



3) We have a very small amount of funding. For some groups, we could help by covering costs for self-advocacy training or advertising or venue fees.



Please have a think about starting a speak up group.



Email and let us know what kind of help you need to start a speak up group - yourvoice@inclusion-glos.org

In our network, you will receive a newsletter every month.

We can advertise your speak up group.

Your members can gain skills, confidence and knowledge from being part of a larger group of other people speaking up for their rights.



We would love to have you join our network.



Your Voice
South West Self Advocacy
Network



Starting a speak up group

What is Self Advocacy?



NHS England have asked us to help make self-advocacy better in the South West of England.



Our project is called Your Voice South West Self Advocacy Network.



Self-advocacy means speaking up about things that are important.



It means knowing your rights and speaking up about them.

Self-advocacy groups are sometimes called speak up groups.



Speak up groups can help people to ask for what they need. Speak up groups talk about different things.



Sometimes they talk about things that feel unfair.

This might be things like your support, transport or the doctors.

Starting a Speak Up Group



We want to help people who would like to start a speak up group.



If you would like to start a speak up group, you can apply for support from us.



Some of the ways we can support you are:



1) You can join our network. Our network has different speak up groups across the South West of England.



We have monthly network meetings on Zoom that you could come to.

People share their ideas and help each other.



2) We could help find resources to help when running a self-advocacy group.