

INCLUSIVE FUTURES

001

2020

Welcome to
our world!



Heart n Soul at The Hub have been redesigning the world to make it a better place, not just for us, but for everyone. We made this newspaper to share some of our ideas. We hope you like it.

MEET THE TEAM

Hi, I'm Aysen an artist. I like working with Rob and all my friends the co-designers on this newspaper. I designed the front cover and made recipes for the future. I want people to be kind to all of us.

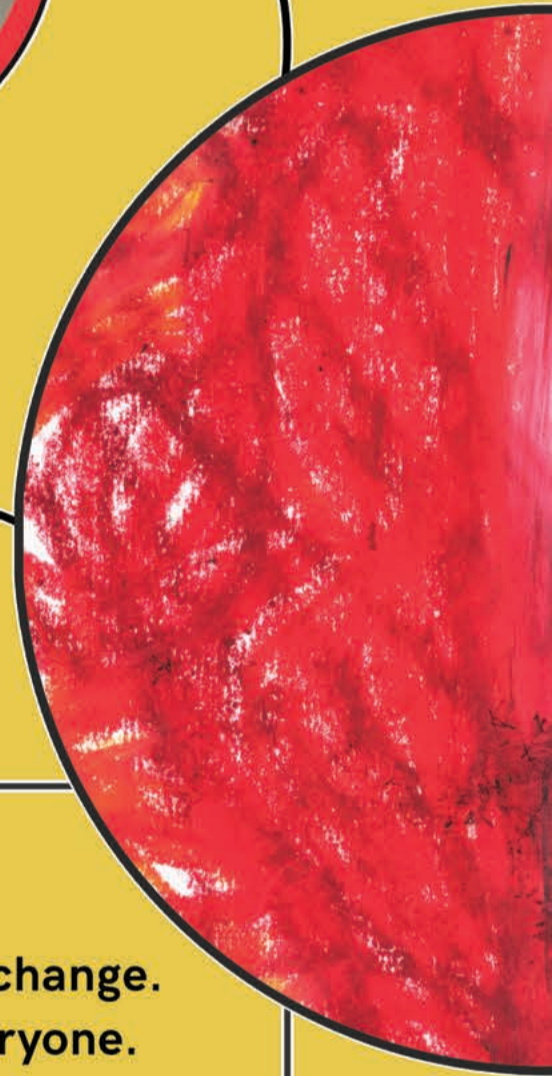


Hi there, I'm Thomas. I am very creative and passionate about what I do. I've made visual art and poetry for this paper.



We are part of a small design team who are working on a project called Inclusive Futures which is about using our personal experiences to think about what we would like to change. We want to make things better and more accessible for everyone.

Inclusive Futures is part of a bigger project called Heart n Soul at The Hub. This is a research project led by people with and without learning disabilities and autistic people, based at Wellcome Collection. The project asks research questions inspired by the lives and perspectives of the people on our team and aims to challenge how people think and feel about learning disability.



These boxes show DJ Castro's tracks for each page. Search for the tracks online and listen along.





Hi, I'm DJ Castro. I've chosen tracks to go with each page, so you can listen while you read.



Hello, Robyn here. I am an artist and in this paper I will share stories about self-employed disabled people.

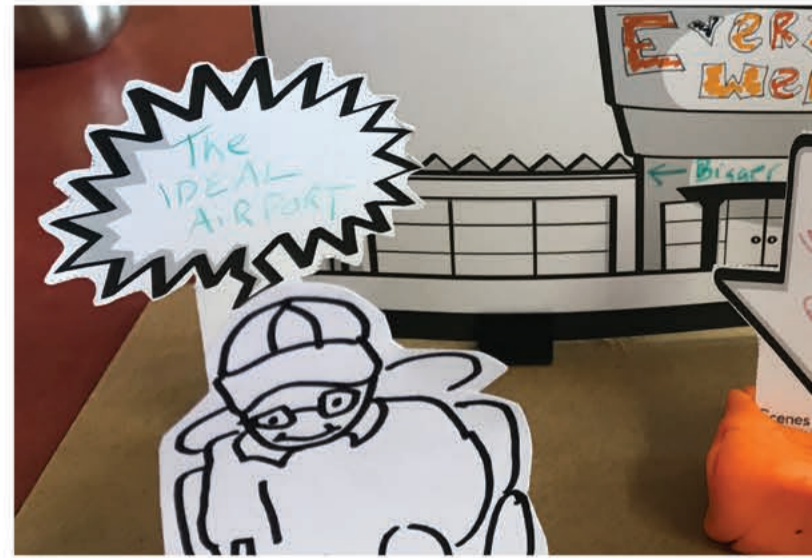


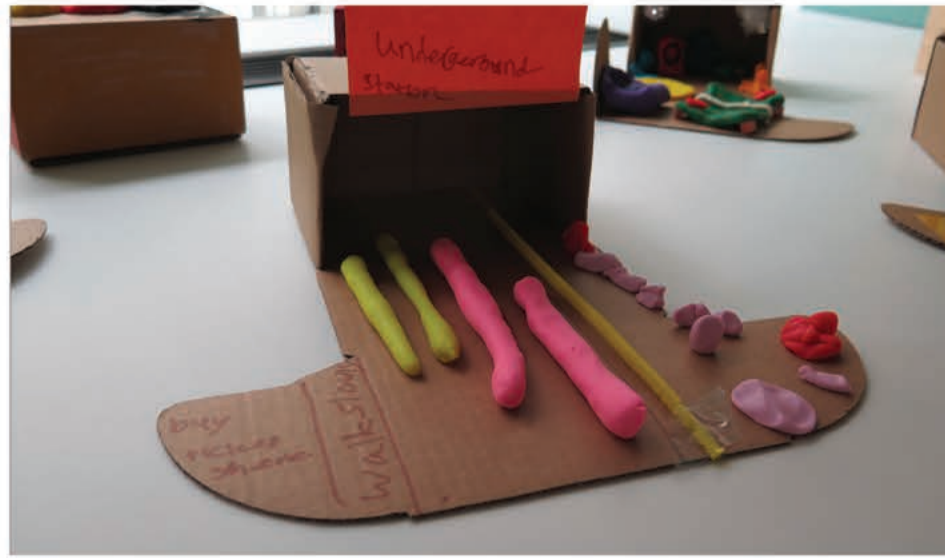
I'm Rajah and I like thinking about transport and how it could be made better for disabled people.

Henry the Support Bat is our mascot, which is why, on some of the pages, there's a bat. Including this one, can you find all 8?



WHAT HAVE WE BEEN DOING?

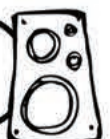




**THE
ANSWER
IS . . .
A
LOT!**



Booker T & The M.G.'s - Green Onions



LET'S TALK ABOUT THE BUS

Rajah is a nice guy who quietly gets on with his life. Sometimes he goes out to see a friend, do some DJ'ing or help the team at Heart n Soul. So far, so cool.

Inclusive Futures co-designer Rajah has been thinking about places that could be changed and made better for disabled people - and one of those places is **THE BUS**.

To get about, Rajah uses the bus. Most of the time, it works out well but sometimes, it doesn't. Rajah's wheelchair isn't the issue, it's a great machine but it does need space. Some people don't realise this. So, how do we solve that? With a positive solution?

How about a campaign to educate people about wheelchairs? A poster campaign would help people learn. Could we change the way bus drivers are trained, to include a section on the emotional wellbeing of disabled people, not just the physical practicalities?

It's not just people who use wheelchairs who experience challenges on public transport. Some people have impairments or health conditions that aren't visible, so people can be unaware of their access requirements.



Car Wash - Rose Royce





“There’s too much **arguing**

I can’t solve this problem by arguing with you

look, I’m **independent**

It’s the wheelchair’s priority in that space

I need to get home on time”

That is why we’ve been thinking about positive ways to reveal that you’ve got a condition. Is it lanyards? Is it signage? Let's talk!



Image: Model wheelchair by Rajah

This is what 'Inclusive Futures' is all about - designing a future that's inclusive. As residents of The Hub at Wellcome Collection we have been putting people with learning disabilities and autistic people in the driving seat, so our voices can be heard.



Welcoming and kind, understanding,
patient, loving people who help
when need too and don't judge
you or put you down or
hurt you,

Places to go if you need some personal space
and quiet time or somebody
to talk in private,
relaxing and calming atmosphere,
more natural an outdoor
spaces and parks, woods,
lakes and ponds

Creative places and space
to express yourself an
develop art skills an learn
something new to help
yourself an others by
art, drama, dance and
theatre

Clubs and groups to go
to meet people and make
new friends and relationships
with similar interests and hobbies,
help and support, advice on
relationships an health an
private space to talk about
things one to one

Most of all accessible
for all an things the
way they should be
for all.

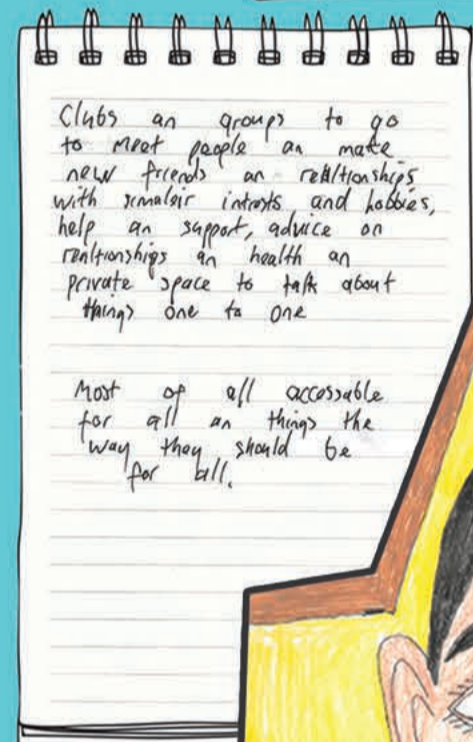
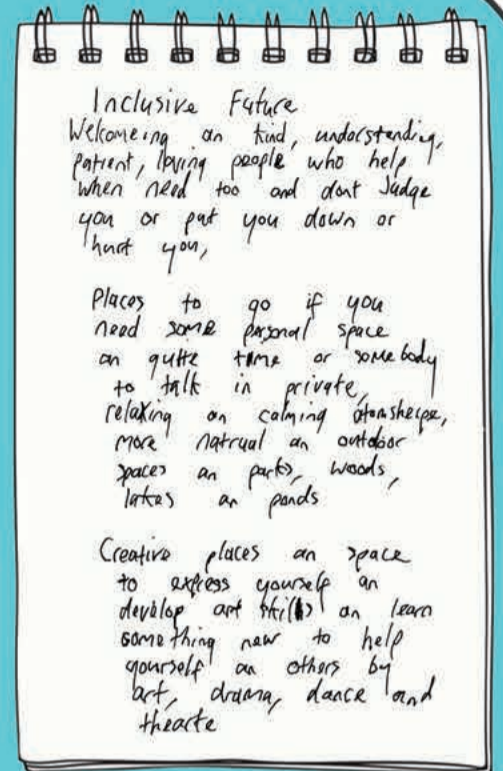
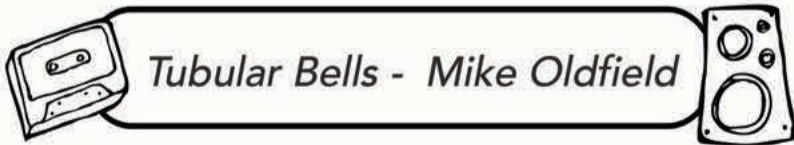


Image: self-portrait

Thomas, I'm a 31 year-old male, with autism and learning disabilities. I am a very creative and talented artist and expressive person. I love theatre, drama and dance as these are ways of expressing yourself visually when it's hard to tell someone, and sometimes they have a bigger impact on people.



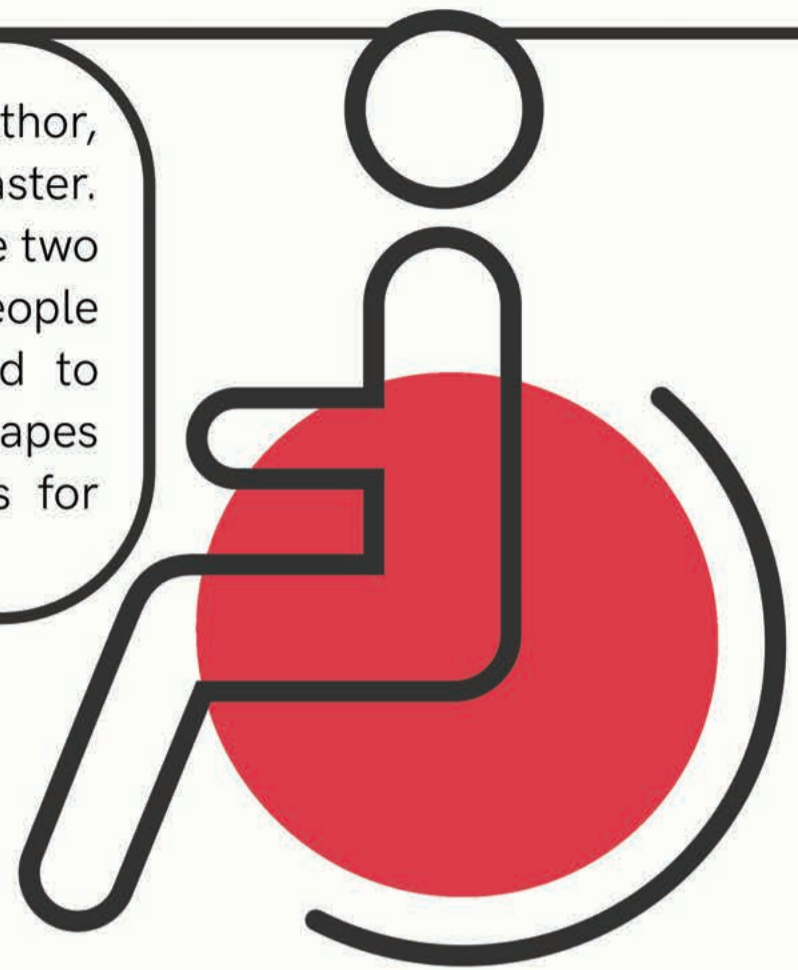
Thomas is a writer, artist and thinker who likes quiet spaces and has a deep love of nature. He has a clear vision of a future that is accessible to all which he has brought to life for our newspaper using drawings and poetry.



Images:
 Top left: Chillout Spa
 Top right: Art Space
 Middle right: Chillout Tree
 Bottom right: Nature space

R

obyn here. I'm an artist, musician, author, researcher, autism trainer, and broadcaster. I'm a lot of things :). I am excited to share two stories about self-employed disabled people and, following Rajah's article, I wanted to show how wheelchairs can be different shapes and sizes. There's different wheelchairs for different needs.



In the Year 2525 - Zager and Evans



COMFORTABLE



EXTRA SUPPORT



SPORTY



MULTI-TERRAIN



SUPER-SUPPORTIVE



MANUAL

“Wheelchairs are important because they help people to be more independent.”



WITH-TECH



HEIGHT-ADJUSTABLE
(can stand up to help you reach things)



JOHN'S CRAZY SOCKS



This is John and his Dad who is called Mark.



They design and sell socks.



When John left school, he wanted to start a business with his dad.



They put their socks in boxes, but they thought something was missing.



They added a thank you note.



Then John delivered the socks with his dad.

ALEX'S ASSISTANCE



This is Alex. He lives in Canada.



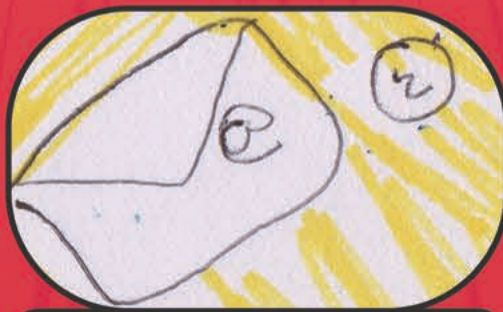
Alex uses pictures to communicate.



Alex loves shopping.



He runs a business doing errands.



People e-mail requests.



Alex's carers help him run his business.



DJ CASTRO — MUSIC FOR —

REGGAE

“Nice perky classic”



*I'm Still in Love With You –
Sean Paul*



*I feel Good –
Beres Hammond*

“One of the best artists
in modern reggae”



GARAGE

*Flowers –
Sweet Female Attitude*



“Big hit back in the day”



Whatever music you're into, DJ Castro has a track for you. It's the future of music, where everyone is welcome!



EVERY ONE

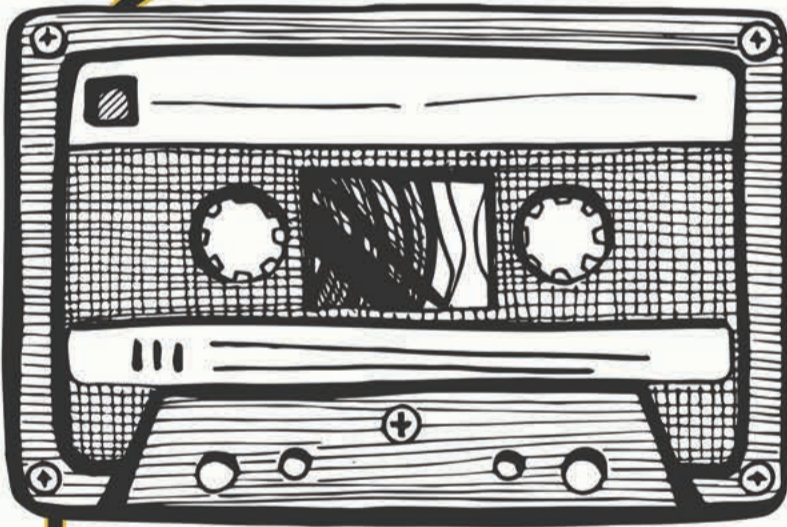


Jade –
Don't walk away

"This is an R + B classic"



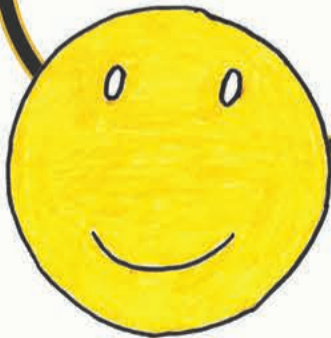
R&B



Deeper Life –
Chimeira

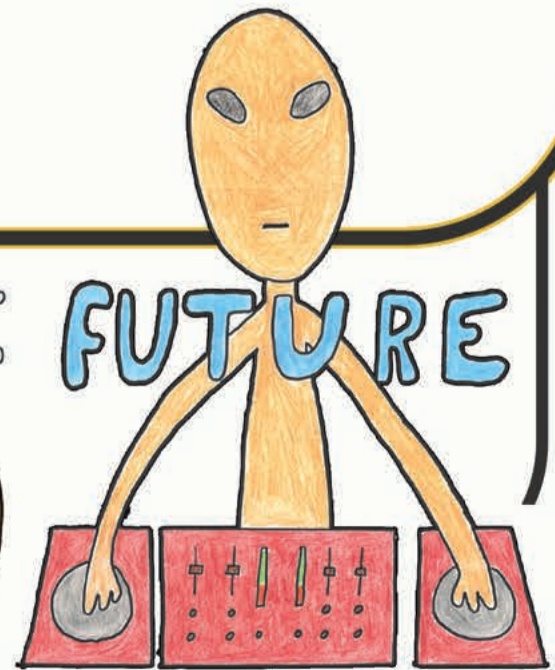
JUNGLE

"Good jungle classic"



DJ OF THE FUTURE

CASTRO



A

My name is Aysen and I'm an artist. I like making beautiful paintings it makes me feel happy. I designed the front cover of this newspaper. Here are my recipes for the future.



You can make a big difference to someone else's life

Help someone out if they look like they need help

Keep calm if we are slow to talk

Be patient if you can't understand us

Give us space when travelling on transport, make us comfortable

Don't stare at us if we are feeling sad or loud

Give your seat to help someone else

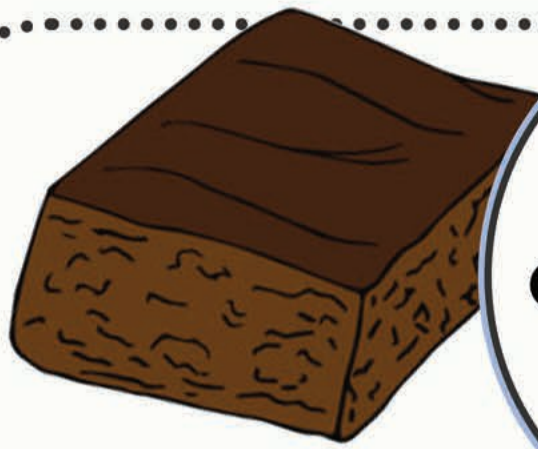
Smile at people and make them happy

RECIPE FOR LIFE

RECIPES FOR THE FUTURE

Recipes for your mind, your eye and your belly





AYSEN'S BEAUTIFUL CHOCOLATE BROWNIES RECIPE

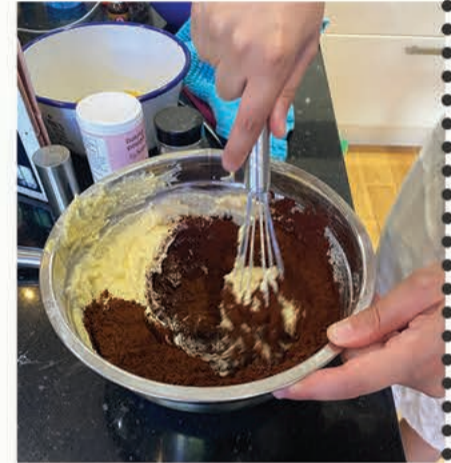
YOU WILL NEED:

- Scales
- Bowl
- Tin (approx 20cm square)
- Plain Flour - 225g
- Caster Sugar - 400g
- Butter - 225g melted
- Cocoa Powder - 60g
- Vanilla Extract - 1 teaspoon
- Eggs - 4
- Salt - $\frac{1}{2}$ teaspoon



WHAT TO DO

1. Warm the oven to 180 degrees or gas mark 4
2. Grease the tin with extra butter
3. Mix the sugar and butter in a bowl
4. Add the cocoa then mix
5. Add the eggs and mix, one at a time
6. Everything else then mix
7. Bake for 20 minutes
8. Enjoy your beautiful brownies



R D A A U
M U S I C
Y P P A H
S M I L E
G T R A S

Can you find
these words in
Aysen's word
search?

HAPPY
ART
MUSIC
SMILE



Newspaper created by
the Inclusive Futures co-designers:
Robyn, Thomas, Castro, Aysen and Rajah

Lead artist: Rob Young
Project Coordinator: Melissa Bradshaw
Designer: Will Renel
2020

