

Inclusion Week

Communication

A starting point for inclusivity is the right communication



Communication is the way we send information to each other.



We can do this by talking and listening



We can do this by drawing and seeing



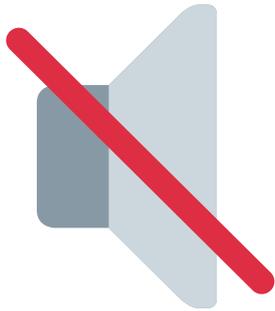
We can do this by writing and reading



But there are a lot more ways we can communicate.



Sometimes it can be hard to understand people.



Sometimes it can be hard to communicate.



Everybody is different.



This means we all have different ways we like to communicate to be able to understand each other.



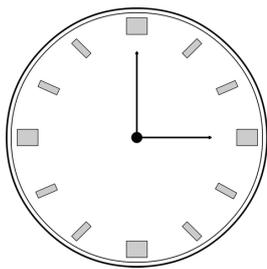
Here are some tips on how to be a good communicator



Find a good, quiet place to communicate in.



Always listen carefully to what other people have to say.



Take your time and do not rush.



Use drawings, or photographs when you communicate.



There are also many tools you can use to communicate with more people.

What is a health action plan?

 A health action plan tells you what you need to do to keep healthy.

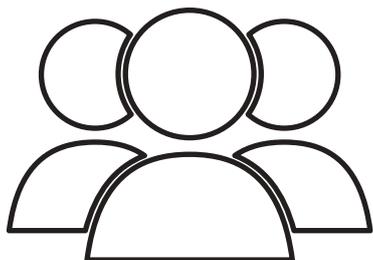
It tells you what services and support you need to live a healthy life.

The plan does this by telling you

-  • how you can look after yourself if you have any problems with your health
-  • which foods are good for you
-  • what exercises are good for you
-  • how to be safe at home or when you go out
-  • when you should go for a check up for your eyes, ears and teeth.

One of these tools is an EasyRead Document.

This document is an EasyRead Document.



It makes the information easy to understand so that more people can understand it.



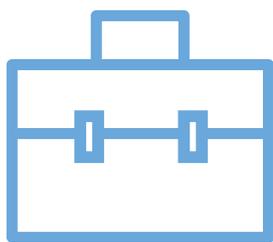
When we communicate badly we leave people out.



When people are left out they miss out on important things in life.



Things like getting the right care and support.



Or getting a job and work experience.



Or getting the right doctor when they are ill.



This is why communication is important.



We have to make sure everybody is included in communication.

This is so everyone can have the best way of life possible



Orchard Vale Trust knows how important communication is.

That is why they make EasyRead Documents.

If you would like to read any of the articles in EasyRead please get in touch.

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