

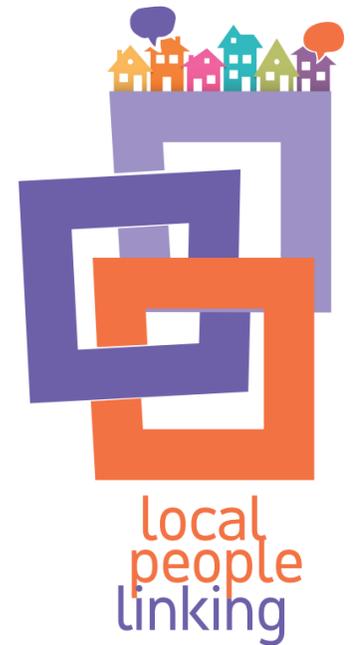
Local People Linking creates the space for older people to come together to learn about their rights in an everyday context, to shape their local communities and the services in them, so they can exercise their rights for a better life.

This resource shares the learning of what rights are important to the communities we work with and the difference it makes when people can access their rights.

**“We’re all in this together- rights are about respecting each other, helping each other out and showing each other kindness- no matter what.”**

Creating an inclusive digital community became our new reality in early 2020. Taking part in online spaces has become part of how we exercise our human rights in our daily lives. Even though we couldn’t meet with older people in their communities, we were able to create new digital spaces as part of our learning about rights sessions, to bring people together and hear about what rights are important to them in an everyday context.

You can read what people told us about Human Rights, Dignity, Respect means to them on the next page:



RESPECT FOR  
OTHER PEOPLE  
AS INDIVIDUALS

FAIRNESS

STAYING  
CONNECTED

GOOD PHYSICAL  
ACCESS TO BUILDINGS

RIGHT TO LIFE

BEING TAKEN SERIOUSLY  
IN ALL ASPECTS OF LIFE  
DESPITE DISABILITY

SHOW RESPECT  
FOR OLDER PEOPLE

OPPORTUNITIES

FAIR TRIAL

TO FEEL SAFE IN  
YOUR COMMUNITY

RIGHT NOT BE HURT  
OR ABUSED

THE RIGHT TO  
DISAGREE

INCLUSION ACROSS  
ALL OF LIFE

THE RIGHT TO HAVE A SAY IN  
WHAT'S HAPPENING IN OUR  
LIVES -POLITICS, WHAT'S  
HAPPENING FOR ME, ACTIVE  
CITIZENSHIP

CLEAR CHANNELS TO  
HAVE A SAY- LESS  
TICK BOX EXERCISES

GENDER RIGHTS -  
WOMEN FEELING LIKE  
THEY WON'T BE BELIEVED  
BY AUTHORITIES

THE RIGHT TO  
LOVE AND BE LOVED

BEING FREE OF PEOPLE'S  
STEREOTYPES AND  
MISCONCEPTIONS

RESPECT

HAVING YOUR  
VOICE HEARD

TREAT OTHERS HOW YOU  
WOULD EXPECT TO BE  
TREATED YOURSELF

AUSTERITY REINFORCES  
INEQUALITY -CAUSES MORE  
DIVIDE-LESS OPPORTUNITIES

RIGHT TO AN EDUCATION -  
IN ITS BROADEST SENSE  
(LIFELONG LEARNING)

ADDITIONAL SUPPORT  
THROUGH EDUCATION/RIGHT  
TO ADEQUATE HOUSING

HELP EACH OTHER

MAINSTREAM MEDIA  
CAUSE A LOT OF  
BARRIERS

HAVING FRIENDSHIPS  
AND RELATIONSHIPS

RIGHT TO SHELTER AND  
WARMTH - AFFORDABLE

BEING TREATED WITH  
RESPECT AND DIGNITY

GOOD MENTAL HEALTH-MAKING SURE  
YOU'RE NOT ALONE - HAVE PEOPLE  
AROUND YOU WHO WILL LISTEN

FREEDOM TO MAKE  
NEW FRIENDS

WE'RE ALL IN  
THIS TOGETHER

ACCESS TO FOOD AND  
DRINK THAT IS HEALTHY

Being accepted into a group for the first time, helped save my life.

Being able to travel independently- I have freedom to pick a destination and go without having to ask for help.

Support in hospital, helped me get back into art which I'm still doing.

I didn't have digital equipment before I joined my group- last week I gave a speech to 40 university students using my new skills!

Getting the chance to meet new people and try new things- new digital equipment has supported me to get a Level 4 SQA in Computing.

I always struggled with education but when I re-engaged as an adult, I found out I am dyslexic- it changed everything- now I realise my whole life what the issue was and now I have a 1st class honours degree.

# Human Rights, Magic Moments

These moments are based on the times in people's lives when accessing their rights has made a positive impact for them. We gathered the magic moments by listening to people's stories- these moments have all made a difference to the individuals, groups, family members, volunteers and workers who took part in our Learning about Rights sessions.

We reviewed these Magic Moments to evaluate the difference it made for people to have a space to share learning about their rights.

## We loved...

People sharing their experiences.

Sharing learning.

People's openness.

Networking and getting to know each other.

## We learned...

Together, we can overcome.

That we shouldn't doubt ourselves, keep going.

That our rights belong to us, we matter!

[Click here](#) to see our series of animated videos that were made by the communities we worked with through our Learning about Rights sessions.

## Contact and more information

Local People Linking is funded by the Scottish Government as part of the Promoting Equality and Cohesion Fund.

## Contact

Please get in touch if you are interested in Learning About Rights sessions or any other aspect of the project.

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