

# Don't Lock Us Away Update - February 2024 to May 2024



This is all the news about the Don't Lock Us Away campaign from the last few months.



Thank you if during the time you have help the Don't Lock Us Away campaign by:



Listening to us talk about it.



Working with us on a campaign activity.



Signing up to support the campaign.

# What we have done since February 2024



Had the first sign ups to our mailing list.



We continued to liaise with our local mental health trust Oxford Health about:



How we can support their Quality Officer with visits to people in mental health hospitals.



Our 9 Step Guide for Getting People Home and how it can be used on those visits.



We made our 'Using Human Rights to Get Me Home' guide which we co-produced with the British Institute of Human Rights [available](#).





[Pam's video](#) with VoiceAbility for their Use Your Power campaign was released.



Had a third meeting of the Get People Home Network, where we agreed the first part of our national manifesto.



Presented the campaign at the national meeting HOPES which aims to stop people being held in hospital too long.

**Before our next update in August or September will we:**



Agree with Oxford Health on the final terms of our work with them in long stay hospitals.



Attend at least one of our County Council's Building The Right Support meetings to update and discuss how we can put Don't Lock Us Away into local plans.



Plan some training so Experts by Experience can start visiting people in hospital.



Sign up 30 people for our campaign.



Agree with our Get People Home national network on our final manifesto.



Decide on our national policy focus for the campaign ready for an autumn (we guess!)



Identify alongside our national network key politicians to lobby for Mental Health Act reform.



Work with London Inclusion to train some MLMC Experts by Experience to learn about the United Nations Convention of People with a Disability and the Human Rights Act.



We will update everyone on the campaign again in August 2024.



Until then if you have:



- any questions about the campaign



- or want to know how to help or support it





You can:



email the Champions via James from My Life My Choice on [james@mylifemychoice.org.uk](mailto:james@mylifemychoice.org.uk)



- call us on 01865 204214.



- or invite to visit your group or team to tell you more about the campaign.