



Brighton & Hove Speak Out

Giving people with learning disabilities a voice

438

Last year **438** people with learning disabilities in Brighton and Hove were supported to speak up about things that matter to them

Highlights this year...



We launched the next phase of our Learning Disabilities Voices Network project



We campaigned for better access to health services, accessible information and democratic rights for people with learning disabilities



Speak Out received 2 National Learning Disability and Autism Leaders Awards 2022

Our Services in 2022 - 2023

189

advocacy cases were delivered, supporting people with learning disabilities to deal with problems and access their rights

141

people attended drop-in sessions at different venues across the city

52

members took part in self-advocacy groups and gained peer support, skills and confidence

207

people took part in consultation events to have their say about health, social care and other services they use

70+

people attended workshops and advocacy events to talk about key issues and together had a stronger voice

Volunteers

18 volunteers helped deliver our work

18

In 2022-23 volunteers gave 1228 hours of their time to Speak Out projects

1228

Key areas of support



1. Access to Social Care



2. Housing



3. Health & Mental Health



4. Rights of Parents With Learning Disabilities



5. Young People in Transition

Why Is Our Work Needed?

People with learning disabilities continue to face extreme health inequalities and discrimination in many areas of their lives, including:

Extreme health inequalities and a shorter life expectancy than the general population

25-40%

of people with learning disabilities have mental health problems

50%

say they face extreme isolation leading to additional physical/mental health issues

36%

say they have experienced hostility, aggression or violence from a stranger because of their learning disability

86%

of adults with learning disabilities surveyed said they want to work. Only 5.1% of those known to their local authority in England are in paid work



It is estimated that almost **6000** adults (aged 18+) with a learning disability live in Brighton and Hove.

Statistics reported by NHS Sussex LeDeR Report 2023, Mencap, National Development Team for Inclusion, NHS Digital 2021, Public Health England, Foundation for People with Learning Disabilities Institute of Health Equity. For more information and references contact Speak Out.

How Does Our Work Make A Difference?

People with learning disabilities have been supported to:


73%
accessing 1-1 advocacy said they gained understanding of their situation, rights and options.

92%
of group members say that advocacy support has helped them gain confidence to speak up

87%
of young people getting 1-1 support said they had gained skills and confidence to express their views and make their own choices

75%
participants reported that groups and drop-ins helped to build support networks and reduce feelings of isolation

QUALITY SERVICES
Advocacy QPM
Recognising quality in independent advocacy
Speak Out holds the national Quality mark for Advocacy

 **'Having an advocate has helped me understand things and break them down so they are easier to understand'**

 **'I like our group because I find it easier to talk to people and people listen to me there'**

 **'Speaking to my social worker is really stressful, it helps to get ready with my advocate'**

What Our Service Users Say

'We need to tell them what its like for us, they need to know that we want things to be different'

'If I didn't have Speak Out I'd feel lonely. It's helped me meet other people, it helps when I am feeling low'

'Speak Out breaks the ice to help understand things better'

Carrie's Story

Carrie is a young woman with a learning disability, autism and cerebral palsy. She lives independently in a privately rented flat which was arranged by Adult Social Care and has 1-1 support every day to help with shopping, managing bills and other tasks.

Carrie was recently served with an eviction order which was a big shock. She was given 14 days to respond to a complicated legal document. The reason for the eviction is because the landlord wants the flat back, not because of any issues with Carrie as a tenant. The eviction order was hard to understand, and Carrie became very distressed. She thought she had done something wrong and was very worried about being made homeless.

Carrie contacted Speak Out for help. An advocate supported her to contact a local Housing Trust and arranged to meet with a member of their team to get some legal advice. They supported her to complete the paper work and meet the court deadline.

As a result, Carrie has been granted an extension, which means she now has more time to find alternative accommodation. Her advocate is supporting her to liaise with council housing team to secure a safe place to live, that is also suitable for her physical disability.

'I am so relieved that I'm getting help to sort this, I'm not going to be homeless and I can think about getting on with my life.'



For more information, please see our website:
www.bhspeakout.org.uk
or call **01273 421921**
Charity Number: 1076995

Thanks to all our funders and supporters, including:

