



Brighton and Hove Speak Out

Learning Disability Voices Network

Speak Out's Learning Disability Voices Network is a dynamic self-advocacy project that has developed over the past 6 years with Big Lottery and Comic Relief funding.

New 3-year funding from the Henry Smith Charity will take the project forward and continue supporting this user-led network for local people with learning disabilities, enabling them to get their voices heard, raise collective issues and tackle discrimination.

Over the next 3 years the project aims to increase the number of people with learning disabilities involved who:

- Come together to discuss their lives and experiences and develop self-advocacy skills
- Develop skills and confidence to work together to take action on shared issues and bring about positive change in their lives and the wider community
- Find opportunities to take on leadership roles as steering group members, volunteers and paid workers
- Build strong and enduring peer support and social networks, so reducing isolation and improving wellbeing

The Voices Network gives the learning disability community a stronger voice, a higher profile and increases awareness of the issues people with learning disabilities face.

The project includes a range of self-advocacy activities including:

- 2 self-advocacy member groups, including the award winning 'Being Heard in Government' group
- Weekly Drop-in sessions providing a space for people to meet, get peer support
- Bi-monthly big self-advocacy meetings and an annual event, open to all local people with learning disabilities
- Courses and workshops for people with learning disabilities on self-advocacy
- A steering group of LDVN member that work with staff to lead the project

<https://www.bhspeakout.org.uk/learning-disability-voices-network/>

