the real wealth of our communities by coming along to the inclusive community experience.

This three day experience will focus on building and being part of a real community. You will be invited to take part in a whole host of workshops, learn from others who know how to build community and how to build your own real wealth so you too can contribute your own skills and gifts. This definitely won't be

typical of the traditional sort of conference you may have gone to in the past. We don't profess to have any big names or super stars but together we will be the ALL STAR experience. It will be about being part of a movement built on the foundation of friendships and relationships and that together we are better.



£135 per person This includes 2 nights accommodation, workshops, entertainment and food.

For further information please email caroline@my-life.org.uk or call 01257 252288 or 07947 608 915.
Please leave a message if we are unable to take your call and we will get back to you.

Join us in some real exciting and fun workshops and experiences like:

- **Building communities from the inside out** – building on real life experiences of asset based community development with Cormac Russell of Nurture Developments.
- **Just Enough Support** – Here we will give you an opportunity to learn how providers have been working closely with the people they support to not only help to reduce cost but more importantly to achieve better outcomes for local people with Ruth Gorman of Imagine, Act and Succeed.
- **Local Area Co-ordination** and how it can work to encourage people to be part of their community and have more control over their lives with Ralph Broad.
- **Come Dine with Me** – a community that eats together, sticks together, be part of making real change happen around the kitchen table.
- **Personalisation Inside Out** – this will give a clear understanding how providers are working to create innovative, personalised services using individual service funds with Caroline Tomlinson and Michelle Livesley.
- **How to do more with more** – the most creative things happen when money is scarce, this workshop will explore the endless real life opportunities that have happened through positive thinking.
- **Moveable Feast** – a fantastic opportunity to experience music and dance and share your emotional commitment to making the world a better place.
- **The next BIG thing with personalisation** – hear it from the horse's mouth with In Control and TLAP coming along!!
- **Solutions Circles** – it's hard to move on when your stuck. There will be the opportunity to work with some of the best facilitators around to help you move on and achieve your goals.
- **Bake your own Support Plan** – back by popular demand, the opportunity to learn in a fun, inclusive way how self directed support and personal budgets really work in practice.
- **Our Community has talent** – a great opportunity to be coached and mentored to be part of the evening showcase and strut your stuff. If you have a gift on the stage don't be shy in bringing your showcase outfit!



- **Heart to Art** – This year we are holding a supersized art workshop which will create the back drop for the talent night – everyone has a role to play.
- **How successful do you really want to be?** – looking at who we are, what we are good at and what we want to achieve, this life coaching session will enable you to create your own pathway to success.
- **Personalised Patchwork** – this is the opportunity to build on last year's fun and create and extend our inclusive quilt.
- **Circle Time** – everyone can have a strong network of support around them, but how do you do it? This workshop will give you the nuts and bolts to creating a sustainable life for a lifetime of an individual.
- **Ready, steady, cook** – so you like the TV programme, this will give you a real chance to be part of making some basic ingredients into a fantastic dish.
- **.....and of course all of those individual, inspirational stories that give us the energy to keep moving for a better world.**



The event will be hosted in an inclusive community where you will be supported to cook, eat, live, learn and laugh together. We will do some serious community building by day and will have some great entertainment by night. The model we create will give us all some real skills and gifts to take back home and contribute in our real communities.

We welcome everyone to attend – individuals, personal assistants, support workers, team managers, community workers, directors, teams of staff, CEO's etc.. It will be the best way to kick start your new year in making real personalised support happen.

This year we hope to have a very small amount of subsidised places for people who are unable to attend because of hardship. For further information please contact caroline@my-life.org.uk for further information.

The event may be cheap in ££££££££££'s but will be rich in experience.

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Booking Form

Date: 3rd, 4th & 5th February 2013

The conference is being held in the main conference facility and we are using accessible workshop rooms. The accommodation is in 3 bedroom cottages which the majority of can be made accessible by using ramps. However you will need to state your access requirements so that we can do the best we can in making your experience the best for you. For more information about the accommodation please look at www.ribbonhall.co.uk and look up both the Ruby and Poppy cottages. To keep the costs down we expect people to share the bedrooms, there are 2 twin beds and 1 x double bed, so please help us to get the accommodation right by informing us who is in what cottage. The food will be supplied and you will be expected to cook and share with others – we will need to know any special dietary requirements in advance, so please be sure to tell us.

Name (lead person): _____

Address: _____

_____ Post Code: _____

Telephone No: _____

Mobile No: _____

Email Address: _____

Best time to contact you: _____

Your Completed Booking Form needs to be returned to:

My Life Social Enterprise CiC, 1 The Vale, Appley Bridge Wigan, WN6 9HD

Please enclose a cheque for the full amount (£135 per person) made payable to My Life Social Enterprise CiC.

OR Pay by BACS to My Life Social Enterprise CiC, Lloyds TSB Sort Code: 30-62-62 Account Number: 16090760

OR Request an Invoice from My Life Social Enterprise at the above address or caroline@my-life.org.uk

OR Send a Purchase Order to the above address or caroline@my-life.org.uk

PLEASE MARK YOUR ENVELOPE 'ICE CONFERENCE'.

Who are you booking for –we need actual names of people and any special requirements they may have including access requirements for example: level access into the accommodation, dietary requirements and any allergies.

I would like to book for ____ people.

Their names are: _____

1 _____

Any special requirements _____

2 _____

Any special requirements _____

3 _____

Any special requirements _____

4 _____

Any special requirements _____

5 _____

Any special requirements _____

6 _____

Any special requirements _____

Details of Bookings:

- All bookings should be made and paid for in advance before the 10th of December 2012. This is so we can secure your booking and guarantee you a place (we had a waiting list of 150 people last year).
- Once you have booked you will receive a pack of information two weeks before the conference with all the details of your booking and all about the conference.
- Cancellations – All Cancellations made prior to 10th December 2012 will be fully refunded, cancellations made from 10th December until 31st December will receive 50% refund. Any cancellations made after 1st January 2013 will receive no refund, however we will accept a change of name.

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