

Remember your first kiss?

It is such a formative memory, a 'coming of age' moment for most of us. Sadly, many adults with learning disabilities are still waiting for that memory, still waiting for their first kiss. In fact, the vital friendships and relationships most of us take for granted are a distant dream for many. The statistics lay this bare, 1 in 4 people with a learning disability say they have no friends, and only 3% of people with a learning disability live as a couple.



Love4Life has transformed my life. I've met wonderful people, including my lovely boyfriend. Before joining Love4Life I was shy and lonely. I wasn't confident at all.

Sophie



We at FitzRoy are determined to help change this. We know that without strong relationships people with learning disabilities are more at risk, and vulnerable. They may be victims of mate crime in public places. This is when people spot a vulnerable adult, pretend to make friends with them, then abuse them. The members of our remarkable project, Love4Life in Fareham, not only get to make friends, and find love, they are helped to spot dangers of mate crime, or online targeting. They are able to flourish in a safe and nurturing environment.

Please help us keep this fully fundraised project open for more vulnerable adults by donating today.
www.fitzroy.org/fundraising/donate



Love4Life
helps
people with
learning
disabilities
find
love





See the person, so they can live a life not defined by disability

Gail is 44, loves singing, dancing, and acting, takes belly dancing classes, and has a wicked sense of humour. She also happens to have a learning disability. We caught up with her over a cuppa.

Although she won't admit it, Gail is brilliant on stage. As a member of FitzRoy's drama group, she is part of the show and is always a star.

“I'm used to stepping out on stage now. Sometimes I feel nervous and think I can't do this! But then I remember my family are in the audience and it's ok. Even after all this time, I get butterflies but it's always worth it!”

Recently, Gail has taken up belly dancing.

“Mum and Dad suggested it, I think they wanted to get me out of

their hair for a while! At first I was a bit dubious but I love it! I have a nice set of friends of all different ages. I wear a floaty skirt and have a couple of belly dancing belts too. It's hard work, but I laugh a lot. Everyone laughs and has a good time.”

Not only does Gail have lots of friends, she also has a boyfriend.

“We've been together for years! He makes me happy. There have been occasions when I've been shivering with cold and he takes off his jacket for me to wear. Those little things make me happy. We make an effort to see each other and talk on the



phone a lot. Life would be dull without my boyfriend.”

Gail said that to her, seeing the person, means

“Not making a rash judgement about anyone.”



For more FitzRoy Blogs go to www.fitzroy.org/voices

FitzRoy wins Silver for 'Best Not-For-Profit Training Programme' at the Training Journal Awards

“Training never stands still. We are always growing at FitzRoy, so support needs along with training needs continue to change and develop. Receiving this award has been wonderful because the team have put in a lot of hard work.”

Heidi Waight, Organisation Development Manager



“I've been in the Care Sector for 30 years and can honestly say I'd put my training with FitzRoy above anything I've had before. I'm in the best place I could possibly be, and I feel really supported to do my job”

Jim Chapman, Support Worker



Click here to join the FitzRoy team www.fitzroy.org/careers

Remembering John Williams

by Anna Galliford, Chief Executive

John Williams, a much loved founder of FitzRoy, died in February at the age of 91. John was a huge inspiration to so many of us over the years; a man of strong character and conviction with a big heart.

When John's son Huw was born with a learning disability, he and his wife Audrey vowed that they would not put him into an institution as the doctors advised.

They were brave and turned their backs on the norms that existed in 1962. Alongside Elizabeth FitzRoy, they founded the Charity, and went on to open care homes across the country. Seeing each person and supporting them to lead the life they choose was very much the

foundation of John's vision. We are immensely proud to uphold these values today.

John touched the lives of many people giving them the opportunity as John would put it 'To live in a home with a small h'. He was rightly proud that this style of care is now commonplace in social care today. In 2014 he received The Mansell Award for Outstanding Contribution to the Learning Disability sector, a very fitting recognition for a truly great man.



“

John was a wonderful combination of strength of purpose, tenacity and warmth. He was a gifted leader ahead of his time, and we are very proud to see the charity he founded all those years ago thrive. His legacy lives on.

”



For more FitzRoy Blogs go to www.fitzroy.org/voices

We are delighted to welcome new services to FitzRoy in the following areas:

• Coventry • Denmead • Locks Heath • Stockport • Waterlooville • Winchester Apartments

Challenge yourself to a FitzRoy event in 2017



The Portsmouth Dragon Boat festival

14 May 2017

Teams are made up of 16 paddlers and one drummer. You don't need any experience to enter - full training is given on the day. There are also activities for the whole family, plus food, drink, and ice cream tents. Expect a brilliant day full of laughter for you and your team.

Spinnaker Tower Abseil

24 – 25 June 2017

Join us for an exhilarating 300 ft. abseil down the iconic Spinnaker Tower in Portsmouth. An experience you'll never forget, plus any money you raise will help keep our vital friendship and dating project – Love4Life – open.



Email our fundraising team to find out more - fundraising@fitzroy.org

"We had such a great day last year, we're entering again"

Member of team FitzRoy 2016

Donation Form

Help us transform lives. Your donation, large or small, will support someone with a learning disability to live more independently.

Thank you.

Online donations visit www.fitzroy.org/donate

Cheque Donations please make your cheque payable to **FitzRoy Support** and return it to FREEPOST RLTB-UUSU-LCKT, FitzRoy House, 8 Hylton Road, Petersfield, GU32 3JY

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Feet up for a FitzRoy film

We were thrilled when the people we support agreed to tell their stories. In our new FitzRoy videos, they share how important the things many of us take for granted, are to them: independence, learning new skills, making friends, and having fun. The crew who made the films found working with the people we support a life-changing experience.

"Despite two very cold days, time challenges as we battled with losing light, accessibility issues, and train strikes, it was one of the most rewarding shoots I've done all year. This was down to the brilliant people. Thank you, it was a pleasure to work with you all."
Tarryn Paul, Director

"I was excited to work with FitzRoy, but I completely underestimated how humbling and heart-warming the experience would be. Thank you to the FitzRoy team for the opportunity to work on what was not only a great project but an emotionally rewarding experience."
Janice Kalsi, Creative Director



Click here to watch our new FitzRoy films
www.fitzroy.org/videos

Join the conversation



Call: 01730 711 111
Email: info@fitzroy.org
Web: www.fitzroy.org

FitzRoy, FitzRoy House, 8 Hylton Road, Petersfield, Hampshire GU32 3JY

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