Our Charter

Our Charter is about living our lives in the way we want to, getting good support from kind and friendly people.

1. We want to lead healthy lives:

   - Learning new things
   - Healthy food
   - Keeping fit
   - Reducing stress
   - Creative minds, drama, art, music
   - Laughing, rest, relaxation
   - Having health checks
2. We want to have strong and supported relationships:
Seeing the people we want to, when we want to see them

3. We want to travel around where we live:
Getting around how and when we want

4. We want to have good housing:
Living where we want, how we want and with who we want

5. We want to try new things:
In a safe and supported way
6. **We want to be listened to:**
And people to act on what we say

7. **We want to be part of our communities:**
Doing the things we want to do
Standing up for things that are important to us