

LEARNING DISABILITY

The Henry Smith Charity founded in 1628



Open Advocacy Meeting Report Relationships

Who was at the meeting?

In total, **42** people came to the open advocacy meeting.

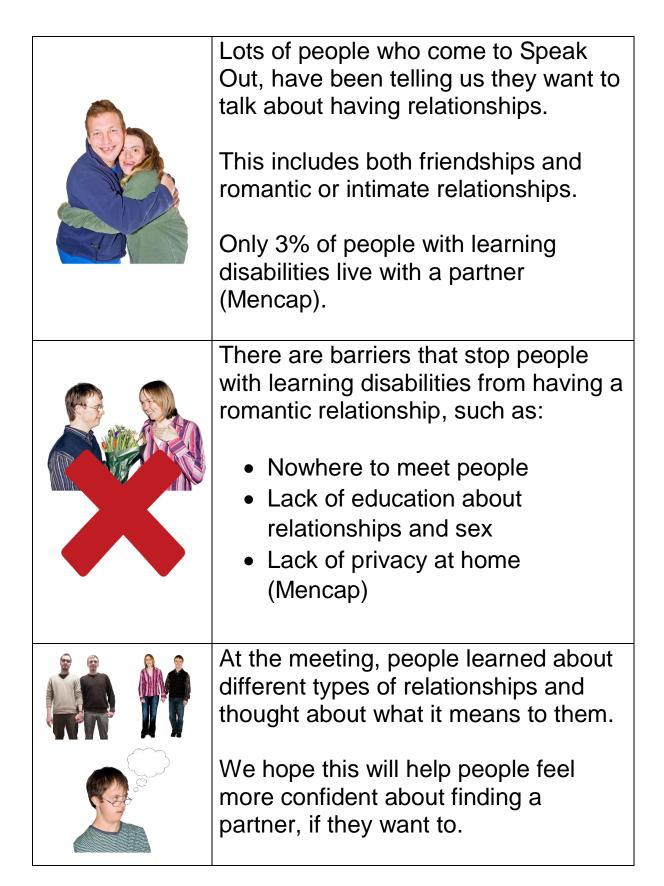
This included:

- 23 people with a learning disability, including 5 members of the steering group
- 4 Speak Out staff
- 4 Speak Out volunteers
- 2 guests from other organisations
- 4 Brighton & Hove Councillors
- 5 supporters/carers

The meeting took place at the Brighthelm Centre, Brighton on Friday 8th March 2024.



Why did we talk about relationships?



What happened at the meeting?

Morning Session

	Gordon welcomed everyone to the meeting.
<image/>	Councillor Leslie Pumm opened the meeting with a speech. He spoke about his own journey as a gay man. Cllr. Pumm encouraged everyone to be proud of who they are!
	Danielle, Kirsty & Robert ran a workshop about relationships & friendships . We learned about:

	 The differences between
	friendships and intimate /
	sexual relationships
	 Setting boundaries
	 Healthy and toxic
	relationships
	 Dating
	 Marriage
	 Consent
	We had a group discussion
	about romantic relationships
	during the workshop.
	Then people told us what they
	had talked about.
	The first question was:
	What does falling in love mean to
R. B. A.	you?
	People said:
	Getting to know each other well.
	Wanting to see each other a lot.
	Caring for each other.



Feeling happy & excited.
Common interests.
Doing things together.
Helping each other.
Listening to each other.

The second question was:

What is a sexual relationship to you?

People said:

Being intimate with someone.

Being ready.

Private.

Meeting each other's needs.

Mutual fun.

Kissing and hugging.

The third question was:

What would your dating rules be?

People said:

No cheating.

Trust & respect.





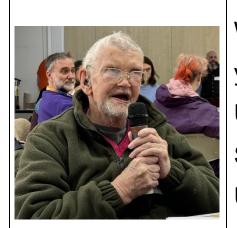
No Tories. Honest communication. Mutual morals/human rights. Not controlling. Separate bank accounts. Compromise.

There was also a **group discussion** about friendships.

The first question was: What does a good friendship look like to you? People said: Trustworthy & reliable. There for you and cares. Common interests. Loyal & honest. Sharing feeling together. Feeling safe.

The second question was:







What do you think a toxic friendship looks like? **People said:** Talking down to you. Won't help you & don't care about your feelings. Unreliable. Smothers you. Untrustworthy & lies to you. Makes you feel bad. Gaslighting. Controlling. Abusive. Judgemental.

The third question was:

What could you do if a friend treats you badly?

People said:

Tell someone you can trust. Stand up to them – you can get someone to come with you. Stop seeing them.



After the workshop, a relationship therapist answered our questions about relationships.

People were able to talk about their worries and problems.

They got advice that helped them work out how to manage their relationship problems.

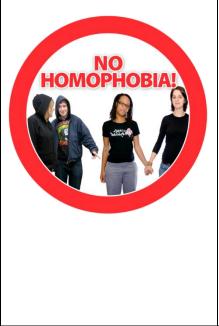
Afternoon Session



Gordon welcomed everyone back to the meeting after lunch.

Nathaniel & Isis ran a workshop about LGBTQ+ relationships.





We learned about:

- What LGBTQ+ stands for
- History of homophobia and gay rights in the UK
- Where LGBTQ+ people can get support with relationships

We did some **activities** during the workshop.

First, people were asked to think about how many LGBTQ+ people they knew.



Lots of people said they have family and friends who identify under the LGBTQ+ umbrella.

After that, people were asked what they like about being the gender they identify as.

People who identify as female said:

Wearing jewellery.

The curves of my body.

Playing in a women's sports team.

Wearing make-up.

Painting my nails.

Wearing flowy skirts and dresses.

Being part of the sisterhood.

Pink, fluffy slippers.

My hair.

Playing football.

Having periods.



People who identify as male said: Having a beard. Not worrying about pregnancy.
Gordon gave a closing speech at the end of the meeting.

If you would like to find out more about Speak Out, please get in touch!



Tel: 01273 421 921

