

# A MILLION HANDS

## DISABILITY RESOURCE

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

In March 2017 we asked some of the Scout Troops 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](mailto: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 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 Troop can get involved by identifying the issues and challenges that people with vision impairments face in your community through activities such as Street Clutter Bingo. For your National Moment of Action you can 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. You may like to 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
<b>Understand the Issue</b>  Leonard Cheshire Disability Centenary Quiz	<b>Understand the Issue</b>  Leonard Cheshire Disability Centenary Quiz	<b>Plan Action</b>  Inclusion survey on your Scout Group for Anti-Bullying Week: 13-17 November			
March 2018	April 2018	May 2018	June 2018	July 2018	August 2018
<b>Take Action</b>  The BIG Moment:  Community access surveys		<b>Learn and Do More</b>  Become an Inclusion Star in preparation for Volunteers' Week: 1-7 June	<b>Tell the World</b>  Inclusion Star Celebration Event		

## Guide Dogs (pages 10-14)

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

# UNDERSTAND THE ISSUE

With Leonard Cheshire Disability

## Leonard Cheshire Disability Quiz Night

**Overview:** Hold a quiz to celebrate Leonard Cheshire's 100<sup>th</sup> birthday in September 2017 and gain a better understanding of disability and Leonard Cheshire. His birthday was 7 September but you can hold your quiz at any time.

**Outcome:** Scouts will gain a better understanding of disability and the history of Leonard Cheshire.

**Time:** 20 minutes for preparation and planning; 1-2 hour/s for the quiz

**Materials provided:** Leonard Cheshire Disability Centenary Quiz Pack, which contains information on planning and running your quiz, a short story about Leonard Cheshire, question and answer sheets, a pack of balloons and a pack of Supporting Leonard Cheshire wristbands. Email [Scouts@leonardcheshire.org](mailto:Scouts@leonardcheshire.org) with your postal address to request a pack

**Other equipment:** Prizes, refreshments, extra decorations (optional)

**Linked badges:**



**Activity instructions:**

1. At least six weeks before the quiz, speak to your Troop about whether they would like to do a short quiz during a programme night or a bigger quiz on another night (perhaps with family members invited). Go through the information in the Quiz Pack and decide whether you would like to turn the quiz into a fundraiser. Funds raised could be for Leonard Cheshire Disability or they could be split between the charity and your Troop. Ask for volunteers from your Troop to come early to help with decorating and refreshments. They could also be asked to bring some food to share.
2. Set up and decorate the room with the balloons and any other decorations you like.
3. Before the quiz starts, read the short story about Leonard Cheshire who was born 100 years ago. There will be some questions from the story, but don't tell the Troop this.
4. Run your quiz.
5. At the end of the quiz, hand out prizes to the winning team. You could also do a prize for the best team name.
6. If this is a fundraising quiz, please look at ways to pay in your donation on the information sheet provided in your quiz pack.

# PLAN ACTION

With Leonard Cheshire Disability

## Access and Inclusion Survey – in the Scout meeting place

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

**Outcome:** Scouts 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 Troop 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](mailto:Scouts@leonardcheshire.org) to request one). You will also receive the short guide about reasonable adjustments.

We have a limited supply of wristbands. Please include your postal address if you would like these for your Troop.

### Linked badges



### Activity instructions:

1. Print out the Scout Group Access and Inclusion Survey and supporting documents.
1. Introduce the session to the Scouts 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. Read each survey question to the Troop and where relevant take them to survey the area being discussed, such as the entrance or accessible toilet.
3. Fill in the survey form in as much detail as possible, including the comments/recommendations section. Older Scouts can be split into groups to complete the survey themselves.
4. Talk through the results, comments and recommendations with the Troop.
5. If any changes need to be made, make an action plan as a group with any changes or improvements needed. Remember to add deadlines and who is responsible.

# TAKE ACTION

## With Leonard Cheshire Disability

### Access surveys in your community

**Overview:** This time Scouts will conduct access surveys in your community and feedback to businesses and services so that access is improved for disabled people.

**Outcome:** Disabled people in your community will experience improved access and Scouts 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, fieldwork and feedback

**Equipment:** Clipboards, pens, 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](mailto: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 Scouts what reasonable adjustments are and give them 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. Scouts 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:** Scouts will create Inclusion Star posters showing actions 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 Troop's volunteering activities during Volunteers' Week (1-7 June).

**Outcome:** Scouts 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](mailto: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 poster 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 Scout meeting place, any of the activities in the A Million Hands resource pack or any other action they have taken to improve the lives of disabled people.
3. Ask the Scouts to add an action that they plan to take to improve the inclusion of disabled people in the future. Give the Troop 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
  - Organise an inclusive event
4. Encourage Scouts to think of their own actions and come up with a timeframe in which to complete the actions.
5. If you can, display your 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 Troop 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 Troop's Inclusion Star activities with invited friends, family, MPs, and/or local dignitaries. Scouts 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 Scouts 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](mailto:Scouts@leonardcheshire.org) with your postal address if you would like these for your Troop.

### Linked badges



### Activity instructions:

1. Before the event, decide as a group 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 Scouts 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 Troop with their inclusion stars and share on your Group's 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 Troop 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 Troop hope to get out of the talk. Email [speakers@guidedogs.org.uk](mailto:speakers@guidedogs.org.uk) to make your request.

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

**Outcome:** Scouts will get insight into how sight loss affects mobility and the ease of getting around. The aim is to make your young people more aware of the obstacles, hazards and barriers created in every day 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 Scout without the blindfold to navigate the blindfolded Scout around the course, without touching or guiding them. Ensure that instructions for the activity are communicated to all participants 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 participants to discuss the difficulties they found in completing the course.
5. To end the discussion, get Scouts 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 the shops and buying food.
6. This session was focused on sight loss, but you could also get Scouts thinking about how other disabled people would find this a challenge.

# 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 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](https://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 Scouts understand it and use the 10 most common items of street clutter poster to help the Troop to identify obstacles. You could invite someone who is blind or partially sighted to join you in completing your bingo activity.
3. Use a map to divide up local streets between groups of Scouts, with an adult to supervise each group (you will need to follow POR to ensure correct ratios). Each group should conduct Street Clutter Bingo on their designated area.
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 the Troop to share what they've learned from the Street Clutter Bingo is to hold a Safer Street Party in your Scout 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 Scouts that you are going to have a party and invite local people to help us to make streets more accessible.
2. As a Troop, set the date and venue and draw up a guest list.
3. Design invitations. This could be done in Patrols.
4. Ask the Scouts 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 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](https://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:** Scouts will enlist people locally to help make a difference to people with a visual impairment in the neighbourhood. They could also use the opportunity to raise vital funds for Guide Dogs' life-changing services.

**Time:** 1 hour

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

### Linked badges



### Activity instructions:

1. Support your Scouts to use the Safer Street Party pack (downloadable at [guidedogs.org.uk/scouts](http://guidedogs.org.uk/scouts)) to host a tea party at your Scout meeting place showcasing all of your findings from your Street Clutter Bingo. Use activities and/or posters to get your message across to people at the event and consider approaching local newspapers to report your party.
2. Get Scouts 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](http://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](http://guidedogs.org.uk/scouts).
4. Let Guide Dogs know how your event went and send a couple of photos to [scouts@guidedogs.org.uk](mailto: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 Troop can do next to help local people with sight loss.

**Outcome:** The Scouts 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 Scouts 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 Scouts might do next? 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](mailto:communications@scouts.org.uk).

# TELL THE WORLD

## With Guide Dogs

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

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

**Outcome:** Young people 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), sample press release (downloadable from [guidedogs.org.uk/scouts](http://guidedogs.org.uk/scouts))

#### Linked badges



#### Activity instructions:

1. Support your Scouts to create a video illustrating the issues and the learnings from the Safer Street Party.
2. Gather quotes, findings, photographs and video from the Safer Street Party and share on the Scout Group's web pages, Twitter and Facebook pages.
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](mailto:communications@scouts.org.uk).
4. As part of this, your County Media Development Manager can help the Troop 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).