



## All Wales People First 'Through Our Eyes' image library guidance

### Introduction

Through Our Eyes shares the stories of people with learning disabilities in Wales through photographs and videos. Our exhibition challenges perceptions and stereotypes by highlighting the valued roles and activities of people with learning disabilities in our communities.

Images influence the way we think about people. This can affect the opportunities that people have in life. Members of All Wales People First set out to improve how they are represented in society by creating positive and empowering photos and videos. We celebrate our achievements in employment, volunteering, sport, education and other areas of life.

Find out more about the barriers to independent living and the work that our self-advocates do to create a more inclusive and accessible world for everyone. Learn about the things that matter to our community and the importance of treating everyone with dignity and respect.

Through Our Eyes represents people with learning disabilities in their own words and as they see themselves.

**Join us in changing the picture.**

### About this image library

This image library contains photographs taken throughout the Through Our Eyes project. The project has been led by people with learning disabilities with the aim of increasing positive and diverse representation throughout the media.

The images are **free to use** by individuals and organisations who seek to improve the visibility of people with learning disabilities.

There are restrictions on **how** the images can be used.

The copyright and moral rights of the images belong to the photographers (Natasha Hirst and Lucy Hinksman and All Wales People First).

When using the images, you **must**:

- Credit the image to the photographer and Through Our Eyes eg © Lucy Hinksman/Through Our Eyes or © Natasha Hirst/Through Our Eyes
  - This information is provided in the metadata under each image which is visible when you click on the thumbnail.
- Follow the spirit of this guidance and use the images in a positive way to support more diverse representation of people with learning disabilities.

### **Please:**

Be aware of the context of any articles or headlines that the images may accompany.

Be aware that the individuals in the images have provided consent for images to be used as set out in this guidance. They have the right to withdraw consent and we will contact you to ask you to stop using such images.

### **Abide by restrictions on use:**

- No commercial use
  - you cannot use images for monetary gain eg you cannot sell the images or use on merchandise.
  - You cannot suggest that individuals in the images endorse or promote a product or service ie no use in adverts.
- No alteration of images - you cannot manipulate or transform the images.
- No derogatory or unlawful use - you must not defame or show individuals or All Wales People First in a negative light.
- No sensitive use - you cannot use the images in a way that implies that the individuals or All Wales People First supports a belief or position.

By downloading the images you agree to our terms and conditions. If we find images that have been used in a way that does not respect these terms, we will contact you and ask for this to be addressed. We reserve the right to take legal action if the terms are breached.

### **How to find and download images**

The [image library](#) has a number of image collections under different themes, such as employment, sport and travel.

On the right hand side, you will find a search box. You can search for keywords to help find the images you are looking for. The advanced search provides more specific options to filter content by.

When downloading an image, you can either download the full-size image for a high resolution version or a much smaller file sized version of the image. High resolution is good for printing and smaller sized images are much easier to use in presentations and social media.

Before downloading images, you'll be prompted for your email – this is so that we can get in touch should a subject remove their consent. We also love to see how our images are being used.

### **In our members' words:**

Not so long ago, many of us would have been institutionalised for most of our lives. It is now a breach of our human rights to shut us away just because we have learning disabilities.

We fought hard for our human rights.

We are self-advocates. [Self-advocacy](#) means speaking up for yourself. It helps a person to have a say in the important decisions which affect their life.

Self-advocacy gives us choice and control. It allows us to be independent.

Self-advocacy allows us to be part of our communities.

We are proud to celebrate our valued roles and the contributions we make in our communities. We are volunteers, employees, family members, partners, spouses, parents, team members, community champions, sportspeople, students, educators and so much more.

Positive representation is important. Our exhibition challenges perceptions and stereotypes by highlighting the valued roles and activities of people with learning disabilities in our communities. 'Through Our Eyes' has also created a free image library so our stories and photos can be shared more widely.

The images you see are a snapshot of a moment in our lives. It doesn't show the full story of everything that we have been through to reach this point.

There are still many unnecessary barriers that prevent us from making decisions. Deep inequalities exist in all areas of our lives. This includes access to healthcare, education and employment. These inequalities limit our opportunities, freedoms and even life

expectancy. You can learn more about this in the [All Wales People First manifesto](#).

There is huge strength, dignity and solidarity in the learning disability community.

We will never stop fighting for our human rights.

**Remember, our human rights are your human rights too.**

Joe Powell, Chief Executive of All Wales People First

“For too long other people have owned the narrative for people with learning disabilities. If other people own our narrative then we become whatever others say we are. This has contributed to negative, deficit centred perceptions which have kept us isolated from our communities and unable to take our place as active and equal citizens in Wales. Our members wanted to change this, by portraying learning disability ‘Through Our Eyes’.”

**For media queries, interview opportunities and case studies, please contact:**

Kelly Stuart: [kelly@allwalespeople1st.co.uk](mailto:kelly@allwalespeople1st.co.uk)

Any feedback on the image library can be sent to [admin@allwalespeople1st.co.uk](mailto:admin@allwalespeople1st.co.uk)

- [All Wales People First](#) is the united voice of self-advocacy groups and people with learning disabilities in Wales. All Wales People First is an organisation for, and led by men and women with a learning disability.
- The [Through Our Eyes project](#) is funded by the People and Places programme of the National Lottery Community Fund. Starting in April 2020, just as the pandemic hit, the project was adapted for online delivery until face to face photoshoots and workshops could take place. The project will conclude in December 2022.