

Self Advocacy in Action

Working together and helping others speak out



Our Business News

Issue 8

September 2014

Welcome to our E-News

This month we would like to tell you about:

- Our August 2014 Annual General Meeting
- Speaking up for Health at Coalville Thrilling Thursdays sessions
- New Groups on Mondays
- Members train to co-run groups

Thank you for reading

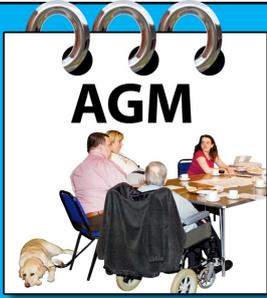
From the Self Advocacy in Action
Management Committee



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Just to let you know we have started to use photosymbols in our newsletters and we hope you agree that this is a good move.



Our Annual General Meeting August 2014

We had our Annual General Meeting on Friday 15 August 2014. We used the meeting to think about what we had been doing over the last year, to talk about our finances and to think about the year ahead. We also voted in our new 'Officers' - these are the people who have a specific job on the Management Committee. Our Supporters help us to get ready for our AGM but the only people who have a vote in Self Advocacy in Action are people with learning difficulties/ disabilities. We are what is called a 'user led' organisation. We voted in the following people:



Barry Johnson: Chairperson



Melanie Kinsey: Vice-Chairperson



Kerry Boulton: Treasurer



Clifford Holden: Secretary

Our Chairperson, Barry Johnson, talked to everyone; this is what he said.



I have enjoyed being the Chairperson for Self Advocacy in Action this year. We have had lots of hard work to do over the past year. This included setting up our new 'Pay as you Go' Groups based in Leicester and Coalville. 2013/2014 has been a difficult year for us, especially with all the financial cutbacks that people have faced in their own budgets. This has meant we have had to say goodbye to some people within our groups.



As a group, we have pulled together and we are now looking forward to the next 12 months.

We would like to say a BIG thank you to Leanne Wightman who has raised more than £400 for us by doing the Three Peaks Yorkshire challenge and believing in what we do.



We would like to say a BIG thank you for all the grants we have been awarded. This will help us move on and set up much needed self advocacy groups for people with learning difficulties in Leicester and Leicestershire.



Speaking up for Health

Thrilling Thursdays in Coalville are now up and running. We have been working on 'Speaking up for Health', which is being supported by funding from North West Leicestershire Staying Healthy Partnership.



We are working with people with learning difficulties/ disabilities in Coalville. We have started to create our DVD about healthy eating. We have been doing lots of activities about keeping healthy, including having sport sessions in Coalville Park.



As well as the Thrilling Thursdays sessions from 10.30am-12.30pm, we have now set up a self advocacy group in Coalville. This runs from 1-3pm at Coalville Library. It will help people with learning difficulties/ disabilities to be more confident and speak up about the things that matter to them. One of the Self Advocacy in Action members will be co-running this group with a Supporter for which they have had some training.



To find out more contact Kevin Marlow on 07545 208035.



Monday groups

From 15 September 2014, we will be running Marvellous Mondays sessions in the morning and afternoon. These will be to help people with learning difficulties/ disabilities be more confident in themselves and more able to speak up about the things that matter in their lives, as well as to take part in activities with other people, which the groups will choose and plan.



Each session (morning or afternoon) costs just £5 per person; we also ask for a small subscription of £1 per week to cover drinks and any extra activities the group want to do. Please contact Kevin Marlow on 07545 208035 for more information.



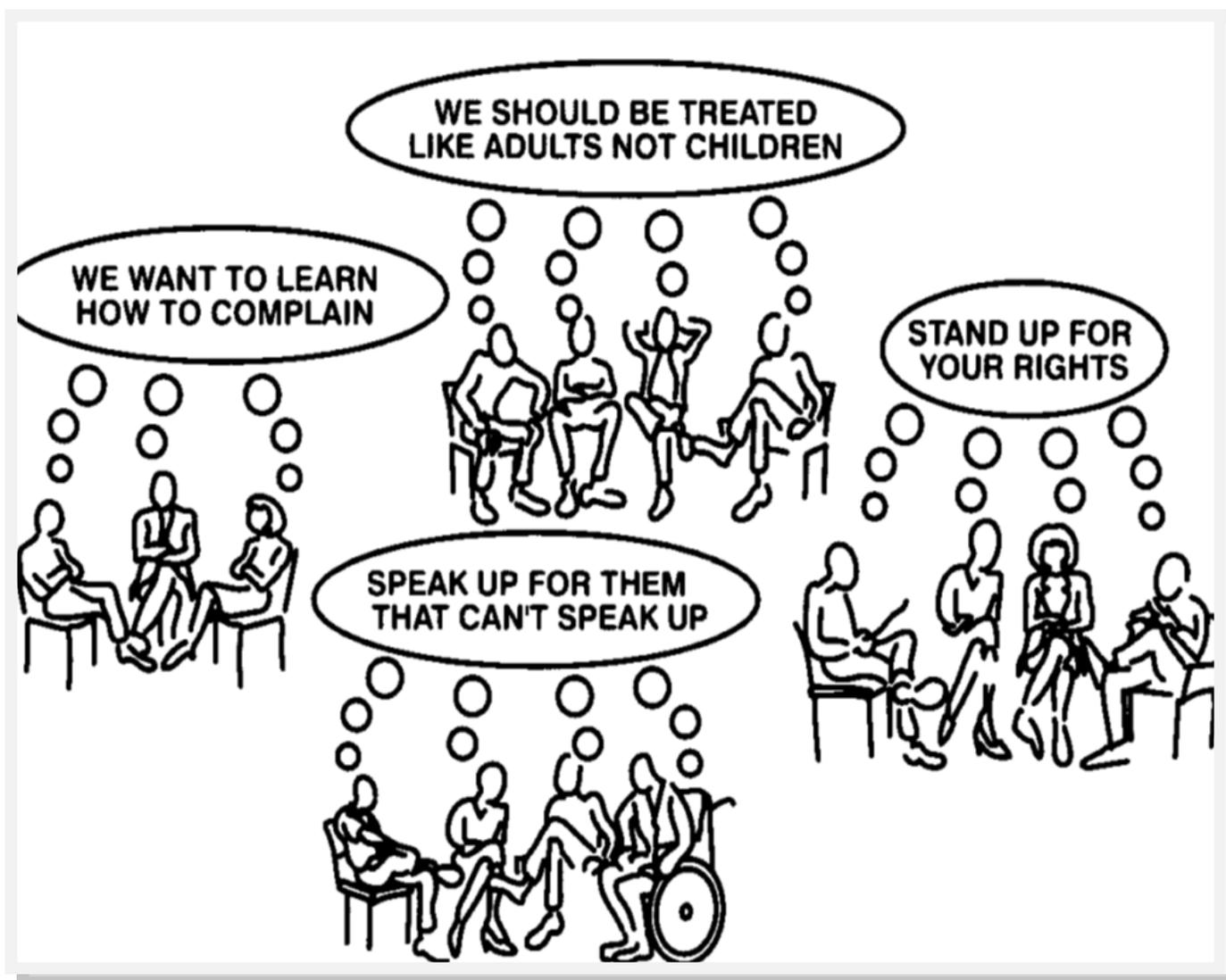
Members learn how to co-run groups

Our funding from **Awards for All** means that some of our members are learning how to co-run self advocacy groups along with a Supporter. We have done some training about running groups, including good boundaries, keeping records, keeping everyone safe and how to make sure group members are in control of their groups. This is a really exciting development for us and we look forward to telling you more over the next year.



Over the coming months we will tell you about the varied and interesting work that we do, including a more in depth look at our Self Advocacy groups, the training we provide and a unique opportunity to find out about the individuals behind the organisation.

If you can't wait for more information, or have a question about our organisation or our services, please contact us on 0116 229 3035 or email us at selfad93@yahoo.co.uk



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Beaumont Enterprise Centre, Beaumont Leys, Leicester, LE4 1HB

Tel: 0116 229 3035 email: selfad93@yahoo.co.uk