



SPEAK OUT



Advocacy Project

Charity no. 1076995

You can phone, write or email us



We'll come and visit you, so you don't
need to live close to Speak Out

Brighton and Hove Speak Out

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Thanks to all those who let
us use their photo for this leaflet.

Images supplied by Photosymbols

Brighton and Hove

SPEAK OUT



Advocacy Project

Independent advocacy for adults
with learning disabilities



Brighton and Hove Speak Out is an independent charity.

We believe people with learning disabilities should get the support they need to have the same choices as everyone else.



Speak Out:

- works with individuals, supporting them to speak up and make changes in their lives
- supports people in advocacy groups
- supports people to campaign for changes in services
- helps services get better

Advocacy is:

- Someone to help you decide what you want
- Someone to help you tell other people what you want
- Someone to help you take control of your life



If you have a learning disability, are over 18 years old, and live in Brighton and Hove, we will try to help you.



Sometimes, you may have to wait a long time because there are lots of people who want help.



Many people help Speak Out do its work by being volunteers. There are different ways of volunteering.

Some people:

- are volunteer advocates
- are volunteer supporters for the advocacy groups
- are Management Committee members
- help at social events
- make a donation or raise money for Speak Out

