



Guide for hosts: 'Stick with us!' craftivism activity

Welcome

Hello and thank you for hosting a Craftivism session.

This guide tells you more about how to run your event. Please read it through completely. You will need about 2 hours, but some people might want to finish their crafting after the session.

Please contact us if you have any questions. Contact details are at the end of this guide.

Happy crafting!

Eve and the Campaigns and Activism team

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1. What is craftivism?

Craftivism = activism + craft.

It is a form of gentle activism where campaigners use craft to express their campaign message, thinking about their campaign while they are crafting.

Craftivism is a word first used by a crafter and activist, Betsy Greer and made popular by Sarah Corbett and the Craftivist Collective. These inspiring craftivists show us the power of gentle protest.

Before hosting your session, find out more about craftivism so you can tell your group all about it at the beginning of the session.

Here are some resources to help you prepare:

- Craftivist Collective: www.craftivist-collective.com/our-story
- Betsy Greer's Craftivism Manifesto: www.craftivism.com
- An overview of Craftivism on Wikipedia: www.en.wikipedia.org/wiki/Craftivism
- TED talk on Craftivism with Sarah Corbett: www.ted.com/talks/sarah_corbett_activism_needs_introverts?language=en
- Article on Craftivism: www.theguardian.com/world/2019/jul/28/craftivism-protest-women-march-donald-trump

Remember, Craftivism is all about mindful campaigning. Don't rush it!

2. What will we be making?

This pack shows you how to make a beautiful, thoughtful, personalised gift for the Chair of your local Hospital Trust. You will be making a fridge magnet for them to stick on their fridge, so they see it when they are making their morning coffee!

Magnets stick to things... And we want the Chairs to 'stick with us' to make sure the hospitals in their Trust work for people with a learning disability.

We also want all our campaigners, staff and volunteers to think of themselves as everyday activists, ready to challenge unfairness whenever and wherever we find it. And what could be more everyday than a fridge magnet?!

3. How is your craftivism part of the Treat me well campaign?

People with a learning disability have a much lower life expectancy than the rest of the population, and are much more likely to die avoidably in hospital.

But simple changes can make a big difference – more time, better communication and clearer information. Our Treat me well campaign (www.mencap.org.uk/treatmewell) is all about making sure that people with a learning disability get the reasonable adjustments they need when they go into hospital.

We want each Hospital Trust Chair who receives a gift to understand how important it is for their Trust to engage with the NHS's Learning Disability Improvement Standards. You can read more about the Standards here: www.improvement.nhs.uk/documents/2927/improvement-standards-easy-read-lores_v4pages.pdf

The Standards show clearly how Trusts can make sure hospitals work for people with a learning disability, so staff know how to make reasonable adjustments and have the training they need.

When you have finished crafting your magnets, please choose one magnet to send in a parcel to the Chair of your local Hospital Trust, with the cover letter. You can find the address for the Trust using the internet, then post it or deliver it by hand.

All magnets that aren't sent to a Chair can be shared with other health care professionals known to you or the group, or kept personally as a reminder of why you campaign.

4. Who are the magnets for?

Your target is the Chair of your local NHS Hospital Trust. Their role is to make sure the Trust is working to a high standard for everyone who needs it, including people with a learning disability.

Every Chair should receive just one gift. If there are lots of people from different areas in your craftivism session, each person will need to create their gift for a different Chair.

There is time at the start of the session to help people find out who the Chair of their local Hospital Trust is. This is important so people know who they are making their magnets for.

Your pack contains one envelope. If you are writing to multiple Chairs, please try and get your hands on more envelopes.

5. Setting up and preparing for your session

This activity is all about craft, so please make sure you have a room that is big enough for everyone to sit comfortably around a table.

There is a template invitation at the end of this guide. Invite anyone who is interested in campaigning on health to be part of your session, for example people with a learning disability, support workers and health care professionals.

The ideal number for a session is about 12 people, to allow for everyone to understand the task and have a chance to talk about the campaign.

There is also a template session plan. You should use this to make sure everyone understands what craftivism is and why you are hosting the session.

Make sure you know how to make the magnet, following instructions you get in the pack.

Email Eve Jackson if you would like to request a phone call to talk through how to run the session or make your design. Contact details are at the end of this guide.

6. What you will need

What you will need

- Template(s) - download from [here](#) and print one per person
- Pieces of card
- Magnet(s)
- Piece(s) of patterned card
- Piece(s) of felt material
- Coloured thread
- An envelope
- Glue
- Scissors
- Pen and paper to write the cover letter
- Needle(s)
- Postage stamps



Any extra items like:

- Patterned material
- Colouring pencils
- Ribbons
- Buttons
- Decorations like sequins or buttons
- Raid any cupboards of supplies that you have access to, or head to a charity shop to see what you can find!

7. Accessibility

Think about anything that people in your group might find difficult, before you start.

For example, if someone might find it hard to use scissors, you could have some templates cut out already on card.

If someone might find sewing hard, make sure there is glue for them to use. There are different ways that people can make and decorate their magnets, depending on what they are able to do, so be creative.

Take your time at the beginning explaining what craftivism is, who the Chair of the local NHS Hospital Trust is, and why it's important for them to make sure the hospital works for people with a learning disability.

8. Tips for running your session

Sarah Corbett, Founder of the Craftivist Collective, encourages us to think carefully about the environment for the session: plenty of light, not too hot or cold, background music if you like, tablecloths for the tables, and scents or smells can make people feel relaxed and uplifted. Feel free to experiment with creating the perfect craftivism environment!

Remember that your session is a chance to talk as a group about the big problems that people with a learning disability face in hospital. Here are some questions you could talk about:

- Reasonable adjustments are reasonable! How can we make sure more people with a learning disability, families and supporters are empowered to ask for the adjustments they need?
- Healthcare professionals have difficult, stressful jobs. How can we talk to healthcare professionals we know and explain that making reasonable adjustments will make their lives easier in the end?
- Learning disability is not an illness. How can we make sure people working inside and outside the NHS have the right attitudes to learning disability?

9. Invitation

Copy and paste this information, fill in the details for your event and start inviting:

You are invited to a Treat me well campaign Craftivism event

[Put name of person here]

What: At the event, you will take part in something called Craftivism. Craftivism is activism + craft! You will be shown how to craft a personalised message to send to the Chair of your local NHS Hospital Trust.

Where: _____
[Put event address here]

When: _____
[Put times here]

Please tell us if you can come to the event. You can contact us by:

- email on _____
[Put your email address here]
- telephone on _____
[Put your email address here]
- post at _____
[Put your postal address here]

Your access needs: When you contact us, please tell us if you have any access needs. This could include things you need to be able to get into a building, things you need to be able to go to the toilet, or things you need to be able to understand a presentation.

Thanks and see you then!

10. Plan for 2 hour group session

Time	What?	Supplies needed
10 minutes	Welcome	
20 minutes	• Talk to people about Craftivism • Show any pre-made designs and talk through how you made it • Research who the Chair of the local Hospital Trust is	• Make sure you have read up on craftivism • Pre-made designs • Laptop or device with internet
60 minutes	• Craft!	• Instructions for every person • Crafting materials
15 minutes	• Choose one item to send to each Chair • Write cover letter for Chair of hospital trust. • Address envelope to Chair of Hospital Trust	• Envelope • Address for Chair of Hospital Trust • Cover letter for Chair of Hospital Trust
15 minutes	• Take photos of finished products • Tweet them using the hashtag #TreatMeWell • Wrap up session	• Laptop or device with internet

11. The cover letter

When you are ready to send your gift to the Chair of your local NHS Hospital Trust, please copy out this template letter, either by writing it in your own handwriting or by copying, pasting and printing it out – whatever you prefer.

[Name and address of
the Chair of your local
NHS Hospital Trust]

Dear [add name of the Chair of your local NHS Hospital Trust]

My name is [add your name] and I am [add in details of your role, whether you are a Treat me well campaigner, Mencap staff member or someone supported by Mencap].

[I/insert name of person] made you this to stick on your fridge, so you see it when you are making your morning coffee! We want you to ‘stick with us’ and help make sure that people with a learning disability don’t miss out when they come to hospital.

I know it must be hard work to run a hospital that is easy for everyone to use. People with a learning disability can miss out very badly on the healthcare they need when the hospital is not run in a way that works for them.

The Learning Disability Improvement Standards show how to make sure hospitals work for people with a learning disability. Staff need to know how to make reasonable adjustments and everyone should have the training they need. Simple changes can make a big difference – more time, better communication and clearer information.

You have real power in your role as Chair. Would you like to [have a meeting with me and other Treat me well campaigners from this area to discuss what you are doing/talk about how the Trust is working with the Learning Disability Improvement Standards at your next Board meeting]?

You can find out more about the #TreatMeWell campaign and become a #TreatMeWell Champion at www.mencap.org.uk/treatmewell.

Thank you,

[Add your name]

[Add your contact details]

12. Checklist

Have you...	Yes/No
Researched craftivism?	
Researched the Treat me well campaign?	
Researched who the Chair of your hospital trust is?	
Invited guests?	
Got your pack through the post?	
Had a go at making a magnet yourself?	
Gathered scissors, glue and extra items for everyone?	
Thought about any reasonable adjustments you will need to make for guests?	
Got a laptop or phone with internet access?	

Then you're all set for your session...

13. Keep in touch

If you have any questions at all, please make contact by emailing Eve Jackson, Activism Manager, at eve.jackson@mencap.org.uk or by calling **020 7696 5597**.

Please email us photos of your finished products (with the consent of anyone who is in the photo), and share them on Twitter, Facebook and Instagram using the hashtag **#TreatMeWell**.