



How we made a difference

2024 - 2025



Changing thinking



Changing practice



Changing lives



About ARC



The Association for Real Change (ARC) is a charity.

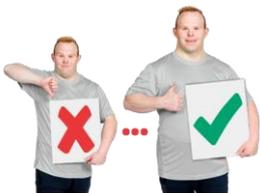
Charities try to help make things better.



We try to make things better for people with a learning disability, autism, or other support needs and their families.



We work in England, Northern Ireland and Scotland.



Our work makes a difference to people, organisations and communities.

This report tells you about some of our work in 2024 – 2025.



Find out more on our country websites.

England

www.arcengland.org.uk

Scotland

www.arcscotland.org.uk

Northern Ireland

www.arcni.org.uk



What we want

Our vision



We want communities that include everyone and celebrate difference.



We want communities that listen to and respect everyone.



What we do

Our mission



We bring people together.

We share stories and what we think.

We agree ways to make real change happen.

ARC makes real change happen in 5 ways.



1. Research

We find out important information and share it with others.



2. Networking

We bring people and groups together to share information, ideas and support.



3. Advocacy

We support people to speak up for their rights and get better services.



4. Policy

We make sure the list of rules we are told to follow in policies are good and fair.



5. Training

We teach people the skills they need to work well.



What we want to happen

Our aims



Better knowledge and rights

We want people to

- ✓ know their rights
- ✓ stand up for their rights and
- ✓ know the rights of others.



Better choice and control

We want services that

- ✓ listen to **experts by experience** and
- ✓ help people to live the life they choose.



Better involvement and fair chances

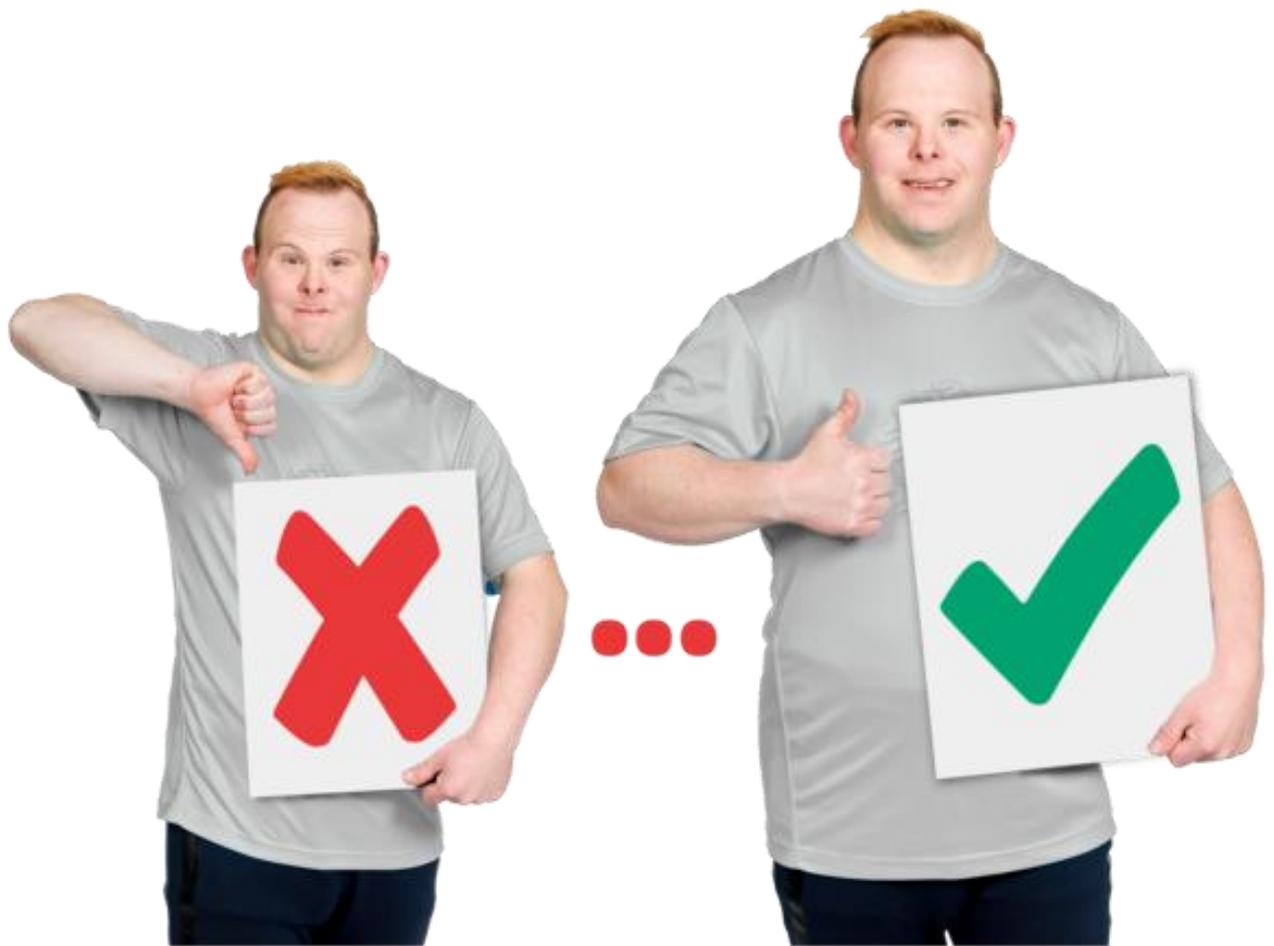
We want communities to

- ✓ change how they think, feel and act and help everyone be involved.



Experts by experience are people with a learning disability, autism and other support needs.

How we helped make real change happen





Knowledge and rights



We ran 192 training courses and trained 3647 people. We checked how good our training was.



Almost everyone said the training did what it promised.



Everyone said our trainers knew a lot about what they were teaching.



Almost everyone said what they learned helped them to understand more.



Almost everyone said they felt more confident in doing their jobs.

Rights



Most people said they know more about their rights.



Everyone said they feel more able to help people supported learn about their rights.



Most people said they would do their work differently because of the training.



Almost everyone said they would tell other people to do the training course.



Feedback



I have learned more, and this is already helping the work we do in our service.



ARC NI has helped with the Adult Protection Bill. They have helped the Department of Health understand the needs and views of people with a learning disability. Thank you ARC NI.



Choice and control



ARC had 690 meetings for

- staff and professionals
- supported people
- parents, and carers.



Almost everyone said they had a good experience with ARC.



Almost everyone said ARC listened to them and respected them.



Almost everyone said they would tell others that ARC meetings were good.



Some people said that ARC helped them make services better.



Feedback

Rights



ARC has helped us meet more people and learn more about rights and working together.



ARC has helped make a plan for Managed Budgets in Northern Ireland. They helped get money and made sure the work focuses on what is best for the people supported.



The session was good and made us think. We will look again at how we do things.



Involvement and fair chances



Most people said ARC helped them make changes or feel more included.



Most people said ARC helped them include people they support in the community.



TILII advocacy groups of people with a learning disability and supported by ARC NI made 41 Easy Reads and 9 films. These make information easier to understand.



ARC helped with 5,780 police checks for people who want to work in social care.



Feedback



Meetings feel welcoming. Everyone is respected and included.



Our service helps adults with a learning disability in Northern Ireland feel included. ARC shares knowledge and gives training so we can support people better.



It has helped me understand what people need and their rights.



How we got and spent our money



ARC earned just over one million pounds this year. This is the same as last year.

This money comes from activities like selling training.



ARC has lots of savings in the bank. This means we do not need to worry about money too much.



It is important that ARC makes enough money to pay for what it spends

ARC spent £20,000 on a job in England to help more people. This was £12,000 more than it made.



Restricted income is money we are given that can only be spent on projects.

This year, ARC got £657,000 for projects. This is less than last year.

£66,000 of this money will be used to finish projects next year.



England good news story



Together 4 Change is a group of people with a learning disability and autism. The group meets every 8 weeks on Zoom.



Together 4 Change talk about important things like

- friendships
- public transport
- voting rights
- using the internet.



The group is co-chaired by 2 experts by experience. Their names are Matt Lester and Sui-Ling Tang. They are both very passionate about leading the group.



Over 60 people from 20 organisations are part of Together 4 Change.

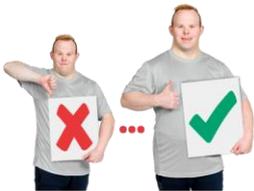


Together 4 Change now has their own name, logo and vision.



ARC England supports Together 4 Change and listens to feedback collected at meetings. This helps make sure the group works well for everyone.

At their last meeting everyone said



- they learned new things
- they understand their rights better
- it was very interesting.



Together 4 Change is a group that helps people have more choice and control in their lives.

They are winners of the Learning Disability and Autism Awards 2025.



SCAN ME

Find out more about Together 4 Change by scanning the QR code.



Northern Ireland good news story



The ARC NI Conference was an amazing day full of learning and fun.



There were talks about improving disability rights and how to make support better for people with a learning disability.



Camilla Kvalheim talked about TV BRA, a TV channel in Norway run by people with a learning disability. Our TILII TV team enjoyed learning from journalists with real experience.



Then there was a Doctor Who-inspired play called The Time Travellers of Change. It showed important moments in the history of learning disability in Northern Ireland.



Before lunch, people joined workshops about how technology can help change lives. They learned about apps, communication devices, and other tools.



After lunch, people asked the government questions about services and support. Their answers were helpful and gave hope for the future.



In the afternoon people joined workshops. They tried DJing, arts and crafts, candle-making, and a relaxing sound bath. Everyone had fun and learned new skills.



The day ended with a party celebrating ARC NI's 25th birthday.



Scotland good news story



The **National Involvement Network** or **NIN** is a group of over 750 people with a learning disability or other support needs. It is supported by ARC Scotland.



The NIN helps people to

- share experiences
- support each other
- make change.



Members of the NIN wrote out the **Charter for Involvement**. It explains how people want to be involved in services and communities.



Organisations can sign up to the Charter. By March 2025, 89 organisations have signed up.



NIN meetings happen every 3 months. More than 50 people attend from across Scotland.



Members choose what to talk about at the meetings. They discuss the topic, listen to experts and suggest ways to make things better.



ARC Scotland collects people's views and ideas. Then they publish reports about what people have told them.



In 2025, there were lots of different reports. For example, on Health and Independent living.



SCAN ME

You can find these reports on the ARC Scotland website. You can search the link below on google or scan the QR code.

<https://arcscotland.org.uk/involvement/national-involvement-network/>