

# Living a Good Life

In Camden, we have been talking about what people with learning disabilities in Camden want and need to live a good life

In early 2021, **Synergy**, the self-advocacy group for people with learning disabilities, told us that

- the thing they missed most during lockdown were their friends
- friendships and having a purpose in life are important to them and important for their health and wellbeing
- they want real choices and options when it comes to finding new and meaningful activities
- they want to do things with other people who have a learning disability, but also be supported to join mainstream activities, and be a **real part of the community**





We want all the people in Camden who provide activities to all work together to make sure there is a joined-up way of helping us to do all the things we want.

Real choices, real options, things that will really mean something to us in our lives.

Synergy, 2021



This is part of the **Synergy Manifesto** and is our call to action for the Living a Good Life project

We will do this project together with



- people with learning disabilities
- their parents and carers
- providers of activities

### Our ideas



Everyone should have a **person centred plan** to help them to have their voice heard and achieve their potential



These plans will be in **Wikis**, which are like personal websites, easy to use and update

A Wiki can be shared across services and is owned by the person whose plan it contains



We want to make sure people can grow and develop as far as they can and want to



We want to make it easier for people to take part in a big range of activities, where they can learn and grow and make new friends