

Mencap's 75th Anniversary Craftivist Activity



What is this activity about?

In 1946 Judy Fryd wrote a letter to a magazine called Nursery World.



Judy had a daughter with a learning disability.



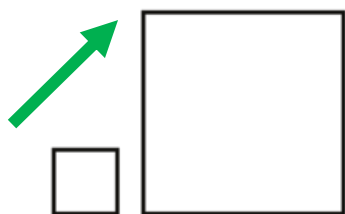
In her letter, Judy asked other people who had children with a learning disability to write to her.



Lots of parents wrote to Judy about what it was like to have a child with a learning disability.



The letters helped Judy to start Mencap and begin to make things better for people with a learning disability.



We want small actions to lead to big changes, just like Judy's letter 75 years ago.



This guide shows how to have an event which gets people talking about learning disability.



We want people with a learning disability, families, carers and anyone who wants to make things better to get together.



We want to say to people who make decisions, we want to be understood, seen and heard.



Craftivism

Craftivism is made from 2 words:

- craft
- activism



Craft is when you make things from different materials.



Activism is when you do something to try to make changes happen.



Craftivism is when people use craft (like sewing or knitting) to try to make changes happen.



What will we be making and why?

We want people to speak up about learning disability.



We want people to know that Mencap has helped to make things better for people with a learning disability.



We want to make lots of **bunting** to celebrate 75 years of Mencap and to show how big things can happen when lots of people work together.



Bunting is a word for lines of small, coloured flags which are hung up as decorations.



Each person at the event will make 1 triangle-shaped flag for the bunting.



Choose 1 of these statements to write on your flag:

- Treat Me Well
- Your own statement about a local learning disability issue
- I campaign because



If you choose 'I campaign because', please write why you campaign. For example, I campaign because I care about human rights.



You can make your flag from material and glue or sew your words on.



You can make your flag from paper or cardboard and write, paint or draw the words on.



Decorate your flag to show what you like and how you want the world to be.



There is no right or wrong way to decorate your flag – choose how you want to decorate it!



Tie all the flags together with ribbon, string or yarn so they are in a long line.



Send your bunting, with your name and email address to:

Mencap Campaigns & Activism Team
Centre of Engagement
123 Golden Lane
London EC1Y 0RT



Please send us your bunting by Thursday 30th June 2022.



In 2022 we will make a display in Parliament of all of the flags.



The flags will celebrate 75 years of Mencap.



The flags will show MPs how many people care about the rights of people with a learning disability.



Invite your MP

MPs speak up for people in the area where they live. They need to know what is working well and what needs to be better.



You might want to invite your MP to your event so they can find out what life is like for people with a learning disability where you live.



If you would like to invite your MP, let them know about the event a long time before it takes place.



If you don't know who your MP is, that is OK! You can look them up with your postcode:

<https://members.parliament.uk/FindYourMP>



Things you will need

These are ideas for the things you will need to make your bunting.



You might have ideas for other things you could use.



- Card or paper (different colours)
- If you can sew, use fabric and material (You could use t-shirts you no longer wear.) and coloured thread, needles
- Scissors
- Glue or Sellotape
- Rulers
- Ribbons, string or yarn to put the bunting together
- If you are using paper, a hole punch to thread the flags together
- Buttons, stickers and sequins
- Coloured pencils, markers and crayons
- An envelope to send all the bunting to Mencap's Centre of Engagement

On the day



Remember to tell people what they are making and why.



Introduce people to each other if they do not know each other.



If your MP attends, try to make sure people talk to them about learning disability.

Tell other people



Share photos from your event on social media. Use **#EverydayActivism** and **#Mencap75th** hashtags and tag us on:

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)



You might want to contact your local paper with photos from your event.



Other things that might be useful

We can help if you need advice on how to plan your event, or how to invite others in your community as well as your MP.



You can send us an email at campaigns@mencap.org.uk if you need help or if you have any other questions.