# 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 <u>disabilities</u>. 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.

THE WAY

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**

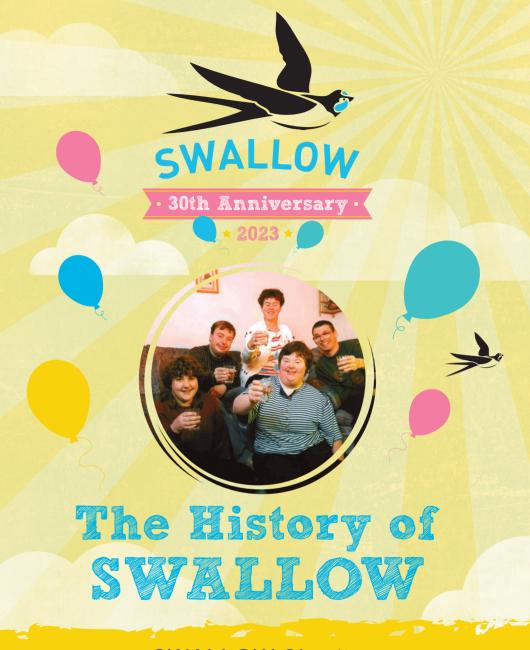
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SWALLOW Charity
Supporting teenagers and adults with
learning disabilities since 1993

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.



1993

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



1980's-1990's

People with learning disabilities finally began moving out of big institutional homes into houses in the community.

1995

1997

SWALLOW's first

- Redfield Road is

built and opened.

1994

SWALLOW wins

Sir Roy Griffiths Award

and visits House

of Lords.

The Disability Discrimination Act was passed. It aimed to end the discrimination faced by many disabled people and to guarantee their civil rights.

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



2001

SWALLOW moves to the Old Engine House in Westfield.



Work Skills Enterprise scheme starts at SWALLOW, enabling people to create work to sell.



2010

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

2010

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

2011

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



tennants to another new supporting

living scheme.

2014

**SWALLOW** 

opens first café

in Radstock - a

training opportunity



2016

2020

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



2020

Quantock welcomes 2 new tennants to our newest supported living scheme.

2021 Hive Café

opens in Peasedown St John.

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

2009

Hawthorns

opens, our

second

space in the

community.

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.

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



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.

Health Campaign

'Treat Me Well' was launched to transform how the NHS treats people with learning

disabilities in hospitals.

2021

Gig Buddies -

a national charity

supporting people

with learning

disabilities to

stay out late

expands into the

South West.

James Martin win an Oscar.

2022

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

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.

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2023

is the first actor with Down's Syndrome to