

BRIGHTON & HOVE INDEPENDENT ADVOCACY



SPEAK OUT





Hello! We are:



Danielle



Shannon

We will tell you about:



- Speak Out and Thumbs Up

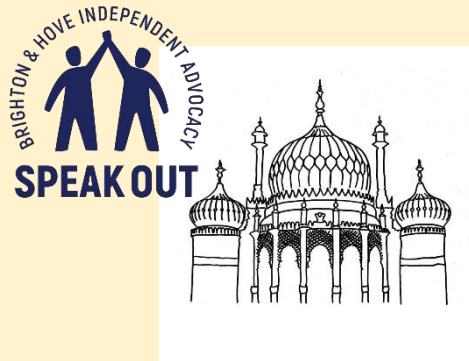


- Our health advocacy



- What we have learnt from it, and what you can learn from it

Speak Out and Thumbs Up



- We are an ‘independent advocacy’ charity in Brighton and Hove.
- This means we support people with learning disabilities to speak up about things that matter to them. We listen, we plan, and then we work together to get things changed.



- The Thumbs Up advocacy group is one of the ways we do this.



What does Thumbs Up do?



- Thumbs Up started off as a group of self-advocates training local businesses and organisation about learning disability.



- We developed the 'Thumbs Up' symbol.



- Recently, we have been focusing more on health.

Our health advocacy



University of Brighton

Southdown

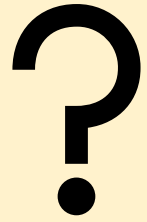
brighton and sussex
medical school



- Learning disability awareness training
- Training professional and student groups
- Thumbs Up to Good Health award
- Special campaigns – videos and resources



Learning Disability awareness training



- What is it?



- How do people react to it?



- What have we learnt from it?



Training students and professionals

?

- What is it?
- What have we learnt from it?
- Starting to use film as a training tool



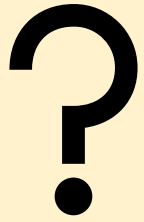


Southdown





Thumbs Up to Good Health award



- What is it?

- How do the GPs react?



- What have we learnt from it?



Some other exciting projects and resources



- The Waiting Room – simple but effective



- Heart health project – new video and resources





Looking ahead



- More Thumbs Up certified GP clinics
- The new 'digital flag' for reasonable adjustments
- And we would love to work with any of you!

Thank you for listening



We can take any questions now or later at lunch.

If you would like to get in touch please:



- Email info@bhspeakout.org.uk
- Call Speak Out on 01273421921