



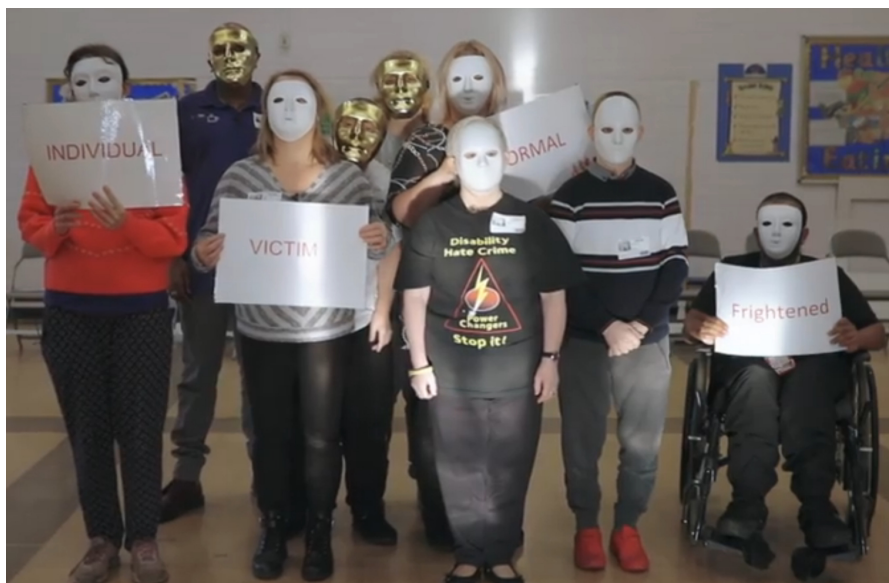
REAL FRIENDS

INFORMATION AND
RESOURCES PACK



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Who We Are: **Leep1**

Leep1 stands for Leeds People First.

People First is about putting the individual first rather than their condition, "people with disabilities" rather than "disabled people"

People First groups started in America in 1988, since then lots of People First groups have started in Britain. They enable people with a learning disability to speak up for themselves and their own ideas and interests.

This is called Self Advocacy.

Leep 1 is the People First group in Leeds, enabling people with disabilities to have fulfilling lives with safe, meaningful and enjoyable activities.

At Leep1 we help to develop social, health and educational skills.

For example, **Café Leep** is a community space where adults with learning disabilities prepare, cook and serve food. They are trained to NVQ standard in Food Safety. The cafe opened in summer 2015, at Unity Business Centre, Leeds 7, and it is going from strength to strength. Pop in for a brew and a butty if you're in the area ... we'd love for you to visit our lovely café.



Who We Are: **Bright Sparks Theatre Arts**

Bright Sparks Theatre Arts was founded in 2013 by John Hudson and Marc Walton, both with over twenty years in professional theatre.

Since forming they have delivered projects in partnership with LEEP1, Aspire CBS and Leeds Institute of Medical Education, amongst others.

Through “play” we encourage interaction that cultivate a creative and playful environment, in which every person involved is encouraged to participate and contribute equally. Many of the activities feature group devised work, where the content of the drama is decided by the group.

***In order to achieve this, the participants must negotiate;
and in order to negotiate, they need to communicate.***

We also invite students to join in our drama workshops, as a way to help improve understanding and to have shared fun together.

A FEW NOTES ABOUT THE PACK

Please read the resource pack to familiarise yourself with the themes of the project prior to the performance.

We have designed this pack under the supervision of a year 6 teacher, so that the whole project is fun, thought-provoking and relevant for your students; whilst not adding too much to your already significant workload!

If possible we would like you to discuss the themes with your class in advance, so they are prepared for the show and have some background knowledge about the group of actors they are about to meet. There are preparatory exercises and online links for this purpose. We sincerely hope that you find them useful. Discussion based on these resources with your class should take place before and after our visit; which should maximise the impact of the project, as well as giving teachers and students a chance to further examine the topics creatively in their own way.

In our experience most young people who have contact with people with Learning Disabilities are very supportive and understanding, but there are instances in which their responses might seem inappropriate. It's not their fault. As adults we tend to forget our first time encounters and experiences because we don't have them as much in our later life! So as much as we want to uphold the dignity of the people with Learning Disabilities, we also want your the staff and students involved to feel comfortable too.

If you do create any follow-up work we'd love to see it. Please email scanned text/images to manager@leep1.co.uk and brightsparkstheatre@gmail.com

Preparatory Exercises

(to be shown on smart board)

Every Picture Tells a Story

Every picture tells a story; but does every picture tell the full story?
That will be for the class/you to decide.

Look at this picture and tell us what's going on.



Sure, it's a man with a mask in front of his face. Look closer though, what's the expression on the mask and what's the expression on the man's face? Often in life we wear masks, not in a literal sense, we don't go around masks over our faces ... we would get arrested! However we do mask our emotions so as not to expose ourselves. If we are feeling vulnerable, sad, upset, scared or intimidated; we may try to conceal these feelings and try to 'mask' our emotions.

Think about the phrase, "putting a brave face", what does that mean?

Preparatory Exercises

(to be shown on smart board)

Every Picture Tells a Story

Just as we can put a mask on, sometimes masks are kind of forced on us.
Look at this picture, who is it and what can you tell us about him?



Sure that's Stephen Hawking, and we all know he is one of the cleverest people ever to live but if you look at him, from a purely physical point of view would you think that? In a way he has had a physical “mask”, forced on him through his condition which has caused a physical and vocal disabilities, but because we all know “Hey that's Stephen Hawking a real super brain”, you are willing to look past his appearance, to see through the mask of his condition and you don't judge him or his abilities on it?

What is strength?

(This open ended question can be just asked to the class)

There are many different types of strength, there is strength in the literal sense of the word, there is strength of character, and there is strength through adversity and the list could go on...

Look at these pictures and ask “does every picture tell a story?”

What kinds of strength are these people displaying?

When you see this what image do you think?

Is this guy strong? Why?



That's Eddie 'the beast' Hall who just won The World's Strongest Man. You don't get a nick name like 'beast' without being strong. But when he won the competition he cried.

Hang on 'beasts' don't cry! Well they do if they are masking something. His grandmother passed away and he promised her he would win, so even though he was happy he won he was also feeling vulnerable and sad about the loss of a person he loved. So all the way through the completion there was something else going on in for him emotionally inside, underneath his mask.

FOLLOW UP WORK AND REFLECTIVE EXCERSISES FOR THE CLASSROOM

Open questions to be asked to the class.

Think of one thing you really liked about the production and workshop?

Is there anything thought provoking you will remember?

The following questions are to be put to the class to be written in the form of a personal text message or letter.

Message A: Imagine you have seen your best friend taking advantage of someone at school you know who is vulnerable. The person your friend is targeting is having trouble fitting in; they struggle with reading and sometimes don't quite get things as quickly as everyone else. They are pretty quiet and like to keep themselves to themselves, they don't have many friends in the playground.

You know your friend is having a tough time as well. Things are not great at home for them at the moment and even though they are putting a brave face on things you have noticed a difference in their attitude. They already have lots of friends and it seems odd they are now trying to include this new person in things. Your friend often makes jokes and it seems to be at the other person's expense, and you are concerned that he/she doesn't understand what people are laughing about.

The other day you saw your friend borrowing money off of them to go to the shops and you feel it's not right. You want to say something but it never seems like the right time at school so you are hoping this will help unravel the issue.

Message B: Have you or anyone you know ever felt like this? Imagine sometimes you find it hard to make yourself understood at school. When you say things it sometimes seems to come out of your mouth in a way you don't want and your class mates look at you as if you are stupid and laugh; this makes you really angry. Sometimes you cannot control this anger and it erupts out of you like a volcano blowing its top. This makes you feel isolated and lonely at times. You feel as though sometimes you see the world a little bit differently to your class mates and what you really want is just to be accepted. You just want to let them know how you feel.

This can be done in class time or be offered as a piece of extracurricular work.

Create a poster about what you have seen today; making people aware of mate hate crimes.

If you do create any follow-up work we'd love to see it. Please email scanned text/images to manager@leep1.co.uk and brightsparkstheatre@gmail.com

Useful links

VIDEOS

LEEP1 - Mate Crime interviews

<https://www.youtube.com/watch?v=BUMW60AUyPU>

LEEP1 - YouTube Channel

<https://www.youtube.com/watch?v=ubpy-itjApM>

Bright Sparks Theatre Arts VIMEO page

<https://vimeo.com/brightsparkstheatre>

ORGANISATIONS WEBSITES + ADDITIONAL INFORMATION

<http://advonet.org.uk/leeds-people-first/>

<http://www.leep1.co.uk/>

<http://www.through-the-maze.org.uk/>

<http://arcuk.org.uk/safetynet/examples-of-mate-crime/>

<http://arcuk.org.uk/safetynet/files/2012/08/Friend-or-Fake-Booklet.pdf>

<https://www.mencap.org.uk/advice-and-support/bullying/mate-and-hate-crime>

EASYREAD HATE CRIME REPORTING FORMS

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/97850/easy-read-hate-crime-action-plan.pdf

[http://report-it.org.uk/files/report it form secure.pdf](http://report-it.org.uk/files/report%20it%20form%20secure.pdf)

STOP HATE UK


0800 138 1625
24 HOUR HELP LINE[©]

<https://www.stophateuk.org/talk-to-us/>



What is mate crime?

Mate crime is when someone says they are your friend, but they do things that take advantage of you, like asking you for money. A real friend does not need to be bought, and someone who takes your money, asks you to pay for lots of things, or makes you feel uncomfortable is not a true friend. If someone who says they are your friend bullies you, hurts you, steals from you or makes you do something you don't want to do, you should tell this to someone that you trust right away. Tell someone even if it feels difficult.

What is hate crime?

Hate crime is when someone does something to hurt someone because of who they are - for example because of their race, sexuality or disability. If someone is mean to you because of any of these things, you should tell someone you trust straight away.