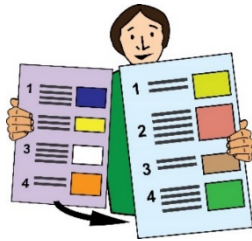


Supporting Each Other Equals Power!

How the project worked



This summary explains how the project worked. Other summaries explain what we did.

About Supporting Each Other Equals Power!



Supporting Each Other Equals Power! was a **partnership** between three different groups.

Partnership: this means when two or more groups work together for the same aims.

These groups were part of the partnership:

- **The Social Care Institute for Excellence**



social care
institute for excellence

The Social Care Institute for Excellence: this is an organisation that aims to make people's lives better. They aim to do this by sharing information and evidence about what works in social care and social work.



- **People First Self Advocacy**

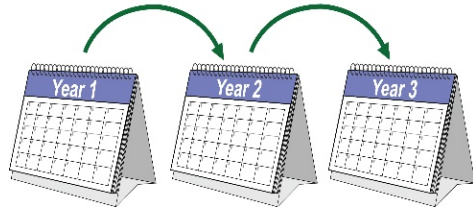
People First Self Advocacy: this is an organisation run by and for people with learning difficulties. The organisation aims to speak up and push for the rights of people with learning difficulties. They also aim to support self-advocacy groups across the country.

Self-advocacy: in this document, this means when people with learning difficulties stand up for and talk about their rights and the barriers they face.



- **Breaking Out of the Bubble**

Breaking Out of the Bubble: this is an organisation controlled by people with learning difficulties. They support clients with learning difficulties to mix with the rest of society, take control of their lives, be healthy and happy, and speak up for themselves.



The Supporting Each Other Equals Power! project got funding from the Big Lottery Fund for four years.

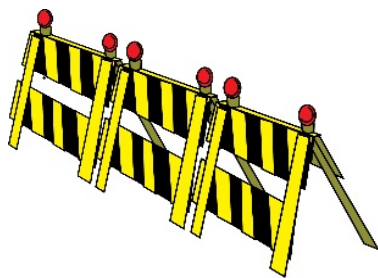
It started in January 2018 and ended in December 2021. The project happened in Lambeth in South London.



The aim of the project was to make sure people with learning difficulties have the power help each other. They must have power to help each other to:

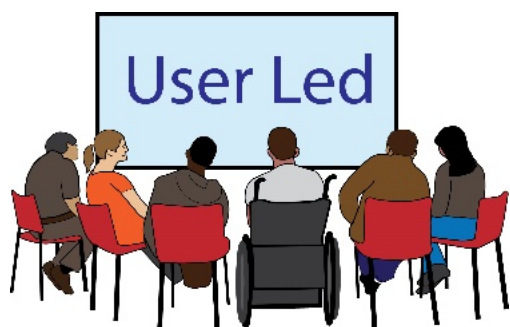


- Reach their goals and dreams.
- Find ways to stop feeling lonely or cut off from society.
- Break down **barriers** that stop people with learning difficulties from taking an equal part in society.



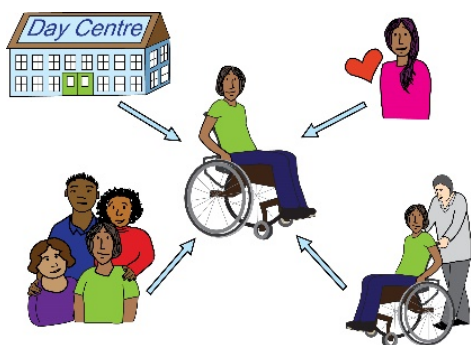
Barriers: here, this means anything that stops people with learning difficulties from living equal lives.

The Supporting Each Other Equals Power! Model



There were two very important things about the project:

1. The project was led and carried out by people with learning difficulties.
2. The project supported the whole person. It gave people social, emotional, and practical support.



The project was carried out using a co-production way of working

Co-production: here, this means that organisations are working together in an active way. They do this to make sure people with learning difficulties have the power to support each other.



People First Self Advocacy and Breaking Out of the Bubble are organisations that are run by people with learning difficulties.

Staff with learning difficulties from these organisations led and carried out the project.

The project had lots of **steering group** meetings. Here, the three groups talked and agreed what to do.

Steering group: this is a group that looks at what is most important for a project, what a project should be doing and pushing for.



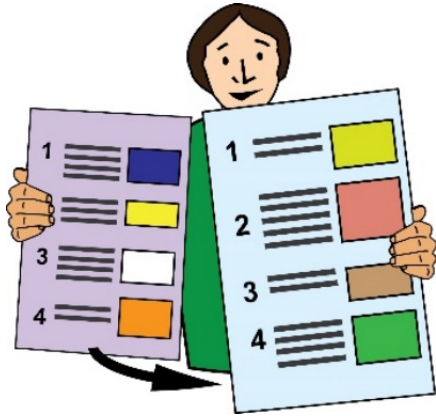
In this report, we call the staff members who carried out the project **peer supporters**. These staff members have learning difficulties.

Peer support: in this document, this means when people with learning difficulties use their own experiences to help each other.

Peer supporters: in this document, this means our staff members who have learning difficulties. In this project, they used their experiences to support other people with learning difficulties.



The people with learning difficulties that the project supported are called the **clients**.



Please read **Supporting Each Other Equals Power! – What we did Parts 1 and 2** to find out more about the project and what we have been doing to support people with learning difficulties.

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