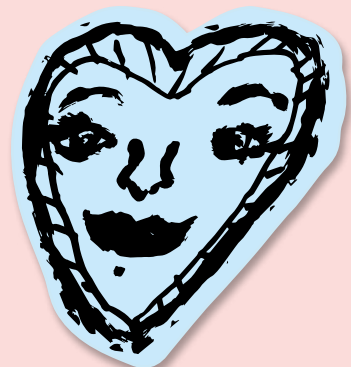
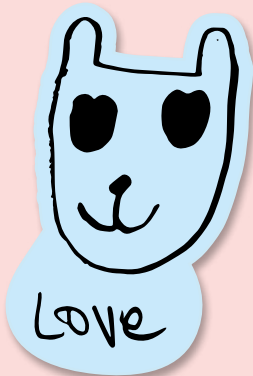
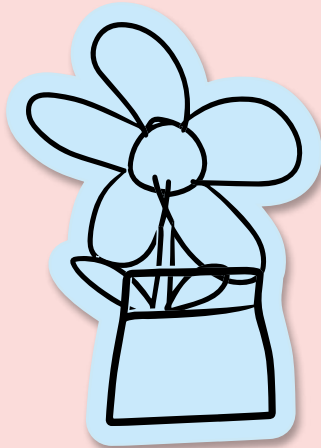
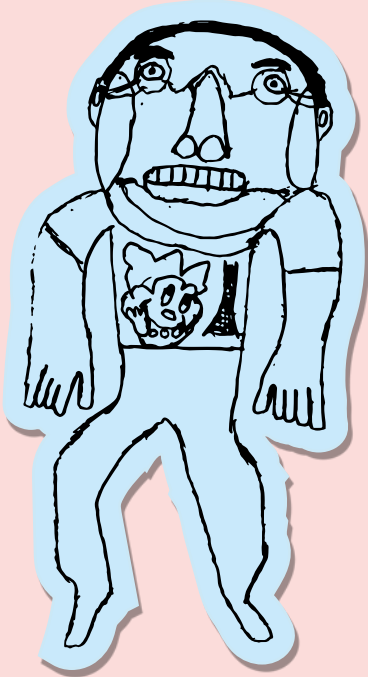


# ANNUAL REVIEW 18/19

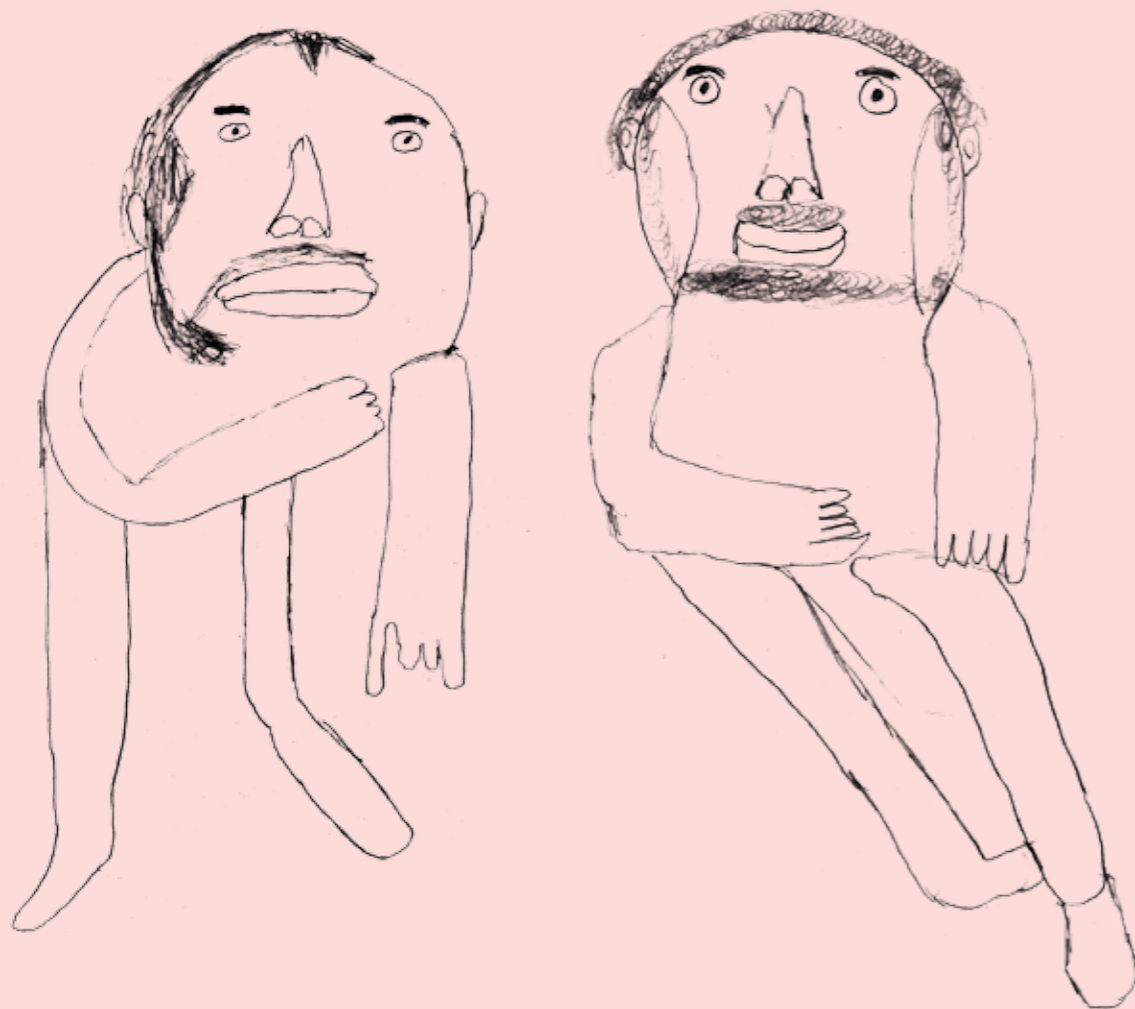


## WHO WE ARE

Heart n Soul is an award-winning creative arts company and charity. We believe in the talents and power of people with learning disabilities, providing opportunities for people to discover, develop and share this power and talent as widely as possible.

## WHAT DO WE DO

We offer opportunities for people to take part in creative activities, gain new skills or develop their artistic talents.

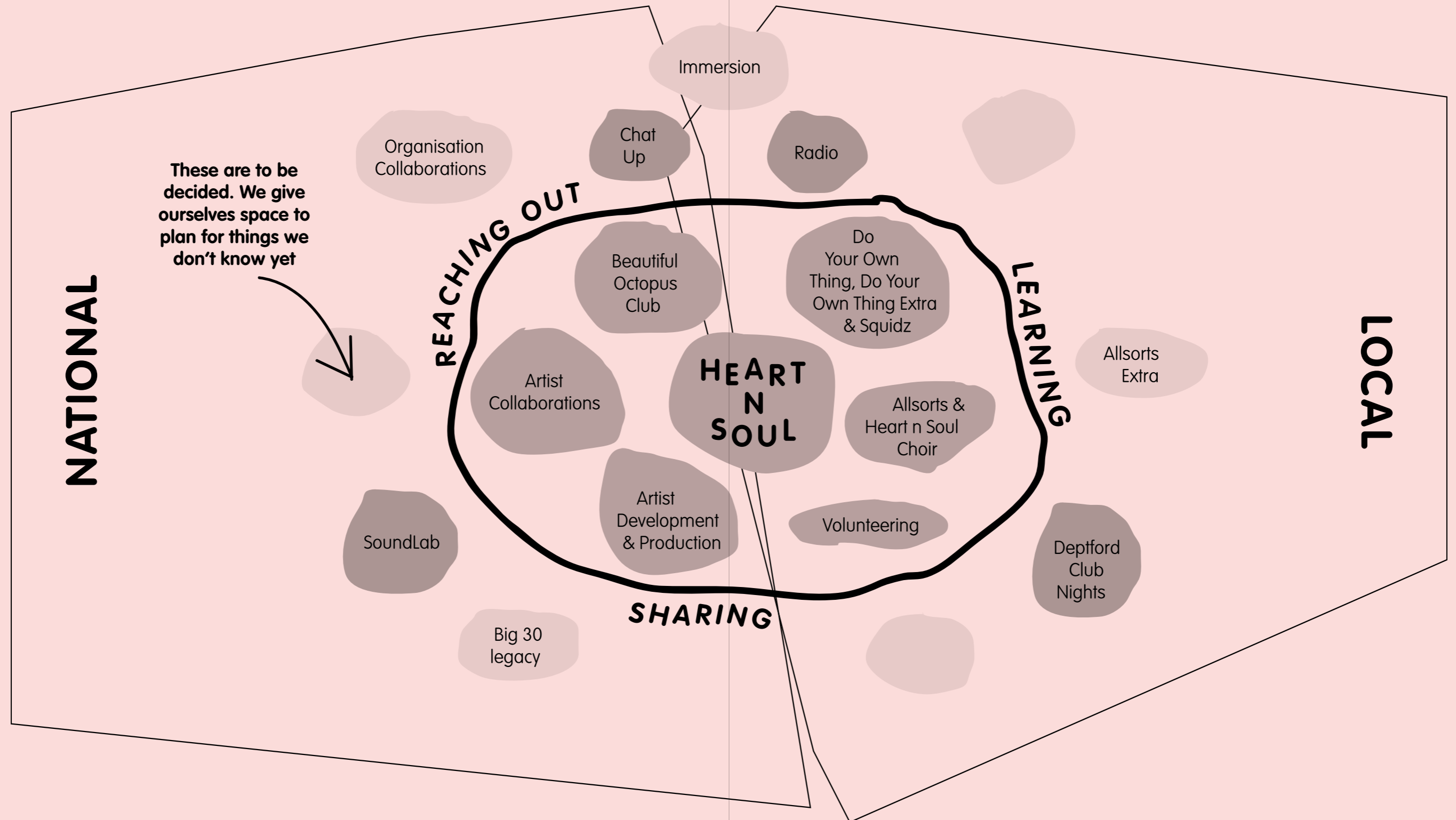


## THE DIFFERENCE WE MAKE

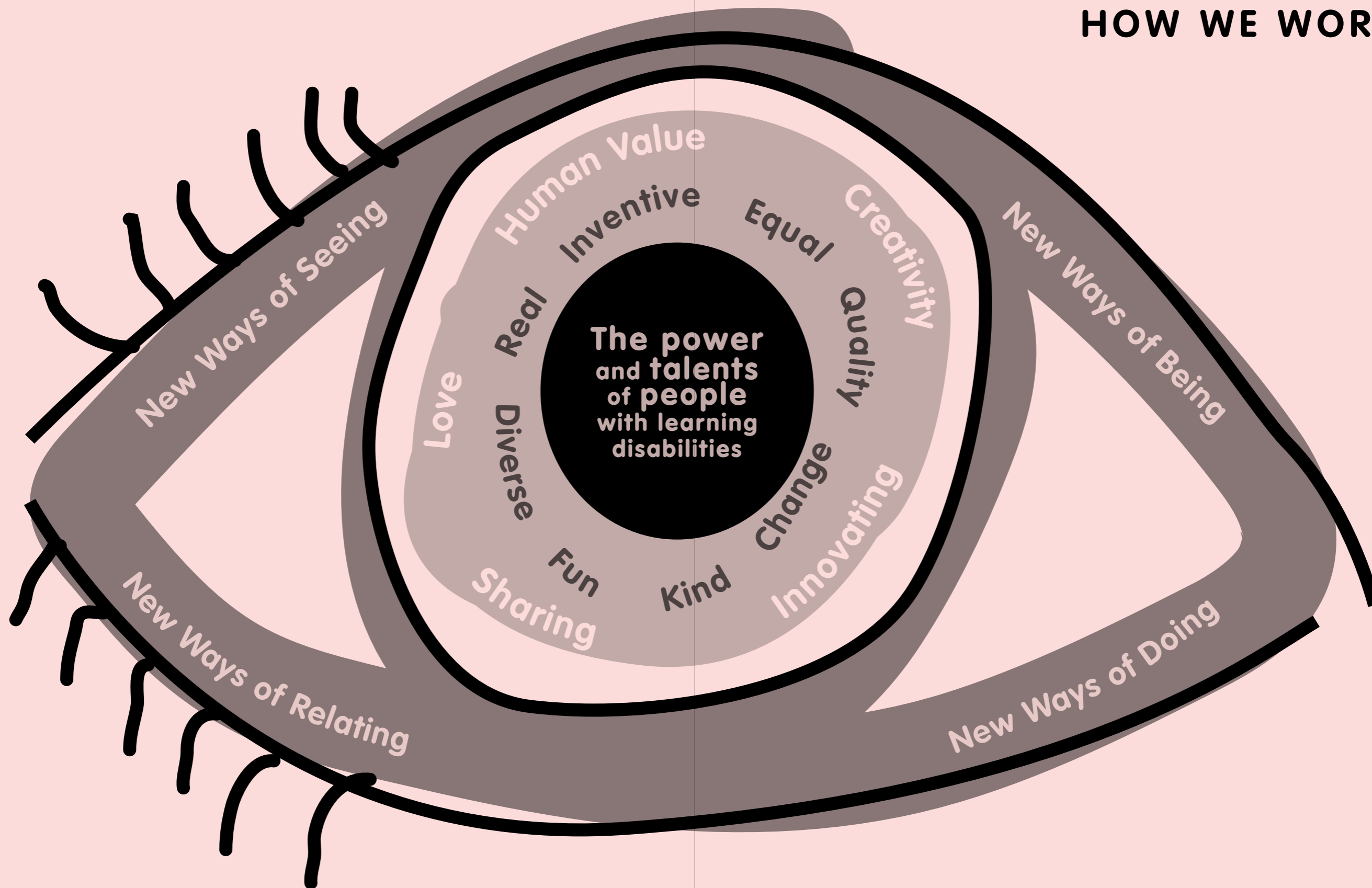
People with learning disabilities create high quality and life-changing art that inspires and changes peoples' lives. They have more choice, are more connected, have more confidence and work towards more independent lives.

Society changes the way it sees people with learning disabilities, there is greater understanding of what people with learning disabilities can do and what they offer everyone.

# WHAT WE DO



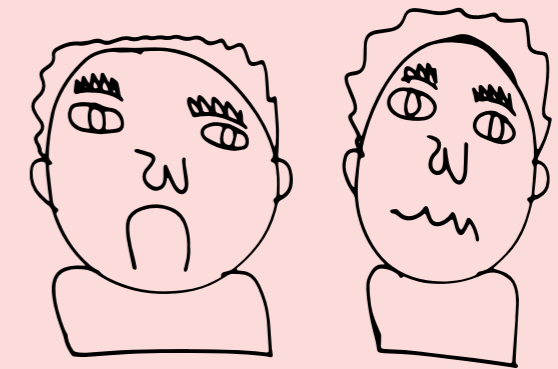
# HOW WE WORK



# WHAT IS LIFE REALLY LIKE IN 2018/19?

## Realities of life for people with learning disabilities in the UK:

- Around 1.4 million people in the UK have a learning disability [1]
- Females with a learning disability have a life expectancy of 18 years lower than the general population. Males life expectancy is around 14 years lower than the general population. [2]
- At least half the learning disabled population experience loneliness and isolation [3]
- Less than 7% of people with learning disabilities are in paid work [4]



## Life in Lewisham:

- Around 5,400 adults in Lewisham, where we are based, have a learning disability. [5]
- People with mild or moderate learning disabilities have been hit particularly hard by benefit and budget cuts, with benefits removed from all except those with the most critical needs (12%). This can result in financial hardship and stress for people with learning disabilities. [5]
- Lewisham has the highest amount of children with Autistic Spectrum Disorders known to schools across England – 22 pupils per 1,000. This trend is increasing faster than anywhere else in the country. [6]
- In the last eight years, youth services in London have been cut by 34%. Vulnerable young people have far fewer places to go. [7]

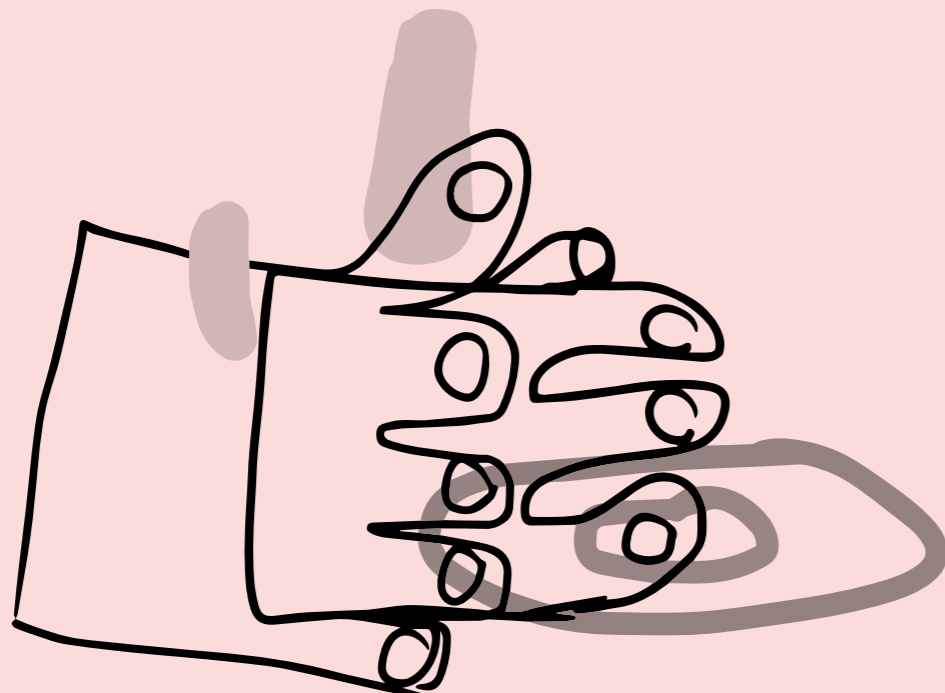
*See page 37 for all statistical references*

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**“We have so much evidence now of a complete dismissal of the human-ness of people labelled with learning disabilities and ... I don't actually want to live in a society in which this just goes on and the government does nothing about it.”**

*Sara Ryan*

Mother of Conor Sparrowhawk who drowned in a bath in a NHS Unit in 2013



---

**“To think that Alex has had to go through that. You must show all of this...you must show people. I want everybody that they know to see what they're like at work.”**

*Sarah*

Mother of Alex, an autistic young woman who was seen to be mistreated by care workers at Whorlton Hall as part of the BBC Panorama coverage in May 2019

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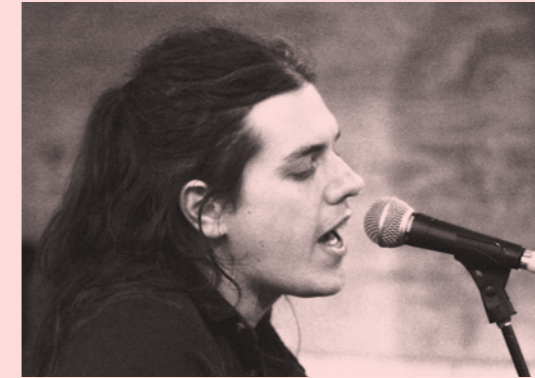
**“For all the talk of learning lessons, the biggest one of all is that if you want a national scandal to go unnoticed, make sure it involves someone with a learning disability.”**

*Saba Salman*

The Guardian, May 2018, reporting on the lack of changes to learning disability care since 2011

## OUR IMPACT - KEY STATS

- Our artists gave **75** performances reaching **15,874** people
- **3,509** people participated in our activities
- Our young people's activities reached **5,642** people
- We reached **122,969** users and followers on our websites and online social media networks
- We supported **24** artists with learning disabilities who had opportunities to develop their skills, creative independence and audience reach



## ART:

Our artists performed in more new spaces than ever before reaching out to new audiences, having national and international impact.

## WHAT WE DID:

- We supported **24** artists with learning disabilities who had opportunities to develop their skills, creative independence and audience reach
- Our artists gave **75** performances across the UK and internationally reaching **15,874** people
- We collaborated with **14** artists and organisations to create new and exciting pieces of art including Wellcome Collection, London Symphony Orchestra (LSO) and Tate Modern.



### Our artists performed in an increasingly diverse range of venues including:

The Fish Police toured Indonesia and took part in the Archipelago Festival and Sofar Sounds at the invitation of the British Council.

Robyn Steward started a new music residency at Cafe OTO, creating an inclusive space for audiences to listen to experimental music.

Chris Collins continued working with artist Will Dickie on the performance piece 'The Rave Space' with a run of shows at Camden People's Theatre

Sam Castell-Ward launched his latest EP 'Living in the Real False World' at local Deptford venue Buster Mantis.

The Beautiful Octopus Club returned to Southbank Centre where over 3,000 people enjoyed performances from Heart n Soul artists, collaborations with the London Symphony Orchestra, live radio and the Heart n Soul DJs.



**Plus our innovative SoundLab digital music project increased opportunities for our artists, participants and audiences to create music and sound experiences.**  
Our largest public event 'SoundLab Play Rave' held at the Wellcome Collection attracted audiences of over **400** people.



---

**“I think there’s so many possibilities to sound and how we play with sound and what we can do...I’m really enjoying how everyone’s getting together and it’s what? 5pm and it just feels like a great rave going on! So I think that’s what I’m enjoying the most, just being here and the atmosphere.”**

*Salma*

Audience member at SoundLab Play Rave

**DID YOU KNOW?** SoundLab website users increased from **1,414** to **19,351** users in 18/19.

Check out the website:  
[www.heartnsoundsoundlab.com](http://www.heartnsoundsoundlab.com)

## HEART N SOUL AT THE HUB

HELLO  
EVERY  
ONE

**“For too long we have been under the microscope. Well, now we’re taking over the microscope and we’re turning it on the rest of the world!”**

*Robyn Steward*

Heart n Soul artist and Hub core team member

In October 2018 Heart n Soul became the new research residents of The Hub at Wellcome Collection. Heart n Soul at The Hub is a research project led by people with learning disabilities and autistic people. Over two years, our work is exploring the value of difference and questioning what is ‘normal’.

WELCOME  
WELCOME

The project is based in The Hub at Wellcome Collection, a space where lots of different people with different skills come together to do research.

We work in a collaborative way with disabled, learning disabled, autistic and non-disabled artists and researchers, cultural writers, social scientists, computer scientists and designers.

Through our research we want to challenge society’s attitudes towards people with learning disabilities and autistic people. We will be finding out how relationships between people who appear different from each other can affect mutual wellbeing.

This is the first time the award has been given to an arts organisation in The Hub’s history. We spent the first six months introducing Wellcome to Heart n Soul through our Chat Ups, live radio and SoundLab. We also invited collaborators to share their thoughts around the questions ‘what is a productive person?’, ‘what is normal?’ and ‘what is the value of difference?’



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**“Working with Heart n Soul is always an absolute pleasure. From Chat Ups to SoundLab Play Rave, the public events we have delivered together have been utterly joyous, surprising and inclusive. They’ve also been really in line with our aims to encourage people to think and feel differently about health and being human.”**

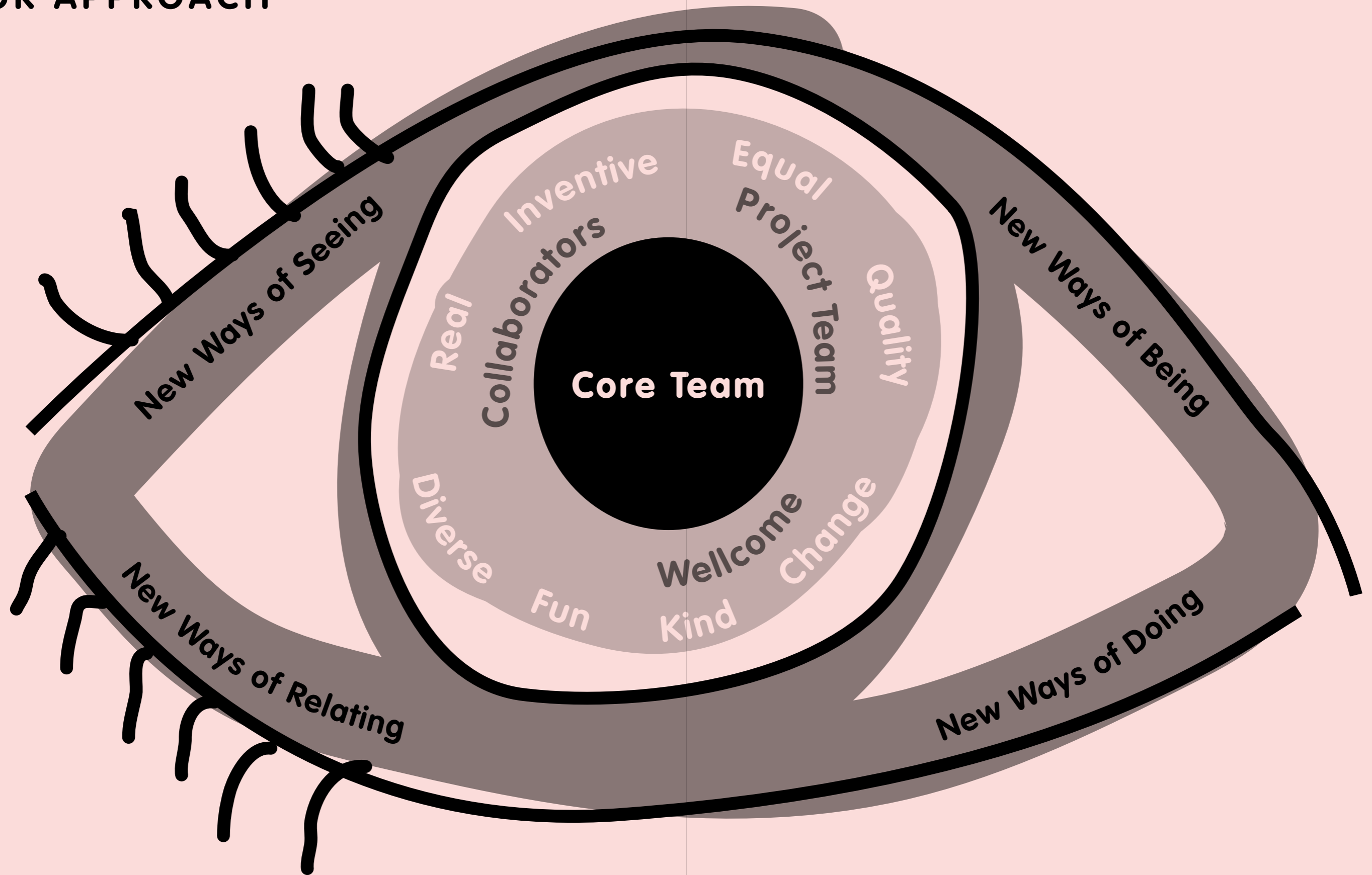
*Natalie Coe*  
 Live Programme Producer  
 Wellcome Collection



Find out more about Heart n Soul at The Hub  
[www.heartnsouleye.com](http://www.heartnsouleye.com)



# HEART N SOUL AT THE HUB: OUR APPROACH



## IMMERSION

Immersion is our new project which offers the opportunity for organisations to join Heart n Soul in an exploration of what organisations look and feel like when they look at people with learning disabilities in a different way. The project looks at what great art looks like with this running through its centre; and what difference it can offer to all of us.

This year we worked with Battersea Arts Centre (BAC), Tate Modern and the Wellcome Collection.

Immersion was launched with the Battersea Arts Centre (BAC) co-producing The Rebels Season at Allsorts. It finished with an Allsorts showcase in the BAC cafe and Lizzie Emeh and Electric Fire performing at the Rest and Resistance Ball. **150** people attended.




---

**"I found the whole experience of being immersed and involved in this project such a positive experience and something that has really stayed with me. The relationships that were made are at the heart of this project, and at the core of Heart n Soul."**

*Amy Sutter*

Producing Assistant at BAC

---

**"I hosted the whole showcase with Ifeoma. I played my Djembe drum and my artwork was on display which I got lots of great comments about. I really enjoyed the whole experience, it was a wonderful thing to do."**

*Michaela*

Allsorts co-producer

## TAKING PART

There were more ways for people with learning disabilities to take part in our creative programmes and connect with others.

- **148** people took part at Allsorts, our creative taking part programme for adults with learning disabilities
- **72** young people took part at Do Your Own Thing, our creative arts project for young people with learning disabilities aged 10-25
- **35** people **co-produced** events
- **61** volunteers took part at Heart n Soul



**co-produced:** help to put together a programme of events and activities for people to take part in

## ADULTS

Our Deptford Club Nights developed in exciting new ways. Taking place around venues in Deptford, they have provided a friendly environment for people with and without learning disabilities to experience art together in the local community. We held 5 club nights in 2018/19 attracting a total of **560** people.

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**“For every performance there was a sing-a-long accompanying the performers, the room was full of amazing support and joy that really lifted the spirit.”**

*Ricky*

Describing his experiences of performing at the Deptford Acoustic Night at Isla Ray Cafe-Bar in Deptford

The Heart n Soul Choir also developed in exciting new ways. They started to sing more complex songs with different vocal arrangements. They also performed in a range of venues from performances at The Beautiful Octopus Club to busking at London Bridge tube station raising over £600 for Heart n Soul.

## YOUNG PEOPLE

Our young people's programme of work grew in the range of opportunities open to them and the quality of their work.

7 artists took part in the Never Bored summer arts residency in collaboration with creative agency Could be Good. They created original pieces of artwork and showed them at an exhibition in Deptford.



**NEVER  
BORED  
FEEL GOOD**



**“Aysen has really come out of her shell... She has enjoyed and developed her skill in creativity over the summer... it's given her so much confidence that we have bought her art equipment to work at home. We are very lucky to have Heart n Soul based in our area. It's helped my daughter to be more creative through art and music that she loves. She's also made lots of friends, which has stopped her feeling lonely and isolated.”**

*Emine*

Talking about her daughter Aysen who took part in the Never Bored summer arts residency



There were also more collaborations with a number of organisations including Tate Modern. Our young artists were involved in a range of different workshops and events there throughout the year. This included Testing, Testing, Testing, an inclusive arts day which featured live radio and performances by our Do Your Own Thing participants.

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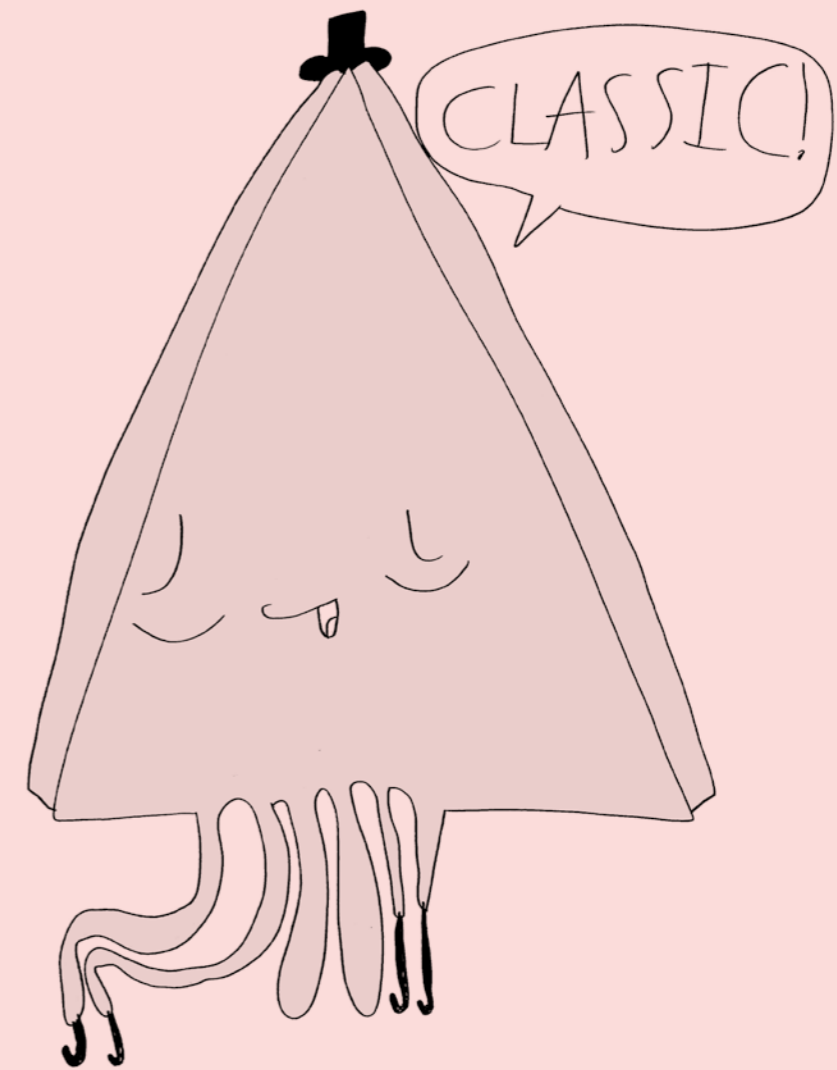
**“It’s been brilliant having the extra time to work with Do Your Own Thing and Heart n Soul. We’ve been learning from each other’s practice and it’s made our approach of working more open and inclusive too.”**

*Anna Gray*

Assistant Curator: Schools and Teachers, Tate London



#DOMINATEATE



Do Your Own Thing, our creative arts project for young people with learning disabilities took over Southbank Centre’s Imagine Festival. The event was called ‘The Squidz, the Jellyfish and Me’ inspired by ideas from participant Reuben. It gave us an opportunity to showcase everything we do at Do Your Own Thing. **28** young people were involved and **3,000** people attended on the day.



## RADIO

Radio became part of Heart n Soul's core activity and was included in many of our projects and activities across the year. It's given our participants new ways to express themselves and an opportunity for Heart n Soul to connect with new audiences.

We created **49** shows including regular live shows at Allsorts and Do Your Own Thing involving **221** people.

Radio also reached out to new spaces, with live shows at Wellcome Collection, Southbank Centre and Tate Modern. Most significantly, radio has enabled participants to increase their presenting and production skills and we've seen a big rise in confidence.




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**"I think it's good to get our voice on the radio...nothing against BBC Radio, but we are proving ourselves to be as good as them."**

*Ariel*

Do Your Own Thing participant

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**"I love doing live radio, it's fun and unscripted and I like that people can come and go as they please."**

*Dylan*

Allsorts participant

---

**"It's been my absolute pleasure to see the young people grow in confidence so quickly and within a few hours grab the microphone to interview people on their own! I believe the simplicity and familiarity of radio enables them to be bolder more quickly."**

*Marie Horner*

Radio Facilitator

# FINANCE

## The Story of our funds

### Income - Money in

Money from earned income: 4%

Money from Arts Council England: 27%

Money from other Trusts and Foundations: 62%

Money from Local Authority: 5%

Money from donations: 2%

### Expenditure - Money out

**Multi-disciplinary arts:** 20%

Taking Part: 47%

Sharing: 2%

The Big 30: 2%

The Hub: 25%

Fundraising: 5%

**Funds from last year:** £133,641

**Income for this year:** £1,113,092

Total funds for this year: £1,246,733

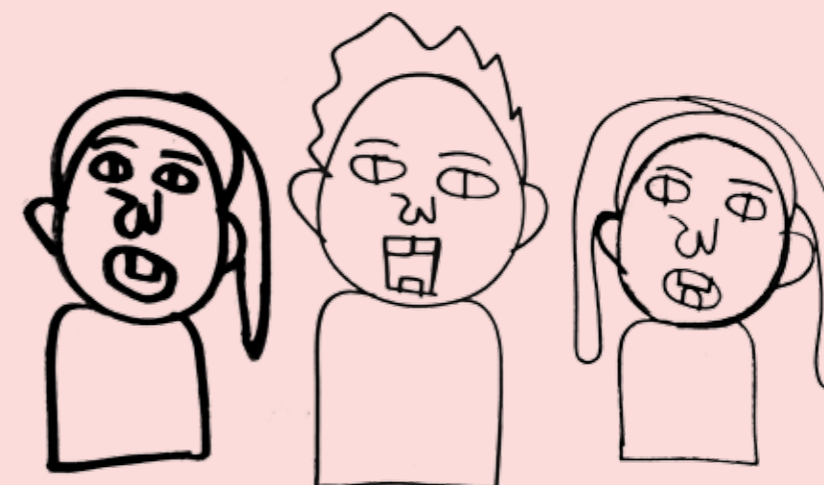
Total spent this year: £1,078,190

Total funds left for this year: £168,543

**Of total funds left for this year:**

**Restricted/designated funds:** £960

**Unrestricted reserves:** £167,583



These figures are taken from our annual accounts for 18/19. You can ask the Heart n Soul office for a copy. Our **auditors** reported that in their opinion they showed a true and fair view of the company affairs.

### WORD HELP

**What do these words mean?**

**Multi-disciplinary arts:** range of art we make including music, clubs and visual art

**Restricted/Designated funds:** funds that are for use on specific projects or activities

**Unrestricted reserves:** funds that can be used for anything required by the charity or needed in case Heart n Soul needs to close down

**Auditors:** people who check our finances

# FUNDERS

We would like to thank all our funders. Every pound raised has the biggest impact on the people we work with.



The Mercers' Company  
 The Rix-Thompson-Rothenberg Foundation  
 The Sobell Foundation



**A BIG THANK YOU TO  
 EVERYONE WHO HAS  
 RAISED MONEY FOR US!**

Including Blackheath Preparatory School, The Big Relay 10k Runners, The Fellow Singers, Heart n Soul Choir, Kate & Colin Linsky and Salesforce, Michael Price, Native Instruments Runners

**Would you like to support us?**

Contact us: [info@heartnsoul.co.uk](mailto:info@heartnsoul.co.uk)

## REFERENCES

### Realities of life for people with learning disabilities in the UK:

[1] NHS.uk 2018

<https://www.nhs.uk/conditions/learning-disabilities/>

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[2] NHS Digital, 2017

<https://digital.nhs.uk/data-and-information/publications/statistical/health-and-care-of-people-with-learning-disabilities/experimental-statistics-2017-to-2018>

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[3] Sense (2017). "Someone cares if I'm not there": Addressing loneliness in disabled people. Jo Cox Commission on Loneliness: Disabled People.

<https://www.sense.org.uk/support-us/campaign/loneliness>

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[4] Mencap

<https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/employment>

### Life in Lewisham:

[5] Lewisham Council, Joint Strategic Needs Assessment, 2018

[6] Lewisham Council, Joint Strategic Needs Assessment, 2018

[7] London's Lost Youth Services 2018, briefing by Sian Berry AM, Green Party Member of the London Assembly, March 2018

✉ Heart n Soul, The Albany, Douglas Way  
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☎ 020 8694 1632

💻 [info@heartnsoul.co.uk](mailto:info@heartnsoul.co.uk)  
[www.heartnsoul.co.uk](http://www.heartnsoul.co.uk)

For all our latest updates, join us online:



or sign up to our newsletter:

✉ [news@heartnsoul.co.uk](mailto:news@heartnsoul.co.uk)

### Review credits:

**Design:** Adele Jeffs (Could be Good)

**Photography:** Christopher Andreou, Heart n Soul, Tim Mitchell, Andrew Northrop, Alex Wojcik

**Artwork & illustration:** Ariel, Shelley Bird, Ben Connors, Could be Good, Danielle, Ifeoma Orjiekwe, Reuben

If you need assistance understanding the review get in touch at [info@heartnsoul.co.uk](mailto:info@heartnsoul.co.uk)



**Check out the Annual Review playlist:**

[www.youtube.com/heartandsoulart](http://www.youtube.com/heartandsoulart)

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Company ltd no: 2830733

Charity registration no: 1023467

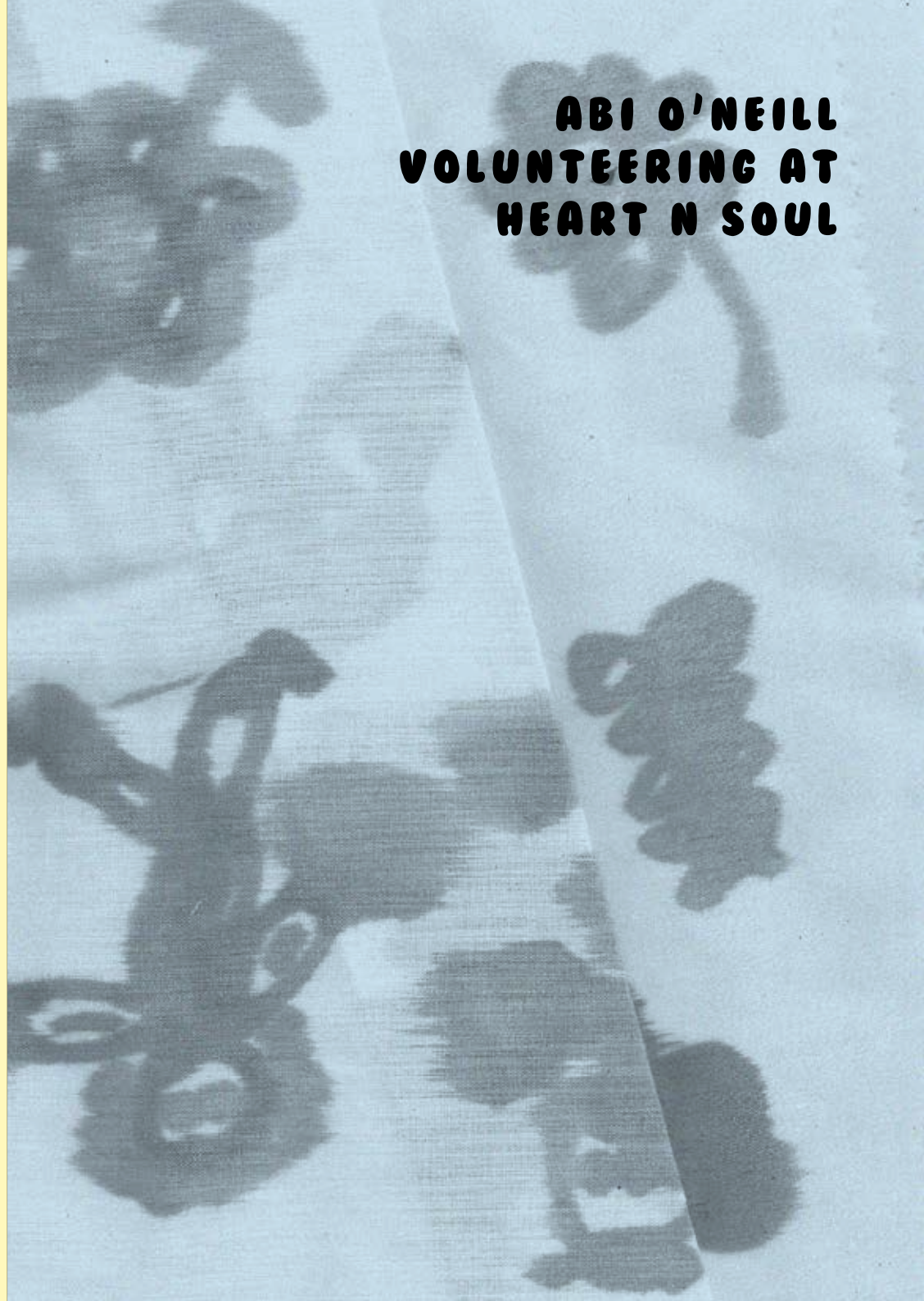


Heart n Soul, The Beautiful Octopus Club and The Squidz Club are registered trademarks in the European Community.

**STORIES**

**ONE**

**ABI O'NEILL  
VOLUNTEERING AT  
HEART N SOUL**



I've been volunteering with Heart n Soul for three and a half years now and it's been a brilliant experience. One of my early highlights was The Beautiful Octopus Club back in 2016. It was the first big event I was part of, it was amazing and I wanted to tell everybody about it, it was a joy to be part of.

I mainly volunteer at Allsorts, but have also volunteered at Do Your Own Thing and Squidz Club. From the start I was really taken aback by the quality of the work that was being made, I hadn't really seen that before in many other places that I'd volunteered, it felt like a cool place to be.





---

**Seeing how much participants have developed has been very special. I also feel that volunteering has changed me a lot too. I feel more confident in being able to make a room work well, and make sure everyone is safe and having a good time. I've also tried things that I've never done before, like printmaking and painting.**


I think the most important thing about being a volunteer is being there as that friend or support that can help somebody get the most out of the session. The relationship and time you have with the participant is the most important thing.



At Allsorts I've also had the chance to run a workshop. I did a Morris Street Dance session which was a strange call, but is something that I'd done in my cabaret work for many years before joining Heart n Soul. Everyone absolutely loved the session and left smiling. It was nice to share what I did outside of Heart n Soul and introduce something new.

There are so many things I love about being a Heart n Soul volunteer. The friendships that I've made are lovely and are such a special thing. Being here allows people to explore and think about things differently and you start to do that yourself.

**WOULD YOU LIKE TO VOLUNTEER  
FOR HEART N SOUL? SAY HELLO...**

 [info@heartnsoul.co.uk](mailto:info@heartnsoul.co.uk)

---

## BEST TUNES TO MORRIS STREET DANCE TO

- 1 Beyonce  
- *Run The World (Girls)*
- 2 Monster Ceilidh Band  
- **All the Swingle Ladies**
- 3 Neon Jungle  
- **Trouble**

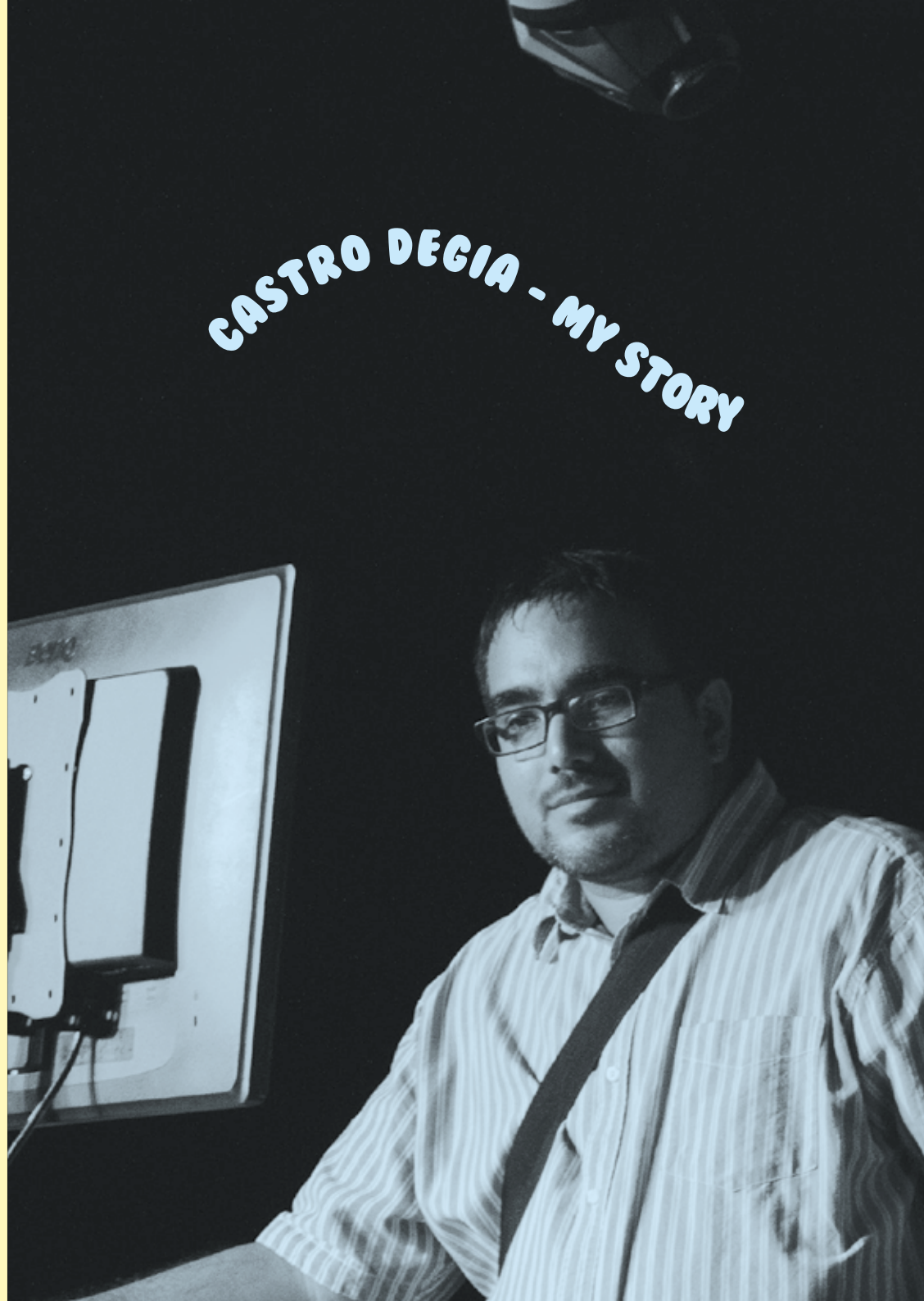


Listen to the annual review playlist:  
[www.youtube.com/heartandsoulart](http://www.youtube.com/heartandsoulart)

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**TWO**

**CASTRO DECIA - MY STORY**



I first discovered Heart n Soul about five years ago when they did an Allsorts taster session at the Tuesday Gateway Club in South East London. It was really good so thought I'd come along and find out more.

I'm a DJ and the first Allsorts season I came to was the Sound Season. There was a lot of DJing sessions happening which I loved and I've been coming ever since.

---

**I'm naturally very shy, so when I first came, I didn't speak to many people, but a lot has changed.**




---

**My friendship group has definitely expanded since coming to Allsorts.**

I was invited to join the Allsorts co-producing team a few years ago. At our meetings we suggest sessions we'd like to do and decide on a name for the season. Everyone has to vote. I really like it because you get to know what happens before anyone else and it's nice to meet up with everyone.

I've also suggested a few sessions that have happened at Allsorts including model making which I used to be into. I co-led the session. My favourite part was helping people make their models which I really enjoyed doing.

Heart n Soul has also given me more DJing opportunities. I've been DJing since a teenager and my favourite music to play is reggae.



---

**My favourite set ever was at The Beautiful Octopus Club in 2016 where I played a whole set of Jamaican reggae and the audience loved it. Entertaining people is what I love to do.**

Being part of the Immersion steering team is also interesting. Meeting people from Wellcome has been enjoyable. I like that I'm given a chance to put my point of view across. Heart n Soul gives you something constructive to do and it has really helped with my confidence.

---

**I go to meetings, do lots of activities, more DJing, Heart n Soul has definitely changed my life for the better.**

## CASTRO'S TOP 3 REGGAE PLAYLIST

- 1** Bob Marley  
- *Screw Face*
- 2** Sugar Minott  
- *House is Not a Home*
- 3** Freddie McGregor  
- *Bobby Babylon*



Listen to the annual review playlist:  
[www.youtube.com/heartandsoulart](http://www.youtube.com/heartandsoulart)

**THREE**



---

## How long have you been working together?

**Rosie:** About a year and a half. The first song we wrote together was 'Happy in the Garden'. But the first song we did in the music studio was 'What's Inside The Box' followed by 'Rainbow Rubber'.

**Danielle:** 'Rainbow Rubber' is my favourite song. I like listening to the lyrics, it makes me feel excited.




---

## How do you work together?

**Danielle:** We make art first.

**Rosie:** Yeah, we do some drawings, we get all our ideas down and they're usually based around something that has happened to Danielle recently or something she's inspired by.

**Danielle:** I like that you can make up songs with different lyrics from my art.

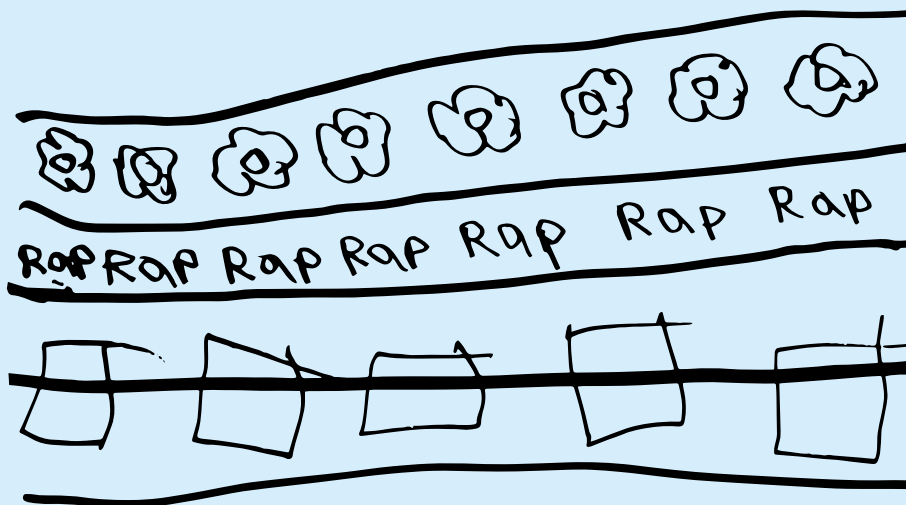
**Rosie:** So it could be that Danielle's got a new bag or she's seen some amazing t-shirts. Once the ideas are down on paper we then think about how to make it into a song. The music and art work together.



---

## How does creating your art and music make you feel?

**Danielle:** Happy. I feel very excited, because I'm good at doing them. I think they're perfect.

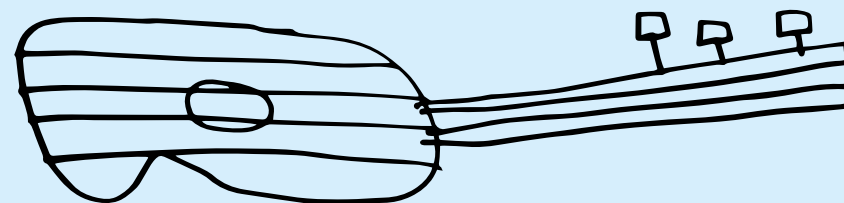



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## What do you enjoy about working together?

**Danielle:** Because I enjoy it a lot. I like doing the music and art the most.

**Rosie:** I love working with Danielle, she's got amazing ideas. Her drawings are so literal and beautiful that we can get lots of ideas out of them for making music. Getting into her world is really exciting.



---

## How do you think Danielle has grown and developed as an artist?

**Rosie:** I think she's got a lot more confident, especially on stage where she's singing really difficult songs.

**Danielle:** Yes I feel more confident as I'm doing more performing.



---

## Rosie, how has working with Danielle contributed to your growth and development?

**Rosie:** I've learned a lot. She's so visual and she explores things through objects, drawings, colour, patterns and shapes and they can be described in musical terms. That's really had an impact on my way of working. We've taught each other things and that's important when you have a good collaboration.

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## How has Heart n Soul supported the development of your relationship?

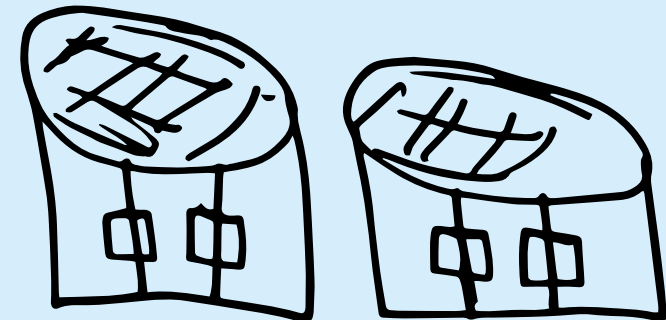
**Danielle:** Heart n Soul is very brilliant!

**Rosie:** Yes! Because there is an arts studio and a music studio we can pick which one we want to go to. Danielle is in charge of orientating that and she's not being told that she has to do one thing. I think it's really exciting to be in a place that we can do that.

---

## What have been some of the highlights of working together?

**Rosie:** The first time I saw Danielle performing 'Cooking For My Family', at the Tate. I'd never seen her drumming live and singing at the same time, it made me cry.



## So what's next?

**Danielle:** I want to make bracelets, necklaces, decorate biscuits, make cakes, doughnuts, an ipad case...

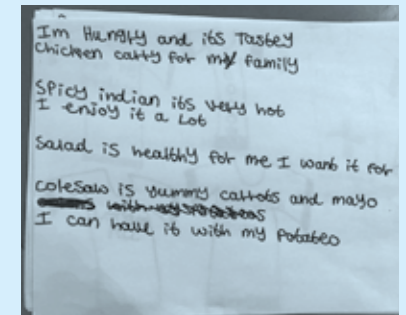
**Rosie:** How about music Danielle?

**Danielle:** I also want to write a new song.

**Rosie:** We've been working on a new song 'Not My Problem' inspired by everything in Danielle's new pink bag. Danielle is going to make a music video for the track.

**Danielle:** I'm looking forward to that.

**Rosie:** And an album is coming!



Danielle is an artist and Rosie is a musician and session leader at Heart n Soul.

**FOUR**



It was an exciting year for me, I got to try out new things and travel to new and different places around the world.

It started with my band The Fish Police heading to the South by Southwest Festival in Austin, Texas where we performed two shows. It was my first time at the festival and there were a lot of things to see and do.



I wish I had a

of my own cactus



@SXSW  
2018


BOON  
BOYS

It  
would  
grow  
so  
tall

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**Later in the year we travelled to Indonesia where we performed three gigs. It was very different, the weather was hot and there were lots of cars and motorbikes driving along the roads. It was a very busy place, but I liked it. I felt the happiest being on stage.**





I've always made my own songs and this year I had lots of opportunities to perform them. I enjoyed the Bubble Club, a club night for people with learning disabilities in East London, the most. I like it when the audience wave and sing along.

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**It does feel different performing solo instead of with the band, but it's been a big step forward in my development.**





I also got chosen to be part of Ravioli Me Away's opera 'The View From Behind the Futuristic Rose Trellis'. The story is about different segments and different stories about things that are happening in another world.

I play a character called Fresh Eyes. He watches the world and he sees everything that is happening. I also came up with the words for a song called 'Chalice of Sugar'. It's about doing stuff your own way, making music the way you want to make it, so people will get happy when they listen to it.

The first place we performed it was at the Wysing Arts Centre in Cambridge. I didn't have any nerves. We've had a really good response and I'd like to do more. So what's next? I'd like to perform with

Heart n Soul artist K-Dog and I'm currently working on two albums.

It's a big opportunity being part of Heart n Soul and I've enjoyed it. It's changed me, I've been learning things from other people and it's made me more confident in myself and when speaking to other people. I'd say if someone wants to have a career in the creative arts have fun and be yourself.



## DEAN'S SOUNDTRACK OF THE YEAR

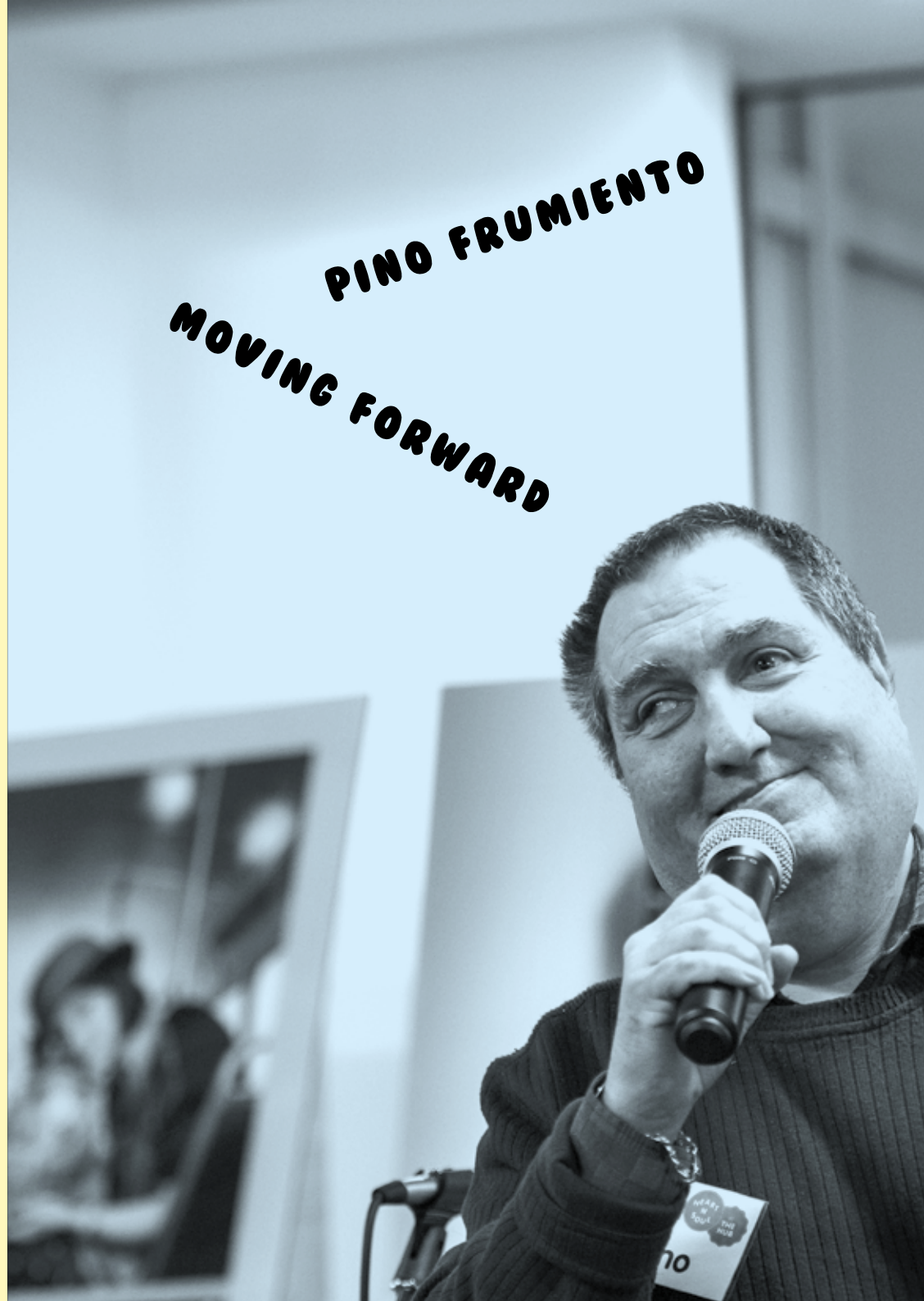
- 1 Whodini  
- **Five Minutes of Funk**
- 2 The System  
- **You Got Me Where  
You Want Me**
- 3 Coalition  
- **C'est Ainsi**
- 4 Jazzy Jeff & The Fresh  
Prince  
- **The Things That U Do**
- 5 Latoya Jackson  
- **Imagination**



Listen to the annual review playlist:  
[www.youtube.com/heartandsoulart](http://www.youtube.com/heartandsoulart)

**FIVE**

**PINO FRUMIENTO**  
**MOVING FORWARD**



I was really excited when I heard we got The Hub project, I just wanted to get started.

What we are doing there is trying to change the system and the law. We want to try and make life easier for people with learning disabilities. We want there to be more understanding of us and we want to make connections with people without learning disabilities. Yes, bringing people together, why not?

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**We want to share love  
and understanding.  
Because love is the most  
important thing in life.**

The most important thing we want to see change is how people with learning disabilities are treated, that's really number one.

We've had a busy start and we've met lots of people. We're trying to get people to understand about our lives (people with learning disabilities) and what's different. We're going to be asking the public lots of questions.



We had a launch party and there were a lot of people there. It made me feel proud, because they're on our side and they're interested in what we have to say. We've also done some live radio shows. We talked to some of the staff at Wellcome about what their favourite love songs were and people were listening throughout the building. It went wonderful, I enjoyed meeting everyone.

The next thing I'm going to be working on is organising a tea party as I want to get some people with learning disabilities together. I'd like us to have a chat and see if they're happy with their lives or if they've had some of the same problems as I've had (and see what we'd like to see changed). If it's successful, hopefully we'll do more.

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**Being part of Heart n Soul at The Hub has been fantastic for me. I never expected we'd go to a big place like Wellcome. To see how much Heart n Soul has grown is great, I'm very proud to be part of it.**



The main thing I hope people will learn from The Hub is that people with learning disabilities are wow! I don't feel people without learning disabilities see what we are really like. They think -he looks different, she looks different-, they don't really want to look at you. It makes you feel sad, you're not wanted or heard, but through The Hub, we hope we can change that.

We want to share love and understanding. Because love is the most important thing in life.

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## PINO'S LOVE SONGS PLAYLIST

- 1 Pino Frumiento  
- **Let it be Me**
- 2 Elvis Presley  
- **It's Now or Never**
- 3 Billy Fury  
- **I'd Never Find Another You**
- 4 Dean Martin  
- **That's Amore**
- 5 Doris Day  
- **Secret Love from Calamity Jane**



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