

# JC

Empowerment – I have the power ...



How I share that with others in Bridge Creative



# Bridge creative is.....

Bridge Creative is a charity that was set up to improve employment opportunities for adults with learning disabilities and/or autism across County Durham. County Durham has one of the highest rates of unemployment among adults with learning disabilities in England, with just ten adults in any form of paid employment, in a County with over 500,000 population.

It includes different sections for customers to get involved in .....such as

- **Creative placement** – a 12 week programme in which customers come to learn new skills.
- **Keeping people connected (KPC)** – phone calls or video calls to keep people connected and discuss how they feel and if they have any issues.
- **Events** taking part in local and national events – such as the Bishop Auckland Food Festival.
- Also the creation of **Art installations** for previous and future events
- **Access to work support** – placing support in for people in employment to have support workers with them if required.

# Opportunities to empower....

- Creative placement – which I run with other staff gives me the opportunity to get customers with learning disabilities and/or autism to get involved – empowering them into having a voice on how the placement runs, what they do and supporting them.. Hearing their voice (**FACE TO FACE**)
- Keeping connected – link with staff to allow customers to share concerns (**TELEPHONE OR VIDEO CALL**)
- What's app groups allowing people to see what Bridge Creative is about and have a voice on future plans and goals. (**SOCIAL MEDIA**)
- FACEBOOK, e-mail and other social media – the creation of video's to share with internal and external customers into "**SPEAKING UP**".

# What Do I need .....

- Knowledge, Product and resources of the subject that I have gained through this course and further research.
- Confidence in my own ability – to take myself out of my Comfort zone and work towards my Growth zone.
- Good Body language – positivity and openness.
- A Social Media or Technology expert

But most important.....An Audience.....

To listen

To talk

To change



Speak up. Believe in  
yourself. Take risks.

Sheryl Sandberg