



CREATING TOGETHERNESS

EASTBOURNE : 30TH MARCH 2009
HASTINGS : 24TH APRIL 2009



CREATING TOGETHERNESS

How To Make 'Valuing People' Real...Right Now!

Without Togetherness there is Separation. The ideas in 'Valuing People Now' are not new and yet many people with learning disabilities are still not living life on their own terms.

At this event we will share our vision to CREATE TOGETHERNESS. We will explore the foundations of meaningful, equal and valuing relationships and will share practical tips and strategies for creating the conditions where all are respected and included and live a passionate life with people they trust.

This is not a traditional conference with speakers and workshops...prepare to be challenged and inspired!

This event will be inclusive and creative.



This event will be led by Andy Bradley, the Director of Frameworks 4 Change. Andy speaks from experience with a passion and commitment which enables people to consider the real challenges in supporting people to *live life their way*

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lasting changes ... building equality

At this event participants will experience:-

- The value of creating real and lasting *Connections*
- The importance of standing alongside each other in *Solidarity*
- The central part *Compassion* has to play in developing brilliant lives
- The cultivation of *Presence* and its value in giving fantastic support
- The energy of living a *Passionate* life with people you trust
- Ways of planning and thinking to **CREATE TOGETHERNESS**

Venues:

30th March 2009 - York House Hotel,
Eastbourne

24th April 2009 - Royal Victoria Hotel, Hastings

Please note: there are 5 free places at each event for carers or people with learning disabilities. Please contact us to enquire about these free places

Date and Time

30th March 2009
10am - 4.15pm

24th April 2009
10am - 4.15pm

PROGRAMME for the event

10.00	Arrive and get comfortable
10.30	Welcome and Introductions - how the event works
10.40	Starting point for the event - from Separation to Togetherness - Mandy's Story
10.50	Connecting and discussing Building <i>Connections</i>
11.30	Equality in relationships - experiencing and discussing <i>Solidarity</i>
12.15	A <i>Passion</i> picnic for lunch
1pm	Discussing <i>Passions</i>
1.30	Cultivating <i>Compassion</i> - Discussing the value of non judgement
2.15	<i>Presence</i> and mindfulness
2.45	Mindful tea break
3.10	Inspired by and Struggling with boards
3.30	Whole group discussion
4pm	Being Together and staying connected and farewell

WHAT IS THE COST? **£130 plus VAT**

How to book: call 01273 204932

or email admin.frameworks@ntlworld.com