

**As we look to the future,
we know that there is
still more to achieve**

The following statistics show that there is still huge inequality for people with learning disabilities in the UK today:



Employment:

Still only 6% of people with learning disabilities are in paid employment despite 60% wanting to work.

Health inequality:

On average, the life expectancy of women with learning disabilities is 18 years shorter than for women in the general population, and for men it's 14 years shorter than for men in the general population.

Loneliness:

Shockingly, a 2019 study by Mencap suggests that 1 in 3 young people with a learning disability spend less than 1 hour outside their home on a typical Saturday.

Hate crime:

According to Mencap, as many as 9 out of 10 people with learning disabilities have been a victim of hate crime and/or harassment.

We know that these are upsetting statistics, but it makes everyone at SWALLOW even more eager to continue our work in the community, increasing understanding of the skills and talents of people with learning disabilities.

**Support SWALLOW and
help to build a fairer
society for people with
learning disabilities for the
next 30 years and beyond**

SWALLOW supports people with learning disabilities to lead the lives that they choose. We help people to overcome challenges, gain the skills for meaningful employment, build friendships to decrease loneliness, lead healthy lives and to break down barriers in the community.

We need your help to achieve even more for the next 30 years to come!

Donate today by:

Visiting our JustGiving or PayPal pages

Sending us a cheque

Becoming a Friend and setting up a direct debit to help underpin our work

SWALLOW - South West Action for Learning and Living Our Way

The Old Engine House . Old Pit Road . Westfield . BA3 4BQ
01761 414034 . www.swallowcharity.org

f Facebook.com/SWALLOWCharity
@SWALLOWCharity

Registered Charity: 1045893 . Company Limited by guarantee:
Company No.3034328 (England)



SWALLOW
• 30th Anniversary •
★ 2023 ★

**The History of
SWALLOW**

SWALLOW Charity
Supporting teenagers and adults with
learning disabilities since 1993
www.swallowcharity.org

In 1993 a group of people with learning disabilities and others, joined together to have more say in how they lived their lives; to have more independence and choice - this is how SWALLOW began.



SWALLOW is user-led. This means that all of our work and the progress you can see on our timeline, has come about as a result of what our members have asked for. SWALLOW helps people to achieve their hopes and dreams and to lead rich and fulfilled lives.



1993
SWALLOW is founded and our Base House opens as a space where people can learn independent living skills.



1994
SWALLOW wins Sir Roy Griffiths Award and visits House of Lords.



2001
SWALLOW moves to the Old Engine House in Westfield.



1997
SWALLOW's first supported living house - Redfield Road is built and opened.

2003

2005
The Mental Capacity Act was passed in law. It is a law that protects vulnerable people around decision making. It says that: Every adult, whatever their disability, has the right to make their own decisions wherever possible.

2009
The International Paralympic Committee voted to re-include athletes with a learning disability in the Paralympic Games.



2010
SWALLOW's first disco night 'Boogie Nights' begins.

2010
Drama & Cookery at Chilcompton starts, creating access to learning, socialising and fitness.

2009
Hawthorns opens, our second supported living space in the community.



2011
Percy Centre day activities begin, enabling people in Bath to learn new skills and build friendships.



2014
SWALLOW opens first café in Radstock – a training opportunity for people to gain work skills.

2014
Beauchamp welcomes 4 new tenants to another new supporting living scheme.



2016
Bath Boogie Night starts.



2020
Orchard Hall day activities begin, enabling people to learn new skills in Midsomer Norton.

2020
Quantock welcomes 2 new tenants to our newest supported living scheme.



2021
Hive Café opens in Peasedown St John.

2018
Health Campaign 'Treat Me Well' was launched to transform how the NHS treats people with learning disabilities in hospitals.

2015
The first UK Mayor to have a learning disability was appointed in Selby, West Yorkshire - Gavin Harding.

2015
Mencap launched the Hear My Voice campaign for the general election, working with MP's to get learning disability issues higher on the political agenda.

2021
Gig Buddies – a national charity supporting people with learning disabilities to stay out late expands into the South West.

2023
James Martin is the first actor with Down's Syndrome to win an Oscar.

2022
Ralph & Katie - the first BBC prime time TV show featuring two lead actors with learning disabilities was aired.

Our timeline shows how things have changed in the UK for people with learning disabilities over the last 30 years.

There have been a lot of improvements and people with learning disabilities have much greater freedoms and increased rights now than they did before the 1990's.