

Our Thoughts

LEWISHAM
SPEAKING UP



MARK ANDERSON



“I can't wait for lockdown to finish. It's been scary and weird. Boris could've acted quicker. Seems there's one rule for Dominic Cummings and another for everyone else. I think there should be stricter rules about socialising outside.”

TONY WARD



“I miss working at the pub and having a drink there. I miss Lewisham Speaking Up and the groups. I really want to know when this will end and things will be open again.”

SARA STEVENS



“I am proud of myself for staying in lockdown even though it's really hard not being able to do things.”

VINCENT NELSON



“Keep washing your hands and use a tissue if you cough to catch the germs. It is still important to stay safe!”

We are still here for you

Meetings



We have Speaking Up meetings every week online.
They are on



Tuesdays at 4:00pm

We use Zoom video to meet.
You need a code to join the meeting.

If you would like to join email martin.stitchman@lsup.org.uk
and we will send you a code.
Or send us a message on Twitter, Facebook or Instagram.

Stay Safe



Domestic Violence is when a partner or family member you live with is violent or uses threatening behaviour or behaviour that makes you feel frightened.

You do not have to put up with it.

- If you think you are in danger call **999**.
- If something bad has happened to you but you are not in danger call **101**.
- Or you can speak to someone at Lewisham Speaking Up on **07759 410 907**.

1-2-1 Advocacy



If you are worried about something and need our help, you can still contact our advocates.
We are here to support you in speaking up.

Contact

Colin on **07421 458 142**

or

Philippa on **07521 242 026**

Please ring us on **07759 410 907** if you are feeling sad or lonely.