

your voice   your rights   your choice



# Speaking up groups

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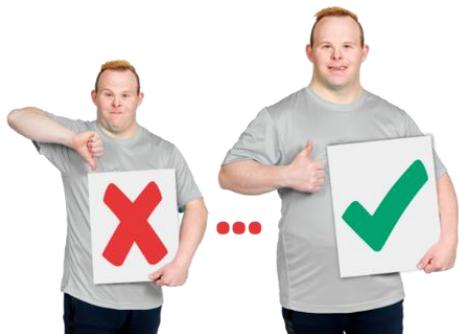
# What is speaking up?



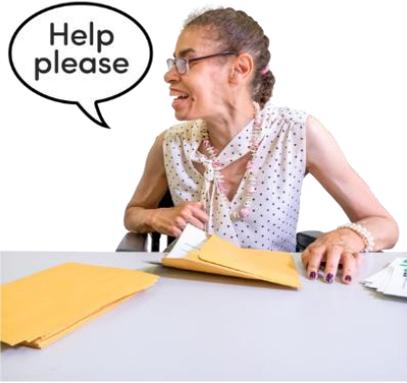
Speaking up is when you talk about how you feel.



What makes things easier or harder.



How things could be made better



How others can help

## Why it is important to speak up



It helps you get the support you need.



It helps you make sure you can make your own choices.



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## Contact us

**Email:**

[info@advocacyproject.org.uk](mailto:info@advocacyproject.org.uk)



**Call:** 020 3960 7920



**Write:**

The Advocacy Project  
Stowe Centre,  
258 Harrow Road,  
London  
W2 5ES