

Inclusive Involvement Pledge

I am delighted to be taking part in an involvement activity with (name of organisation). I hope my knowledge of using health and care services, living with impairments and/or health conditions and other experience of marginalisation will be helpful to your work. So I am able to reach my potential in the involvement activities, I am hoping you can meet these 12 simple steps to inclusively involve me and others:

1. Meet my communication, access and support requirements.
2. Keep a record of my communication, access and support requirements and use these for all activities.
3. Provide background information about the topic to help me prepare.
4. Provide plenty of notice about meetings and events and circulate papers two weeks in advance.
5. Make meetings accessible to me through my preferred access method.
6. Arrange meetings at a time that is manageable for me with my health, impairment, responsibilities and travel requirements.
7. Give the same priority to issues raised by people sharing their experiences as you do to colleagues and other people in your field of work.
8. Provide any training or support I may need to be able to offer an informed response to your work.
9. Value my contribution and tell me how it impacts your decisions in the future.
10. Provide me with a reference or testimonial of my involvement and the difference it made.
11. Process my expense and involvement payment claims quickly.
12. Have a single person I can contact if I have any questions and provide their contact details.

Space for additional information:

In return, I will do my best to complete the activities you need unless there is something that happens which means I cannot take part as and when required.

Please note that the priority of the points above may vary for each person. Shaping Our Lives offers a form for people to complete their communication, access and support requirements. This can be found as a free download at <https://shapingourlives.org.uk/my-involvement-profile/> or by emailing hello@shapingourlives.org.uk, or calling us on 0345 241 0383.

**Shaping Our Lives**

**www.shapingourlives.org.uk**

**Email: hello@shapingourlives.org.uk**

**Telephone: 0345 241 0383**

**Facebook: @shapingourlives**

**Twitter: @Solnetwork1**

**Linked In: @shaping-our-lives-national-user-network**

**Instagram: @shapingourlivesnetwork**

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Registered office: 30 St Giles' Oxford OX1 3LE30