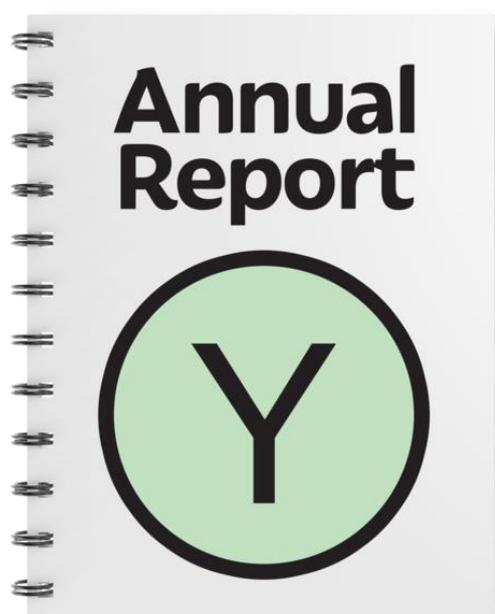


Association for Real Change

Annual Report

April 2022 – March 2023



What we have done this year.



How we have made and spent our money this year.

Financial Results

How much money ARC has made or lost.



At the start of the financial year ARC planned how we would make and spend money.

This is called a budget.

The **financial year** runs from April to March.



At the start of the year ARC had £526,000 of savings in the bank. We call these reserves.

This is a lot of money.



The ARC board are a group of people who make decisions about what ARC does.

The board wanted to spend money from our savings on the following important projects.



- A Training Programme led by Experts by Experience in Scotland.
- A Research Unit in England to get better information about people with a learning disability
- A Provider Forum in Scotland that brings together groups that support people with disabilities.



The board made the budget using this information. We planned to spend more money than we made.

At the end of the year we had a loss of £124,397.



One project ended this financial year. We have spent all the money for this project.



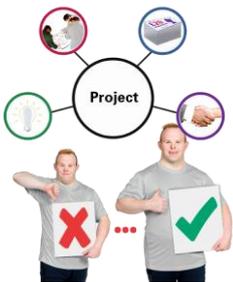
Two projects will carry on into the next financial year 2023 - 2024. We still have money left in the bank to spend on these projects.

Financial Sustainability

Does ARC make enough money to keep going?



ARC is making enough money to keep going.



ARC are doing more and more work to meet the needs of people with a learning disability, autism and other support needs. ARC keeps working to make good changes happen to make their lives better.



ARC look forward to working with others interested in our work next year. We will talk with them about the big things ARC should be doing.

Strategy and Objectives

Have ARC done what we said we would.



This year the ARC Leadership Team looked at plans for the future.



We talked with people with an interest in our work to help us make a new plan.

The ARC board has said they are happy with this new plan.

This report uses our old plan. We used this plan until March 2023. It split our work into 3 things.



1. Support and Develop
Helping people work in a better way.



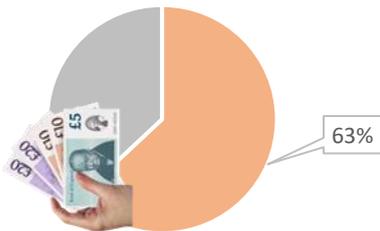
2. Connect and Liaise
Changing thinking through building good relationships.



3. Influence and Voice
Changing the way things are done to make lives better.

Support and develop

Helping people work in a better way.



Over half of the money we made this year came from

- training
- making information easy to understand and
- police checks to see if staff or volunteers have done crimes in the past. We call these **disclosure checks**.



Our training included

- staff training needed by law and
- training to help staff learn new things.

In 2022 - 2023

- 2975 people from 310 different organisations went on 244 of our training courses.
- We gave out over 1000 qualifications.
- We made 47 Easy Reads and 33 films with Experts by Experience.
- We did over 6000 disclosure checks.



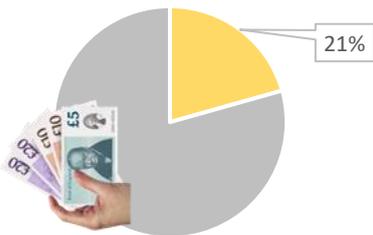
Easy Reads make hard information easy to understand. They use easy words, short sentences and supporting pictures.

Amazing listening to service users tell us how they feel and how they want to be supported. Excellent course. Very well planned and lots of information.



Connect and Liaise

Changing thinking through building good relationships.



Some of the money we made came from bringing different types of people together.

We do this in different ways.
For example, meetings, conferences and events.



In 2022 - 2023

- We had 874 meetings.
- We got together nearly 7000 people. This included
 - people working in services
 - people who work in **Local Authorities**
 - people who work in Government
 - supported people
 - family and carers.

A **Local Authority** is an organisation that looks after public services, buildings and equipment in an area. For example, your council.

We were just all saying what a good organisation ARC is. We are glad to be part of it and to have your support.

You have done some great work over a difficult few years. Long may it last.

You have been a big support to us as we deal with staffing problems. We look forward to working with you in the new year.



Influence and voice

Changing the way things are done to make lives better.



Some of the money we made came from our work to change the way things are done.

For example

- answering government **consultations**
- helping people with **self advocacy**
- working with **policy makers** and helping them understand the things that need to change.

A **consultation** is when you and others are asked to share what you think about something.

Self advocacy means speaking up for yourself.

Policy makers make rules about how we must do things.



In 2022 – 2023

England helped organise a conference with the National Care Forum.

- This conference was for service managers working in learning disability services.
- Over 200 people went and some organisations became ARC members.

Northern Ireland supported politicians and decision makers to hear the learning disability community.



We talked about

- Muckamore Abbey Hospital and **Resettlement**
- meaningful Day Opportunities funded by European money and
- problems finding and keeping support staff.

Resettlement is when people are supported to move into a new home.



Scotland tried a new way of doing things to better support young disabled people moving into adult life.

- Working with 10 local authorities, the Scottish Government, young disabled people and their parents and carers.
- Making 3 Apps to help young people, parents and carers and professionals get the information they need.

People who have supported us



Thank you to everyone who has supported our work. You are all important to us.



Together our voices are louder.



You have helped us

- get the voices of people with a learning disability heard by decision makers and
- put people with a learning disability at the heart of their communities.

Thank you to all those who supported us, including



- Belfast Health and Social Care Trust



- South Eastern Health and Social Care Trust



- Western Health and Social Care Trust



- Department of Health Northern Ireland



- Aberdeenshire Council

- People First Scotland



- Scottish Government

- Skills for Care (England)



- Big Lottery and Esmee Fairbairn