



Brighton and Hove Speak Out
Transitions Advocacy

Speak Out's Transitions Advocacy project supports young people with learning disabilities on their journey towards living independently in the community. The project helps people to understand and explore their options and wishes towards a more independent life whilst ensuring that their views are heard by the professionals supporting their transition.

The project takes place through one to one advocacy casework, self-advocacy groups, drop-in sessions and information workshops co-delivered with project participants. Young People are encouraged to think about their future, to look at examples of others living more independent lives, to think about their needs and speak up about how they want the next steps in their life to be.

In the last year Speak Out's Transitions Advocacy Project has worked with over a hundred young people, here are some of the things they had to say about their work with Speak Out:

“Knowing I have support from my advocate helps me take bigger steps in my future”

“To know I can get support helps me feel braver to improve my life”

<http://www.bhspeakout.org.uk/getting-an-advocate/transitions-advocacy/>