

A MILLION HANDS

DISABILITY RESOURCE PACK

In partnership with



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THE A MILLION HANDS BIG MOMENT

Make a difference with Leonard Cheshire Disability

Become part of the movement to improve Disabled Access in your community

Every day, disabled people have difficulties with things like going shopping, visiting the cinema, using the bank and post office and even playing in their local playground because facilities and services haven't been designed or provided in an accessible way.

Your Cub Pack can make a difference for disabled people in your community. Your Pack will do access surveys and provide feedback to services and businesses about ways to improve access for disabled people.

In March 2017 we asked some of the Scout groups that signed up for A Million Hands to take part in Disabled Access Day by conducting access surveys. The response was wonderful and we had over 80 groups requesting our Access Pack. Scouts learned about good and bad access and were seen throughout the country taking action to improve the lives of disabled people in their community. In 2018 we would love even more groups to get involved. Leonard Cheshire Disability will provide you with an Access Pack containing a full activity guide, survey forms, template letters, and tips for businesses. Request an Access Pack from Scouts@leonardcheshire.org

Inspiration

The 17th South West Cheshire Cubs and Beavers spent a morning in Crewe town centre visiting their town hall, leisure centre, bus station, police station, indoor market, and an array of different shops. Group Scout Leader Liz Hough, who is a mobility scooter user, said 'I am sure that some of the children had no idea of what they had signed up for when they first arrived to take part, but by the end of the two-hour session, they were all scrutinising every shop doorway and looking for drop down kerbs! We were very proud of our Cubs and Beavers and we just hope that maybe, somewhere, we will have been able to make a difference.'

OR

Make a difference with Guide Dogs

Every hour someone in the UK goes blind. Your young people can help support them

From reducing social isolation to removing barriers to participate in society, through A Million Hands young people could improve the lives of people with vision impairment within the UK.

Alongside people with sight loss, Guide Dogs campaign for rights that many sighted people take for granted. Their Streets Ahead campaign aims to tackle the obstacles that people who are blind or partially sighted often find on the UK's streets.

Scouts of all ages can make a difference by supporting this campaign through A Million Hands. Your Pack can get involved by identifying the issues and challenges that people with vision impairments face in your community. For your National Moment of Action, carry out Street Clutter Bingo, hold a 'Safer Street Party' and organise activities that bring people together to share with others what you've learned. You can then use the information to successfully change the landscape for those with sight loss both in your own communities, and nationally. Perhaps you could invite people with sight loss to your event, as well as nearby residents, local business people, the council, media, and (don't forget) Guide Dogs' local campaigners.

CALENDAR

Leonard Cheshire Disability (pages 5-9)

September 2017	October 2017	November 2017	December 2017	January 2018	February 2018
Understand the Issue	Understand the Issue	Plan Action			
Leonard Cheshire Disability Centenary Party	Leonard Cheshire Disability Centenary Party	Inclusion survey on your meeting place for Anti-Bullying Week: 13-17 November			
March 2018	April 2018	May 2018	June 2018	July 2018	August 2018
Take Action		Learn and Do More	Tell the World		
The Big Moment: Community Access Surveys		Become an Inclusion Star in preparation for Volunteers' Week: 1-7 June	Inclusion Star Celebration Event		

Guide Dogs (pages 10-14)

September 2017	October 2017	November 2017	December 2017	January 2018	February 2018
Understand the Issue	Understand the Issue	Understand the Issue	Plan Action	Plan Action	Plan Action
Request a speaker from Guide Dogs and do the Getting from A to B activity with your Pack	Request a speaker from Guide Dogs and do the Getting from A to B activity with your Pack	Request a speaker from Guide Dogs and do the Getting from A to B activity with your Pack	Street Clutter Bingo and prepare for your Safer Street Party	Street Clutter Bingo and prepare for your Safer Street Party	Street Clutter Bingo and prepare for your Safer Street Party
March 2018	April 2018	May 2018	June 2018	July 2018	August 2018
Take Action	Take Action	Take Action	Learn and Do More	Tell the World	Tell the World
Time for your Safer Street Party	Time for your Safer Street Party	Time for your Safer Street Party	Reflect on your Safer Street Party	Share quotes, findings, photographs and video from your Safer Street Party	Share quotes, findings, photographs and video from your Safer Street Party

UNDERSTAND THE ISSUE

With Leonard Cheshire Disability

Leonard Cheshire Disability Centenary Party

Overview: Hold a party to celebrate Leonard Cheshire's 100th birthday and gain a better understanding of disability and inclusion. His birthday was 7 September but you can hold your party at any time.

Outcome: Cubs will gain a better understanding of disability and how to include everyone through inclusive activities and games.

Time: 20 minutes for preparation and planning; 30-60 minutes for the party

Materials provided: Leonard Cheshire Disability Centenary Party Pack which contains information on planning your party, a short story about Leonard Cheshire, suggested games, a pack of balloons and a pack of supporting Leonard Cheshire wrist bands. Email Scouts@leonardcheshire.org with your postal address to request a pack.

Other optional equipment: Party food, extra decorations, cakes/biscuits for a cake stall

Linked badges:



Activity instructions:

1. Before the party speak to your Pack about what games and food they would like to include in the party. You could arrange for them each to bring an item to share.
2. Set up and decorate the room with the balloons and any other decorations with the Cubs. Consider asking Sixers to lead on this to help them develop their leadership skills.
3. Once ready start the party with the short story about Leonard Cheshire, who was born 100 years ago.
4. Play some of the inclusive party games from the pack. Games could include:
 - a. Reverse musical chairs
 - b. Invisible clay
 - c. The tight hands game
 - d. A 100 for 100 challenge, which you could do as a group: leonardcheshire.org/get-involved/fundraise-for-us/100-for-100
 - e. Sign 'Happy Birthday to you' in Makaton. You will find lots of videos on YouTube, for example: youtube.com/watch?v=44gh9UJGQ50
 - f. Sign the Scout promise in Makaton: scouts.org.uk/news/2016/09/promise-posters/
 - g. Or you could adapt one of your favourite activities so that it is more inclusive for disabled young people

PLAN ACTION

With Leonard Cheshire Disability

Access and Inclusion Survey – in your meeting place

Overview: This activity is a great way to introduce your Pack to access surveys and to find out how accessible and inclusive your own meeting place is for disabled young people. Research has indicated that disabled primary school pupils are twice as likely to experience persistent bullying as their non-disabled peers. You could consider running this activity as part of Anti-Bullying Week (13-17 November 2017).

Outcome: Cubs will learn about the small changes that can be made to ensure that everyone can be included in Scouting – from gaining physical access to being met with welcoming attitudes. Your Pack will become more inclusive and will be ready to do access surveys in your community.

Time: 30 minutes

Equipment: Clipboards, pens, Scout Group Access and Inclusion Survey template (email Scouts@leonardcheshire.org to request one)

Linked badges:



Activity instructions:

1. Print out the Scout Group Access and Inclusion Survey and supporting documents. Email Scouts@leonardcheshire.org to request the Access and Inclusion Survey. You will also receive the short guide about reasonable adjustments.
1. Introduce the session to the Cubs by asking them if they know anyone who is disabled. Ask them if they know of anything that has been adapted to help them. Explain that not all conditions and impairments are visible, some are hidden and sometimes you cannot see if someone is disabled. It is important to make sure that everyone is treated fairly and that changes are made if needed to make sure that everyone can participate.
2. Ask the Cubs if they remember the centenary party and how these games were adjusted.
3. Read your Cubs the short guide about reasonable adjustments and the law (Equality Act).
4. Read each survey question to the Pack and where relevant take them to survey the area being discussed, such as the entrance or accessible toilet.
5. Fill in the survey form with as much detail as possible, including the comments/recommendations section.
6. Talk through the results, comments, and recommendations with the Pack.
7. If any changes need to be made, make an action plan as a Pack, noting any changes or improvements that need to be made. Remember to add deadlines and who is responsible.

TAKE ACTION

With Leonard Cheshire Disability

Access surveys in your community

Overview: Cubs will conduct access surveys in your wider community and feed back to businesses and services so that access is improved for disabled people.

Outcome: Disabled people in your community will experience improved access and Cubs will understand access and reasonable adjustments from the perspective of a range of conditions/impairments and considering a variety of situations.

Time: Approximately 2-3 hours including planning, doing the survey and feedback

Equipment: Clipboard, pen, cameras/smart phones (to show areas of poor access and to document your activity) and an Access Pack which includes a full activity description, a short guide about reasonable adjustments, access survey templates, reasonable adjustment tips for businesses, a template letter for good access and a template letter for bad access. Email Scouts@leonardcheshire.org to request an Access Pack

Linked badges



Activity instructions:

Every day, disabled people have difficulties with things like going shopping, visiting the cinema, using the bank and post office, and even playing in their local playground because facilities and services haven't been designed or provided in an accessible way. Whether you're a disabled person, a shopkeeper, an elected representative or an interested individual, we can all take action to improve access.

1. Recap with your Cubs what reasonable adjustments are and give some examples.
2. Decide what you would like to conduct an access survey on. It is helpful to speak to disabled people in your community to ask about anything they have access problems with. You could consider surveying transport, streets, shops and businesses, your school, sports and leisure venues, playgrounds, nearby canals and waterways.
3. Once you have decided what you would like to do your survey/s on, plan your survey/s. You can use the survey templates provided in the Access Pack or create your own.
4. Conduct your surveys in small groups. If possible, it is helpful to conduct the access survey with disabled people too. Remember to look out for things that make your community more accessible too! You could get your Cubs to keep a record of the number of obstacles versus the number of things that help to make it more accessible.
5. Feedback to businesses and services. Cubs should feedback what they noticed and write letters showing their findings and recommendations to send to the business/service. You can use the template letters as a guide. There is also a letter for those with good access. You can also send them the tips sheet to help them understand and make the changes. If it is a public service/facility, you can write to the council and you can also write to your MP.

LEARN AND DO MORE

With Leonard Cheshire Disability

I'm an Inclusion Star!

Overview: Cub will create Inclusion Star posters showing actions that they have taken, or will take, to improve the lives of disabled people. They can do a combination of individual actions and group actions. You could use this activity to celebrate your Pack's volunteering activities during Volunteers' Week (1-7 June).

Outcome: Cubs will consolidate their understanding of inclusion by celebrating and planning action/s that include disabled people in their lives and in the community. This will improve their understanding of disability equality.

Time: 30 minutes

Equipment: Pens, pencils, felt tips, Inclusion Star posters (email Scouts@leonardcheshire.org to request a poster template)

Linked badges



Activity instructions:

1. Print enough Inclusion Star posters for everyone.
2. Hand out the Inclusion Star posters for Cubs to write or draw a personal or group action that they have done which has improved the lives of disabled people. They can write and draw on the star and underneath the star. Make sure they put their name on their poster. Actions could include things like an access survey of their meeting place, any of the activities in the A Million Hands resource pack, activities completed as part of the Disability Awareness Activity Badge, or any other action they have taken to improve the lives of disabled people.
3. Ask the Cubs to add an action that they plan to take to improve the inclusion of disabled people. Give the Pack some example actions for the planned action, such as:
 - Be patient if someone is struggling to understand something
 - Tell someone about what you've learned about disability
 - Use respectful language when talking about disability
 - Include disabled young people in my games
 - Tell an adult if I see a disabled person being bullied
 - Sing campfire songs at a Leonard Cheshire Disability home or another local disability group
 - Join with another section and organise a joint inclusive event
4. Encourage Cubs to think of their own actions and come up with a timeframe in which to complete the actions.
5. If you can, display the Inclusion Star posters in your meeting place.
6. In the second half of the meeting you could invite family, friends, media, MPs, and local dignitaries to attend so that the Pack can talk about their Inclusion Star activities. See the Inclusion Star Celebration Event in the Tell the World section of this pack.

TELL THE WORLD

With Leonard Cheshire Disability

Inclusion Star Celebration Event

Overview: A presentation, event, or show to celebrate your Pack's Inclusion Star activities with the friends, family, MPs, and/or local dignitaries you invite. The Cubs will talk about and show some of the activities they have done to improve the lives of disabled people in their community. This activity could be held on the same day as 'I'm an Inclusion Star' and/or during Volunteers' Week (1-7 June).

Outcome: This activity helps Cubs to understand the impact of their actions and improves others' understanding of inclusion. It will help to spread the inclusion message more widely.

Time: 60 minutes preparation one month or more before the event; 30-minute event

Equipment: Completed Inclusion Star posters

We have a limited supply of wristbands. Please email us at Scouts@leonardcheshire.org with your postal address if you would like these for your Pack.

Linked badges



Activity instructions:

1. Before the event, decide as a Pack on the format of the event: will it be a presentation, a show or an exhibition?
2. Invite people from the community. This could include family, friends, media, MPs, and local dignitaries.
3. Plan and prepare the event. You could display the Inclusion Star posters, ask Cubs to speak about the inclusion activities they have done, display photos, put on a show, or anything else you can think of to celebrate your inclusion activities.
4. Take photographs of the Pack with their inclusion stars and share if you have a website, Facebook page and/or Twitter account. Remember to tag [@LeonardCheshire](#), [@UKScouting](#), [#AMillionHands](#), [#inclusionstars](#).

UNDERSTAND THE ISSUE

With Guide Dogs

Understanding sight loss and Getting from A to B activity

Invite a Guide Dogs speaker to your Pack to share their story. They could be a guide dog owner, another person who is blind or partially sighted, a volunteer or a staff member – this will depend on the availability of our speakers, as well as what your Pack hope to get out of the talk. Email speakers@guidedogs.org.uk to make your request.

Getting from A to B

Overview: An obstacle course activity to get Cub Scouts thinking about the difficulty of getting around when you have a disability.

Outcome: Cubs will get insight into how sight loss affects mobility and the ease of getting around. The aim is to make your Cubs more aware of the obstacles, hazards and barriers created in everyday life.

Time: 30 minutes

Equipment: Obstacle course equipment such as ropes, bags, chairs, blindfolds/mindfolds, beanbags

Linked badges:



Activity instructions:

1. Set up a simple obstacle course in your meeting place, using chairs, bags, beanbags and everyday objects to map a path. Ensure that none of the obstacles block emergency exits or create trip hazards for those not taking part in the activity. They should be placed far enough apart to ensure that there is enough room to walk past each one.
2. Working in pairs, one of the young people should wear a blindfold (they could use their scarf).
3. Ask the Cub Scout without the blindfold to navigate the blindfolded Cub around the course, without touching or guiding them. Ensure that instructions for the activity are communicated to everyone before starting the activity. For example, explain that the aim is to guide your partner through the obstacles. If the guide says stop, the person blindfolded must stop immediately and discuss the safest route to take. Blindfolds should be removed if the wearer feels uncomfortable, disorientated or dizzy.
4. Once they get to the end of the course, get the Cubs to discuss the difficulties they found in completing the course.
5. To end the discussion, get Cubs to consider applying these to everyday tasks, such as navigating around the house, getting to the wardrobe and choosing an outfit, getting to the bathroom and taking a shower or going to school.
6. This session was focused on sight loss, but you could also get Cubs thinking about how other disabled people would find this a challenge too.

PLAN ACTION

With Guide Dogs

Street Clutter Bingo

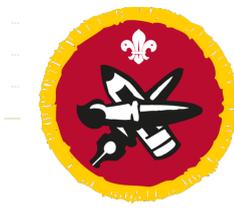
Overview: Everyone has the right to move freely along the street. Unfortunately, there are still many barriers that make this difficult for people who are blind or partially sighted. We want Cub Scouts to get involved by playing Street Clutter Bingo and raising awareness in their local area.

Outcome: Clear the streets from potential hazards. Street clutter will be identified, reported and hopefully removed.

Time: 30 minutes to an hour

Equipment: Paper, pens, Street Clutter Bingo templates and Top 10 Obstacles poster (downloadable from guidedogs.org.uk/scouts)

Linked badges



Activity instructions:

1. Explain that Guide Dogs' Streets Ahead campaign aims to tackle some of the most frequent barriers to accessible streets. Show these videos if possible: <https://www.youtube.com/watch?v=WddDN4kh0Y#action=share> or <https://www.youtube.com/watch?v=nLptJOIPGaw>.
2. Hand out the Street Clutter Bingo template and go through it to ensure that all Cubs understand it and use the 10 most common items of street clutter poster to help the Cubs to identify obstacles. You could invite someone who is blind or partially sighted to join you to complete your bingo activity.
3. Use a map to think about which streets you would like to survey with the Cubs and to create a route around. You could divide into groups to cover more ground (ensuring you stick to the ratios in POR).
4. Bring the groups back together to share their findings: What did they notice? What obstacles did they find?

Now you're ready to start planning your Safer Street Party!

Overview: A great way for your Cub Pack to share what they've learned from the Street Clutter Bingo is to hold a Safer Street Party in your meeting place, inviting local people (businesses, local community leaders, parents, people with sight loss and your local Guide Dogs representatives) to attend.

Activity instructions:

1. Explain to your Cub Scouts that you are going to have a party and invite local people to help us to make streets more accessible.
2. As a Pack, set the date and venue and draw up a guest list.
3. Design invitations. This could be done in Sixes.
4. Ask the Cubs to think about what they will display at the party? Posters, a video, photographs, bingo results? They could think about doing a short presentation in their Sixes.
5. Will you have any activities to illustrate the issues for people with a visual impairment? Could you invite a Guide Dogs speaker to tell their story?
6. Will you also use the opportunity to fundraise for Guide Dogs by asking for donations for tea and cakes?
7. Download the Safer Street Party pack from guidedogs.org.uk/scouts

TAKE ACTION

With Guide Dogs

Time for your Safer Street Party

Overview: An opportunity to share findings from your Street Clutter Bingo at a Safer Street Party.

Outcome: Cubs will enlist people locally to help make a difference to people with a visual impairment in the community. They could also use the opportunity to raise vital funds for Guide Dogs' life-changing services.

Time: 1 hour

Equipment: Posters, tables, drinks, cakes, donation box (depending on the party plans)

Linked badges



Activity instructions:

1. Support your Cubs to use the Safer Street Party pack (downloadable at guidedogs.org.uk/scouts) to host a tea party at your meeting place showcasing all of your findings from your Street Clutter Bingo. Use what you planned in the Plan your Action section to get across your message about making the community more accessible.
2. Get your Cubs to think about ways to continue to campaign around safer streets for people with a visual impairment after the event. Download Guide Dogs' Streets Ahead resources from guidedogs.org.uk/scouts to help you with the next steps and talk with your event attendees about how they can help.
3. Remember to pay in any fundraising from your event through the options listed in the Safer Street Party pack on guidedogs.org.uk/scouts.
4. Let Guide Dogs know how your event went and send a couple of photos to scouts@guidedogs.org.uk. The first 100 groups to tell Guide Dogs about their Safer Street Party will get a cuddly Guide Dogs mascot for the group. Remember to also log your actions through the A Million Hands website.

LEARN AND DO MORE

With Guide Dogs

Reflect on your Safer Street Party

Overview: A discussion around what was learned at the event and what else the Pack can do next to help local people with sight loss.

Outcome: The Cubs will see how they can continue to make a difference to local people with a visual impairment.

Time: 30 minutes

Equipment: None

Linked badges



Activity instructions:

1. Ask the Cubs to look at the pictures and information they found out at the party. What did they learn from the party? What did other people learn from the party?
2. Ask them if they asked people questions? Did people say that they would change their actions because of what they learned at the party?
3. Use the Guide Dogs campaigning resources to decide what your Cubs might do next? These can be downloaded at guidedogs.org.uk/scouts. Could you support them to write to local MPs about any of the issues raised? Are there any local neighbourhood actions that they could help with? Could you help them write an article for the local newspaper or share an article on social media?
4. If you have a County Media Development Manager, contact them and discuss how they can help you with local media work. Monitor the local news for any press coverage and record it. If you don't have a County Media Development Manager, please contact the Scout Media Team on 0845 300 1818 or communications@scouts.org.uk.

TELL THE WORLD

With Guide Dogs

What can you share from your Safer Street Party and Street Clutter surveys?

Overview: An opportunity for your Cubs to share their findings with the media (local press and social media).

Outcome: Cubs can make a difference to local people with a visual impairment by highlighting the issues they face and helping others to understand how they can help.

Time: 30 minutes

Equipment: Pens, paper, computer (if available)

Linked badges



Activity instructions:

1. Support your Cubs to create posters to show what people can do to reduce street clutter and display them in prominent areas such as your meeting place, community centres, schools, shops and local businesses (with permission from owners).
2. Gather quotes, findings, photographs and video footage from the Safer Street Party and share on the Scout Groups' web pages, Twitter and Facebook pages if you have them.
3. If you have a County Media Development Manager, contact them and discuss how they can help you with local media work. Monitor the local news for any press coverage and record it. If you don't have a County Media Development Manager, please contact the Scout Media Team on 0845 300 1818 or communications@scouts.org.uk.
4. As part of this, your County Media Development Manager can help the Pack with writing to the editor of your local paper telling them about the work you have been doing around street clutter and the issues it causes for people with sight loss and others including the elderly, other disabled people and people with pushchairs.
5. They could also add in details about the Safer Street Party they held and photos (make sure permission has been given to use the photos in such a way).