

Programme

Inclusion Scotland's Annual General Meeting 2022 and Conference



The Annual General Meeting for 2022 and Conference are on Thursday 2 February 2023.



We will call the Annual General Meeting the “AGM” in this Programme



Our conference in the afternoon is called “Stacked Against Us”.

The Conference is about disabled people, poverty and the cost of living crisis



What is in this programme?



1. About the AGM and Conference

2. Agenda for AGM 2022

3. Agenda for the Conference "Stacked Against Us"



21st



4. Inclusion Scotland is 21 years old



5. Tell us what you think about the AGM and Conference

6. Help with coming to the AGM and Conference



Do you need to claim money to help you come to the event?



Do you need help to use Zoom?

Do you use captions or British Sign Language. Look in this section for help.



7. Where to get help about money



8. How to get in contact with Inclusion Scotland.

1.About the AGM and Conference

Welcome to Inclusion Scotland's AGM and Conference.



The AGM is where we carry out all the business we must do as a charity. We will write a note of the AGM.

The Conference is called "Stacked Against Us."

At the Conference we will hear about disabled people's poverty and the cost of living crisis.



The cost of living crisis means how much things cost and how much prices are rising.



It is a crisis because people cannot afford to pay for the things they need.

We will talk about this and think about the things we can ask Scottish Government to do.

We will write a report about the Conference.



The AGM and Conference will be held online. We will use Zoom. You can find out how to join at Section 6 of this programme.

When is the AGM and Conference?



The AGM will start at 11.00am



Lunch break will start at 12.00pm



Lunch break will end at 12.45pm



The Conference is called "Stacked Against Us"
The Conference will start at 12.45pm



The conference will end at 4pm

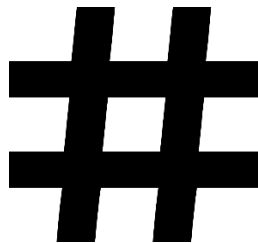


There will be a break in the middle of the conference.

Where is the AGM and Conference?



The AGM and Conference will be held online. You have been sent a Zoom link to join the meeting

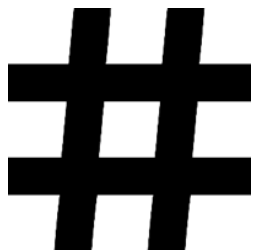


We will post #hashtags about the Conference on Social Media.

We will use hashtags on Social Media.



Hashtags help us to link up with other messages with the same hashtag.



We will use these hashtags: **#InclusionScot** because we are Inclusion Scotland

#StackedAgainstUs because this is the name of our Conference

You can use these hashtags on social media to talk about the Conference.

2. Agenda for the AGM 2022



Welcome from Leo Starrs-Cunningham, Convenor and Michelle Cook, Interim Deputy Chief Executive Officer, Inclusion Scotland.

Leo will chair the meeting.



Agree minutes from 2021 AGM and any matters arising.



Report from Inclusion Scotland's Convenor, Leo Starrs-Cunningham.



Report from Inclusion Scotland's Interim Deputy Chief Executive Officer, Michelle Cook.



Consider the Annual Accounts,
Inclusion Scotland's Treasurer,
Kim Dams.

The Annual Accounts were sent to
you before the AGM.

You can also see them on our
website.

[https://inclusionscotland.org/about-
inclusion-scotland/agm-and-
conferences](https://inclusionscotland.org/about-inclusion-scotland/agm-and-conferences)



We will agree who will be out
auditors for next year 2023.



We will elect new Directors to the
Board.



Any Other Business.



End of AGM

Time for lunch.



3. Agenda for the Conference “Stacked Against Us”



The Conference is called “Stacked Against Us”.

It is about disabled people, poverty and the rising cost of living.



The Conference starts at 12.45.

The Conference will end at 4.00pm

The Conference is on the same Zoom link as the AGM.



12.45 – 12.55 Welcome

Michelle Cook, Deputy Chief Executive Officer will Chair the conference.



We will learn about the help to take part in the Conference.

Michelle will tell us about what we will do today.



12.55 – 13.15 What is happening to disabled people in Scotland today?

Lindsay Graham OBE is the Deputy Commissioner for the Poverty and Inequality Commission.

She will talk to us about disabled people, poverty and the cost of living crisis.



13.15 - 13.30 What work is Inclusion Scotland doing on poverty and the cost of living crisis?

We will talk about the work that Inclusion Scotland is doing.



13.30 – 14.00 Ben Macpherson Minister for Social Security and Local Government

The Minister will speak to us about what Scottish Government is doing and answer questions



2pm to 2.05pm

There will be a short break.
We will be moved into a
workshop group. Stay on
the Zoom link



2.05pm to 2.45pm

Workshop 1 - Stacked Against Us

We will talk about poverty
and the cost of living crisis
and what it means for you.

Zoom will put you into a
workshop group. You do
not need to do anything.

Each workshop will have
someone to help lead the
discussion.

Each workshop will have
someone to take notes.

If you use British Sign
Language or a captioner,
they will be in your
workshop too.



Here are questions to talk about in workshop 1 -

1. What is happening to you because of the cost-of-living crisis?

2. Is it difficult to pay for things you need help with because of your impairment or health condition?

3. Can you get the advice and support you need?

4. What are you most worried about for winter?



2.45pm to 3pm

Time for a break

We will have a 15 minute break. Stay on the Zoom link



15.00 to 15.45 Workshop 2 – What needs to be done?



We will talk about what needs to change to help disabled people through the cost of living crisis.



Zoom will put you into a workshop group. You do not need to do anything.

Each workshop will have someone to help lead the discussion.



Each workshop will have someone to take notes.

If you use British Sign Language or a captioner, they will be in your workshop too.



Questions for workshop 2

1. What do you think about the ideas we have spoken about?

2. What other ideas for you have?



21st

15.45 – 16.00 Inclusion Scotland is 21 years old!

Michelle will tell us about what Inclusion Scotland has done in our first 21 years.



We will talk about what Inclusion Scotland will do next. Tell us your ideas!



16.00 The end of the Conference

Michelle will tell us about what happened at the Conference.

Goodbye and we look forward to seeing you at next year's conference



4. Messages of support for Inclusion Scotland from our friends and people we work with (Autumn 2022)

21st

Inclusion Scotland is 21 years old. We asked our friends and members what they thought about us. This is what they told us.



Dr Ann Wilson is the Chair of DGVoice. Ann helped to set up Inclusion Scotland.

“Inclusion Scotland started when Etienne d’Aboville (GCIL) suggested a plan to start a national organisation adhering to the social model of disability run by disabled people themselves. It would not have succeeded without the dedication and hard work of many people. I am so happy that the tradition of enabling disabled people to be included in every aspect of society has continued. Best wishes on this important anniversary!”



Pam Duncan-Glancy is a Member of the Scottish Parliament for the Labour Party.

“Disabled people’s rights don’t come by accident, they are hard won. So I want to say a massive thank you to all at Inclusion Scotland past and present, for 21 years of having our backs and fighting our corner. Happy birthday and many, many happy returns.”



Jeremy Balfour is a Member of the Scottish Parliament for the Scottish Conservatives Party. He is the Convenor of the Cross Party Group on Disability.

“Inclusion Scotland has been an amazing advocate for the Disabled Community over the last two decades. They have worked tirelessly to ensure that the voices of Disabled people in Scotland are heard. I look forward to many more years of following their essential work. Happy 21st Birthday!”



Emma Roddick is a Member of the Scottish Parliament for the Scottish National Party

“While Parliaments are becoming more diverse, this is a painfully slow process. It’s vital all legislators hear lived experience. The work of Inclusion, as a disabled peoples’ organisation, in promoting disabled voices and ensuring concerns are heard and acted upon at the highest level is extremely valuable and important”.



Morven Brooks was the Chief Executive Office of Disability Equality Scotland

“Happy 21st Birthday Inclusion Scotland. It has been an absolute pleasure working alongside Inclusion Scotland for many areas now, from Inclusive Communication to Access to Politics. The work you do is so important and equally important for us and other DPOs’ and disability organisations to work with you to break down the barriers for disabled people to live independent lives. Here is to the next 21 years!”



Tony Slaven is the Chair of the Scottish Trades Union Congress Disabled Workers Committee.

“Inclusion Scotland have made an impact on key political figures ensuring that disability representation is increasing, working with trade unions and grassroots organisations, Inclusion Scotland are successfully creating change in a system that demonstrated that Disabled people have been ignored for far too long.”



Jill Wood is the Policy Manager at Engender.

“Engender is proud to have partnered with Inclusion Scotland over the years, working to tackle the multiple discrimination experienced by disabled women and girls on issues such as reproductive health, social security, and social care support.”



Peter Kelly is the Director of the Poverty Alliance.

“Too many disabled people in Scotland are living on low incomes. That is why

Inclusion Scotland and the Poverty Alliance have worked so closely over the last 21 years. We are proud to work alongside Inclusion Scotland as they continue to make a real difference to disabled people's lives across Scotland."



**Tim Hopkins, Director,
Equality Network**

"The Equality Network really values our partnership with Inclusion Scotland, which began with 2014 research on the needs of disabled LGBT people, and has continued since, most recently on the new Hate Crime Act. Congratulations on your 21st birthday, and we look forward to many more years of partnership."

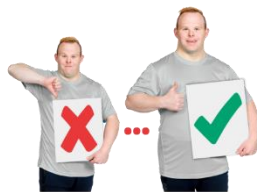


5. Tell us what you think about the AGM and Conference.

After the Conference we will ask you what you thought about the Conference.



We will send you a form.



This will help us to make next year's AGM and Conference better.



Please send the form back to us. If you come to the AGM and the Conference, you only need to fill in one form.



6. Help with taking part in the AGM and Conference

Help with costs to Attend

People attending an online event will not have the same costs as for going to an event in person.

If you need help to pay for something or someone to help you to take part in this online event you can make a claim to Inclusion Scotland.

You have to send us receipts.

Get in touch and tell us about your claim. Tell us how much you think it will cost. We will send you a form.

Fill the form in and send it back to us. Contact Janice on 0131 370 6725 or janice@inclusionscotland.org.





Joining the Zoom meeting

The AGM and Conference is being held online. We will use Zoom.

We will use the same Zoom link for both the AGM and the Conference.

The Zoom link has been sent to you in an email and it is copied below. If you tap this link, you will get into the meeting online.

<https://us02web.zoom.us/j/83837623963>

If you are using a mobile phone you dial into the meeting using this number
+44 131 460 1196 United Kingdom.

You might need this meeting 'ID' number: 828 6358 2109.

How to use Zoom

You can get more information about how to use Zoom on this link.

<https://support.zoom.us/hc/en-us/articles/203650445-Using-in-meeting-chat>



Communicate



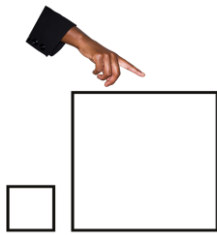
Communicate

How to see the British Sign Language Interpreter on Zoom

We will set Zoom to make sure that you can always see the BSL Interpreter.

You will also be able to see the speaker and any slides.

When the BSL interpreters swap over we will show you one that is interpreting.



You can make the BSL Interpreter bigger on your screen so you can see them better.



Communicate

At the top of your screen click 'Gallery View' and pick the screen with the BSL Interpreter. Look for the icon that says 'Pin' and click it. It looks like a drawing pin.



When the Interpreters swap over you will need to unpin them and then pin the new Interpreter.



You can find out more by looking at this website –

<https://support.zoom.us/hc/en-us/articles/201362743-Pinning-participants-videos>



How to use captions with Zoom

There are two ways to do this.

You can read the captions like ‘subtitles’ at the bottom of the Zoom screen.

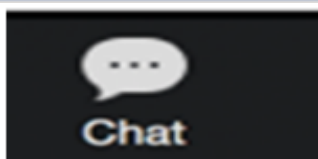
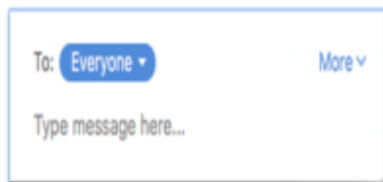


To do this you will need to click the “Closed Captions” icon (it looks like two CCs in a box). Then chose the ‘subtitles’ link.



If you have told us you want to use the captions we will send you a link before the event

We will share this link during the meeting in the “chat” box too.



To find the ‘chat’ box click the ‘chat’ at the bottom of your screen. It looks like a speech bubble



If you choose this option you will need to split your screen so that you can see the Zoom window (with speakers and slides) as well as the captions at the same time.

To do this:



1. You will need look at the top bar on your Zoom window for the icon with 2 squares. If you click it the screen look smaller.
2. Do the same for the caption window. Now both windows do not fill the full screen and you can move them around and make them bigger or smaller to suit yourself.



Get more help during the meeting

One of our staff will help you. They can help you with the Zoom call or the captions.

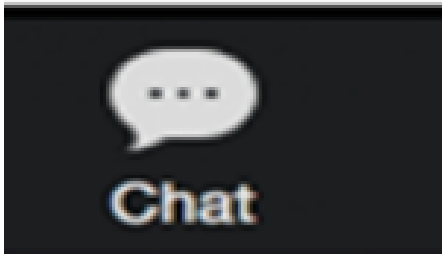


To contact us for help –

Telephone – 0131 370 6707 (Sarah Glover)



Email – sarah@inclusionscotland.org



Chat – to send a message on Zoom use the 'chat' button and change the “To:” to “**sarah@inclusionscotland.org**” or “**janice@inclusionscotland.org**” then type your message.



7. Where to get help about money

We know that lots of disabled people are worried about the cost of living and poverty.



This section tells you about organisations who might be able to help you. It tells you how to contact them.



There are other organisations you can find out about on the internet and through services like your local library.

Scottish Government

The Scottish Government has pulled together signposts to help you find out about sources of help.

<https://costofliving.campaign.gov.scot/>





Money Advice Scotland

Money Advice Scotland is Scotland's money charity. It offers support to people in debt.

You can chat to an adviser via webchat, WhatsApp, Facebook Messenger and email.

[You can find links to contact advisers on the website.](#)



Money Advice Scotland also has tools you can use to make sure you are getting all the benefits and grants you are entitled to.

[To access the resources visit the Money Advice Website.](#)

Welfare Rights.net



www.welfarerights.net is a website where you can find information about benefits, including the new Scottish benefits.

There is also a helpline number and email address which you can use to contact them.

Helpline number - 01387 266 888

Email – info@welfarerights.net





Citizens Advice Scotland –

Citizens Advice Scotland give advice.

They have a help page on their website called [Our Advice Adds Up](#) about help with the cost of living.



You can also talk to your local Citizens Advice Bureau. [Find your local Citizens Advice Bureau here.](#)

Crisis Grants

You may be able to get a Crisis Grant to help you in an emergency.



This includes things like food and heating, if there is a fire or flood, or if you've lost money.



You need to apply for a Crisis Grant through your Local Authority. [To find out more information and for links to your Local Authority's application page visit the Scottish Government website.](#)

8. How to get in touch with Inclusion Scotland.

Inclusion Scotland

22 – 24 Earl Grey Street,
Edinburgh,
EH3 9BN



info@inclusionScotland.org



Office number:
0131 370 6700 (typetalk calls
welcome)



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inclusionScotland.org



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