

# Speaking Up



**Speak Up**  
**Lead Change**



# Our Work



Something to say?  
We want to hear it!



## What happens at a Speaking Up meeting?

We meet with friends in a café, pub or day center.



## What do you talk about?

Things like love, friends, money, staying safe and getting a job.



## When do you meet?

We meet once a month at a venue that you choose!

Meetings last about 1 hour.

# Our Work



## Where are the meetings?

We have Speaking Up meetings in 8 different towns in Dorset.



## What towns?

Weymouth, Dorchester, Blandford, Christchurch, Sturminster Newton, Sherborne, Bridport, Wareham.



## What if I am too shy to talk?

Don't worry, you don't have to talk. You can listen.  
Lots of people are shy at first.

# The Team



People First Dorset is the name of the Charity that runs the Speaking Up project.

Lisa and Chris work on the Speaking Up project.

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The Speaking Up meetings are run by people with learning disabilities.

Lisa and Chris help people with this.

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This is a photo of Lisa, Kate and Chris.

Kate used to be the Mayor of Weymouth.

Kate is giving us a laptop so we can help members to use the internet.

# The Team



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Its important for people with a learning disability to speak up.

I feel more positive and I'm confident at speaking up.

I like listening to what other people have to say.

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# News from our groups!



Dorchester group boat trip!



The Weymouth group helping to make an Easy Read document to be used in hospitals.

Kerry and Chris helping to make parking better in Christchurch.



# Get Involved!



We need people like you to help us with things like:



Writing notes from the meetings.



Sending emails and using social media.



Taking photos and videos.

Giving support and sharing your experiences.



# Contact us



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