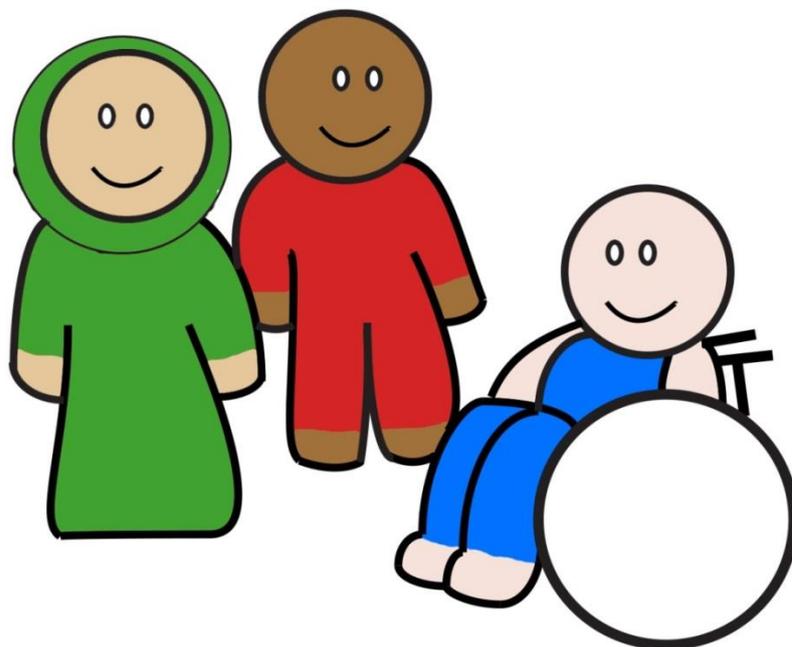


# Speaking for Myself



**Conference organised at Leicester Tigers ground by, and for, people with a learning disability**



Self advocates from the Speaking for Myself project have organised a conference for **Wednesday the 18<sup>th</sup> of March**. There will be speakers, workshops and games to help people speak up. More information inside!

# What People from the Groups Say

## Advocacy Groups



The groups meet once a month. It is free to come to a group. They are for any adults with a learning disability in Leicestershire.

## Hinckley and Bosworth Advocacy Group



**Alan**

Advocacy groups mean people can speak up for themselves. If people have a problem of not being heard in the community they can come to one of the groups and we can listen to their story and help them.

## Market Harborough Sunshine Team



**Anne-Marie, Steph and Kylie**

We are having an event on Saturday the 11<sup>th</sup> of April at Market Harborough Football Club. We are planning first aid, drama and police workshops and a disco. If you would like to book a free place please phone Laura.

# What People from the Groups Say

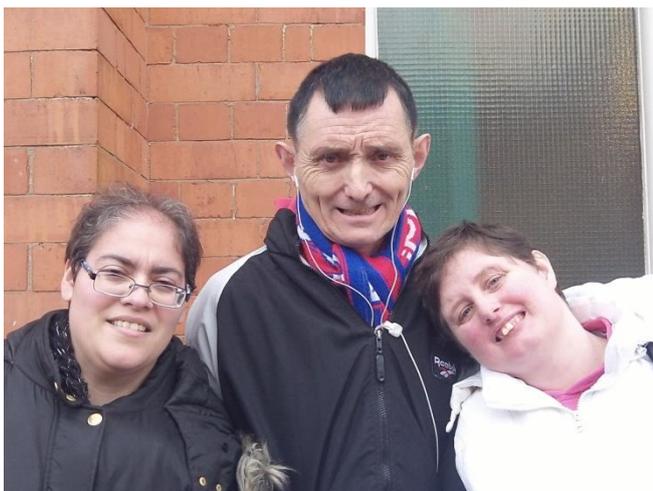
## Melton Advocacy Group



**Diane and Sarah**

A lot of people are bullying and we would like to stop bullying. We are making a film about how we can stop bullying.

## Oadby and Wigston Advocacy Group



**Kate, Paul and Carla**

Our group is very interesting to learn new things. We are people with a learning disability who stick up for ourselves. We are looking for some new people for the group.

## Loughborough Advocacy Group



We learn how to speak up for the group, ourselves and for other people with a learning disability. The group has been working on a leaflet to help people use the bus independently.

# Speaking for Myself Conference



March 2015						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## When and where is it?

Wednesday the 18<sup>th</sup> of March 10:30am-4:30pm at the Leicester Tigers Ground.

We can help people get there but they need to book as soon as possible.

## What will happen at the conference?

There will be lunch, speakers, stalls and a disco for people with a learning disability. There will be workshops on first aid, keeping safe, getting a job and being confident through drama.

## How do I book a place?

It is free to come to the conference but you need to book a place. You can get a booking form by contacting Laura on 07740042085 or emailing

[Laura.Shepherd@thera.co.uk](mailto:Laura.Shepherd@thera.co.uk). You can also book through the Speaking for Myself website at [www.speakingformyself.org](http://www.speakingformyself.org).



# **Interview with a Self Advocate**

## **Andrew Lancashire talked about getting a paid job**



### **Who are you?**

My name is Andrew Lancashire. I live on my own and I work for a new company which helps pets and animals. This is a paid job.

### **How did you get this job?**

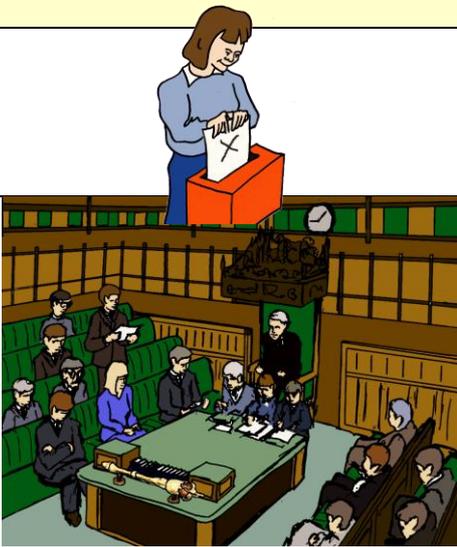
I had a 4 week trial then I asked if there was a job going. I had the interview and was accepted.

### **Do you have any tips about getting a job?**

All I would advise is don't give up. Keep trying! I do a lot of voluntary work and that helps.

The group has built the independence of myself. I got more confident at talking to other people and that helped me get this job.

# How to Vote



There is a general election on the 7<sup>th</sup> of May 2015. A **general election** is when adults can vote for who they want to be their Member of Parliament or MP. MPs work in parliament and make decisions that can affect the whole country.

## How do I register to vote?

To vote you have to be 18 or over and on a list called the electoral register. To get on this list you need to contact your local council or go to [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)



## What are political parties?

Each person you can vote for is part of a different political party. The main parties are the Conservatives, Labour, the Liberal Democrats, Ukip and the Green party.

The different political parties have different ideas about what they would change.





## How to Vote

### How do I choose who to vote for?

You can choose who to vote for based on which political party or person you like the best.

You can find out what each political party would do by looking at their leaflets, their websites or reading the paper.



Some of the Speaking for Myself groups are inviting people who want to be MPs to meetings.

They are finding out what they will do for people with a learning disability.



The meetings with people who want to be MPs will be on these dates:

<b>Loughborough</b>	Wednesday the 1 <sup>st</sup> of April 10:30am-12:30pm
<b>Market Harborough</b>	Wednesday the 8 <sup>th</sup> of April 9:30-11:30am
<b>Oadby and Wigston</b>	Friday the 10 <sup>th</sup> of April 10am-12noon
<b>Melton Mowbray</b>	Friday the 10 <sup>th</sup> of April 3-4pm
<b>Hinckley</b>	Thursday the 16 <sup>th</sup> of April 10:30am-12:30pm

## How to Join a Group



**Self advocacy groups** are people with a learning disability who meet to talk about problems and make plans to make things better. All groups are free.



**Hinckley and Bosworth Advocacy group** meet at The New Plough Inn, 24 Leicester road, Hinckley, LE10 1LS between 6:30pm and 8:30pm on the second Tuesday of every month or between 10:30am and 12:30pm on the second Thursday of every month. For more information call 07740042085 or email Alan at [alanadvocate@gmail.com](mailto:alanadvocate@gmail.com)



**Loughborough Advocacy Group** meet at John Storer House, Wards End, Loughborough, LE11 3HA between 10.30am and 12.30pm on the first Wednesday of the month. For more information call 07516670943 or email [alix.advocate@gmail.com](mailto:alix.advocate@gmail.com)

## How to Join a Group



**Market Harborough Sunshine Team** meet at Roman Way Community Centre, 36 Roman Way, Market Harborough, LE16 7PQ between 9:30am and 11:30am on the second Wednesday of every month. For more information call Laura on 07740042085 or email [Laura.Shepherd @thera.co.uk](mailto:Laura.Shepherd@thera.co.uk)

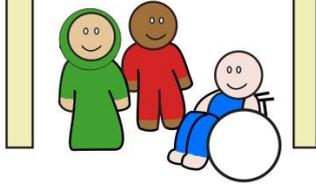


**Melton Mowbray Speaking up group** meet at Melton Library, Wilton Road, Melton Mowbray, LE13 0UJ between 2:30pm and 4:40pm on the second Friday of every month. For more information call Laura on 07740042085 or email [Laura.Shepherd @thera.co.uk](mailto:Laura.Shepherd@thera.co.uk)



**Oadby and Wigston Advocacy group** meet at Wigston Liberal Club, Kelmarsh Avenue, Wigston, LE18 1PA between 10am and 12noon on the first Friday of every month. For more information call Laura on 07740042085 or email [Laura.Shepherd @thera.co.uk](mailto:Laura.Shepherd@thera.co.uk)

## Speaking for Myself



# Speaking for Myself Self advocacy for, and by, people with a learning disability in Leicestershire



This magazine is part of Speaking for Myself. This is advocacy groups for people with learning disability across Leicestershire.



You can get involved with Speaking for Myself by:

- Coming to a group!
- Coming to events and training
- Helping with this magazine



To find out more about groups, training and events contact Laura on 07740042085 or

[Laura.Shepherd@thera.co.uk](mailto:Laura.Shepherd@thera.co.uk)



[www.speakingformyself.org](http://www.speakingformyself.org)

