

#Self-Advocacy Works

Staff training + Awareness,
Speaking up for myself,
Information on my rights
Having Relationships,
Problem Solving.

#Self-Advocacy Works

Not everyone can
do everything
but everyone can do
something

What are the Benefits of Self-Advocacy Groups?

#Self-Advocacy Works

It helps to give
people more confidence with
every day life

Brighton and Hove Speak Out

#Self-Advocacy Works

Link group - engages with local
council and service providers to
make local services better.

National Self Advocacy Convention – Blackpool 2019

#Self-Advocacy Works

People work together for each
other.
Help and support each other.
You get listened to
It gives you information that
benefits you.
ie Direct payments

Cumbria

#Self-Advocacy Works

Have our say on
different issues
Laughing Boy for example

Introduction

Sunderland People First ran a Workshop on 26th February called '*Speaking Up for Advocacy – the barriers, benefits and future of self-advocacy*' at the National Self Advocacy Convention 26.2.18.

Advocates facilitated two group exercises; the first involved attendees talking about the benefits of Self-Advocacy including local examples. The second exercise focused on the barriers to self-advocacy as well as the challenges that people with a learning disability and or autism are facing in 2019.

These are the direct responses from attendees. An **easy read version** is being developed.

What are the benefits of Self-Advocacy?

- **We are big group Knowsley.**
- We do speaking-up we got learning disability we go to the meeting with the big group.
- We go to the chill and chat.
- Get heard, not labelled.

- **Brighton and Hove speak out**
- BHIG group – being heard in government group.
- Get involved in democracy, attend all party parliamentary groups for learning disabilities at Westminster.
- Campaign locally and nationally we just met with the team who are changing the Mental Capacity act.
- We hold accessible hustings at elections.
- We also meet all political parties to encourage them to produce easy read manifestoes.
- Link group engages with local council and service providers to make local services better.
- We have just got funding to try to bring together self-advocacy groups In the south East to give us a stronger voice. Would love to link with other areas too.

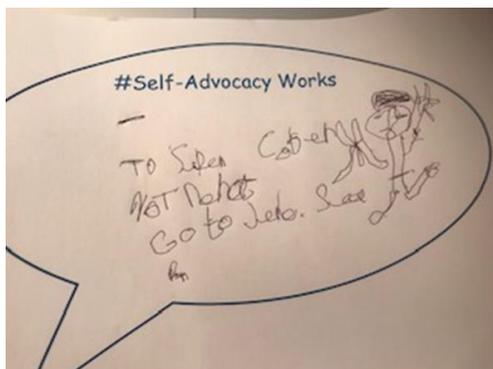
- Friends - we support people to go out and about.

- Managed to get my PIP when I was on benefits, managed to get them sorted out.

- New friends go out
- We get involved in expert by experience work in Cumbria and North East
- Go to the NW conference each year
- Have local self- advocacy groups try to keep them running
- Keep making a noise
- Who is missing out-
 - Some organisations “miss out” i.e. gateway
 - People in need of support/friends
 - Families
- Get out /off ATU
- Local authorities need to act on what self- advocacy are saying
- **Cumbria**
 - People work together for each other
 - Help and support each other
 - You get listened to
 - It gives you information that benefit’s you i.e. direct payments
 - Making changes for people like sitting up new services ie relationships, dating
 - It keeps everybody thinking about important things.
 - We are trying to make co production really real in Cumbria – we’re all involved in getting people to listen.
- We all have disabilities.
- Learning about things Safe Places, helping people feel better, try new things, going to new places.
- Listen to people around self- advocacy.
- **NE Lincs**
 - We worked with special schools to introduce person centred transition reviews
 - young people have greater say in their schooling and hopes for the future.
 - I was on our LD Partnership board – we have a 3-year plan.
 - More people got jobs.
 - We developed an IST team to improve autism services. We held a Big Health day.

- Help other people who can't speak have a voice.
- Have our say on different issues, laughing Boy for example.
- Information, support, advice, listening to people, improve lives.
- **Dimensions**
 - work around loneliness, employment quality checkers.
 - lots of advocacy.
 - hate crime- #I WITH SAM
 - My GP and Me.
 - Quality checkers – making sure people have a life.
 - Meeting lots of MP's.
 - Training over 1000 police in Kent.
 - Not everyone can do everything, but everyone can do something.
 - Being able to speak up for myself.
 - Being member of the boarder of trustees.
 - Understanding my rights.
 - It helps to give people more confidence with everyday life.
 - To be able to speak up about problems.
 - Training for self-advocates.
 - More confident, regular meetings- help people with problems.
 - Hearing people getting stronger.
 - Helping people speak up.
 - Promotes social inclusion, well-being, employment opportunities, personal choice.
 - Walking, work café
 - Relationships training on why be shy about love sex and relationships training and consent. Training safe and tenants.
 - Staff training and awareness, speaking up for myself, information on my rights, having relationships, problem solving.
 - Getting your voice heard, getting someone to speak on your behalf, reds meal cinema club.
 - Learning together.
 - Deur training?

- Being able to get your voice heard.
 - Being able to speak up for people who can't.
 - Getting things changed.
- **Lancaster**
 - We have a picture club to meet up REDS
 - Because we can make things change by bringing people together for a united voice!
 - More confidence to speak up.
 - Attending meetings in local area to see what is going on locally.
 - Woman's groups/ health/hate crime.
 - Local MP's.
 - Increases a sense of self-reliance.
 - Particularly at appointments.
 - 1-1 with staff to discuss issues which can be dealt with straight away.



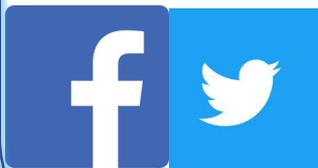
#SelfAdvocacyWorks



A Hashtag is a way of finding and sharing photographs and posts that people put on the internet.



It makes it easier to share what people are saying about important areas.



Please use the Hashtag [#SelfAdvocacyWorks](#) on Twitter & Facebook to share what a difference Self Advocacy is making in your local area.

