



News from Lewisham Speaking Up

ISSUE 3

SPRING 2008



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Men's group

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Young
People's group
Do you want to
be a part of it?

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group
Do you want to
be part of it?

4 Where we are
and how to
find out more.

Something NEW is happening down at the Albany!



Women have their group and now the men get theirs!

It is about time that the men have got a group for themselves and now they have! Nick Llewellyn is our new Self Advocacy Supporter and is helping start 3 new Speaking Up groups. A Men's group, a Young Person's group and a Healthy Living group (see inside for more).



Hi, I'm Nick, the new self advocacy worker. I work on Wednesdays and Thursdays.

We meet every month on a Thursday morning and we have met twice already.

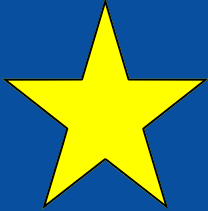
So far we have looked at:

- ⇒ **How to lead a healthy lifestyle**
- ⇒ **Assertiveness and speaking up**
- ⇒ **Had fun using drama to look at different relationships**

We are hoping to have a visit from the community nurse and to go on some visits together over the next few months. The group have enjoyed working together and are looking forward to their next session.



For Women's eyes Only...
Hi, I'm Jane. We have a few spaces left for our monthly Friday mornings Women's group. Interested in joining? Please contact us.



Are you aged 16-25 and want to join a group in Lewisham just for YOU?

New Young People's group launch on Thursday 1st May from 10.30-12.30 at the Albany, Deptford. It will then run once every month on a Thursday morning.

What will the Young People's group do?



Talk about issues that face young people such as crime.



Support to move on to adulthood



Learn life skills and skills towards independence.



Use drama to practice new skills.



Make videos/ short plays about what it's like being a young person in Lewisham

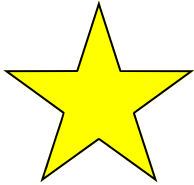
Meet other young people from all over Lewisham



Hi, I'm Oliver, I'm 20 years old. I live independently in Lewisham and I am running this group with Nick. **Come on the 1st May—you'll enjoy it!**

Advocacy is an independent voice for you!

Winter has gone — its time to get fit and healthy!



New Healthy Living Group launch on Wednesday 30th April from 10.30-12.30 at the Albany, Deptford. It will then run once every month on a Wednesday morning at the Albany.



At this launch we will be welcoming the community nurse, **Jackie Downing**. Hopefully you've got some health questions for her!



What will the new healthy living group do?



Find out about health action plans



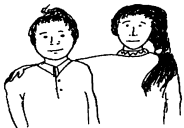
Have visits from health professionals.



Learn about healthy eating and keeping fit.



Get to know about your local leisure centres.



Speak up about health.

Support and listen to each other.



Hi I'm Lisa. I am working on this project with Nick.

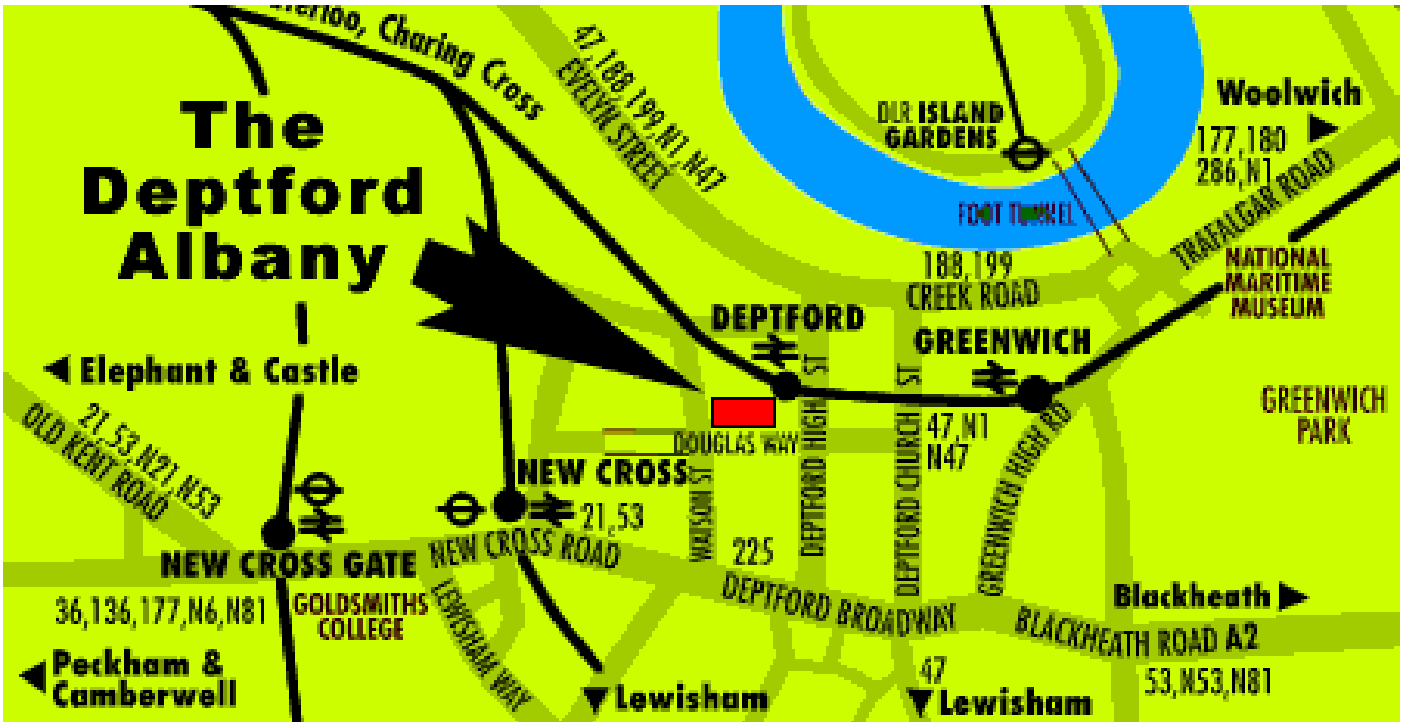
It would be great to see you on **April 30th!**



If this is a group that you might be interested in joining then please call Nick at the office on **020 8 6921862**



Advocacy is an independent voice for you!



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Lewisham Speaking Up, The Deptford Albany,
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If you want to know more about Lewisham Speaking Up or you would like to donate to help us help more people with learning disabilities get their voices heard, then please contact us by phone, email, or in person.

Lewisham Speaking Up is an independent advocacy project.
It was set up with and for people with learning disabilities who say...

*'We speak up for independence and power for ourselves
and other people with learning disabilities'.*