



Rights Round Table Newsletter 6



Eilidh from The British Institute of Human Rights held a session for us about rights.

She spoke to the group about the right to private and family life, and the right to be free of discrimination.

These rights are included in the Human Rights Act 1998.



The British Institute of Human Rights have made a website so people can learn more about their rights. You can find it here:

www.knowyourhumanrights.co.uk



It is important that we know about our rights so we can make sure they are used and protected.



Raising a human rights issue

If you think a human right is being broken, you can try to do something about it.

1. Work out what the issue is, and which human rights are involved.
2. Talk to someone about the issue, like a Support Worker, Social Worker, or your MP.
3. Write a letter to explain the issue. You should get a reply.
4. If this doesn't work, you could make a complaint, contact a regulator like the CQC, or a lawyer.

Find out more here: www.knowyourhumanrights.co.uk

Our next Zoom meeting is on Monday 21st December, 2.30pm - 3.30pm.

Get in touch if you would like to be part of the Rights Round Table.



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