



Speaking Up!

Are you a person with a learning disability?

Do you want to have your voice heard?



Poole Forum Speaking Up Project

Speak up about:



Rights



Independence



Choice



Inclusion



What life is like for you

Have your say on:



Health



Staying safe



Making complaints



Using services



Recognising and reporting abuse



Anything else? Tell us what

Talk to us about:



- What is affecting your life



- What is good



- What could be better



- What do you think needs to happen



Workshops



We can run workshops that can help you understand things like:



- Speaking up

- Keeping safe



- How to make complaints

- What is abuse and how to report it



- Staying healthy

- Anything else that you want to speak up about

This will help you to:



- Learn new skills

- Build the confidence to speak up about things that could be better



- Tell services what you think



- Learn how to complain to services

- Tell us what you want to speak up about



Who can be involved?



We are working with people who have learning disabilities and helping them to have their voices heard in their communities



We want to work with people who use:

- Day opportunities
- Residential homes
- Education
- Day centres
- Supported living
- Other services
- Housing related support



We also want to hear from any other people who have learning disabilities who want to to speak up

What will happen at meetings?



We will sit together and have a drink



Everyone will be given the chance to speak up and have their say



We will write down the things we talk about



If you feel shy you are welcome to come along and watch



Information we will ask you for:



- Can we use your photograph or film you?
We will ask you for your consent to do this



- Equalities: We will ask you to fill in a form about yourself



- Feedback: We will ask you to tell us how the Speaking Up workshops go



- We will ask if you want to do more Speaking Up groups in the future

Information

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