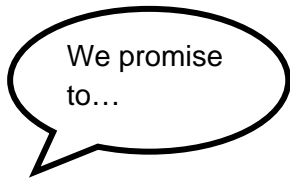


# Discovery pledge

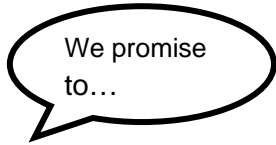


Our **promise** to help you find out what kind of life you want, and to help you live it

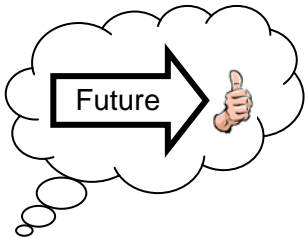


Easy Read Version

September 2011



## Our **discovery pledge**



### 1. **Hope.** We will help you to have hope for a good future.

It is very important for people to have hope. If people have hope then it is easier for them to **discover** who they are.

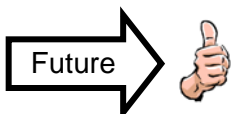


It is important that staff understand how important it is to have hope.



Together, you, staff, and your family can develop hope by

- Talking to other people.
- Listening to stories of people like you.
- Making choices.
- Taking control of your life.



### 2. **The future.** We believe that things will get better



We need our friends, family, carers and our community to help us to **discover** life. They can help us to have the kind of life we want.

They should work together with you. They should help you to think about the future. They should help you make your dreams happen. They should do this in a creative and caring way.



### 3. A whole person. We will look at what you are good at. We will not only look at your disability



We will work together with you to discover what you **can** do. We will look at what you are good at.

We will work with you to find out what your dreams are.

We will try to use the right words to help you to understand.



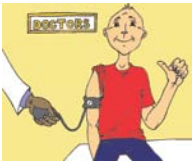
We will think of the things that are important to you. This might include your background, religion, people and how you spend your time. This is important when bad things happen in life that make you feel sad. You might need other people around you. We will work with you to build your future and to live your life in the **community**.



#### 4. Information. We will give you information so that you can make choices



We will give you information about a lot of things. This will depend on what you want and need.



We will tell you about things like your **diagnosis**, medication, treatment, support groups, work and a lot of other things.

We can help you join these groups if you want to.



We will make our information easier to understand by using easy read.



## 5. It's your life. We will support you to do things for yourself



People should try to take care of themselves. Ask for help if you need it.

We will do these things:



- Be helpful.



- Support you in taking control of your life.



- Help and support people if you cannot do things yourself. We will not make anyone do things if they are not able to.



- We will work with friends, family and support staff. All of these people are important.



It is important that people believe in themselves.

Sometimes this can be a bit scary and difficult.

It might be helpful to listen to other people's similar stories.



6. **Rights.** We will challenge people who look down on you because of your learning difficulty or disability.



This is how we will do this.



- We will make sure that staff know what stops people with learning difficulties or disabilities from living the kind of life they want.
- We will help other people and groups to know more about people with learning difficulties and lifelong conditions.



- We will help to protect the rights of people with learning difficulties or disabilities. Rights are things that all people should be allowed to do.



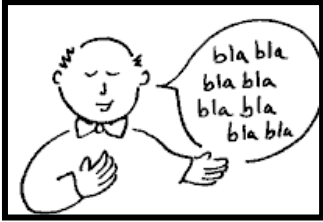
- We will support people to get in touch with other organisations when this is needed.



- We will help to stop discrimination whenever we see it. This means that we will work with families and friends to stop people with disabilities being treated unfairly.



- We will work with other groups. We will help to find you important jobs or activities near to where they live.



**Difficult words to understand** are in **yellow**.

This is what the **words** mean.

**Discovery or discover.** Finding out things that you didn't know before, trying new things. Learning who you are and living a full life.

**Diagnosis.** This is the name of your disability. People will help you understand what this means.

**Promise.** This is something we will definitely do.

**Pledge.** What we promise to do.

**Challenge.** This means making people understand your point of view. You can challenge something if you feel it is wrong.

**Community.** People who live nearby and things that interest you like church or sport or the shops.

**Life-long condition.** A health condition that makes some things more difficult to do.

**Learning difficulty.** Someone who finds it difficult to learn new things. They may have a disability.

**Rights.** What all people should be allowed to do. For example, you have the right to choose what you want to do.

**Discrimination.** When someone treats you unfairly because you have a disability or because you are different to them.

This was made into easy read by



[www.voiceability.org](http://www.voiceability.org)

Some of the pictures in this document are from  
Change Picture Bank and Valuing People Clipart

If you have any concerns about any of CPFT's services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

[Out-of-hours' service](#)

**0800 052 22 52**

Mondays to Fridays from 5pm to 10pm;

Saturdays, Sundays and Bank Holidays from 8am to 10pm.

*Leaflet review date: September 2012*

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