



Welcome to Lewisham Speaking Up

INDEPENDENT

ADVOCACY

*"Find out
more about
us inside"*



*Welcome
to our
Women's
Speaking Up Group!*

We are a self advocacy group supported by Lewisham Speaking Up, an independent advocacy charity set up for and by people with learning disabilities.

"We speak up for independence and power for ourselves and other women with learning disabilities. To make choices for ourselves!"



This is what we do.



We are here to help women with learning disabilities speak up and be heard.



We are here to talk about women's private things and support women to talk about their private things.



We are here to help other women learn about us. What we say and what we want!



We can help you speak up for your self! You will get support from us and our group supporter.

Advocacy is an independent voice for you!

Its our mission!



We will support women to speak up and make choices about their health issues and private lives.



We will help women to be self-advocates and support them to know they have choices and rights.



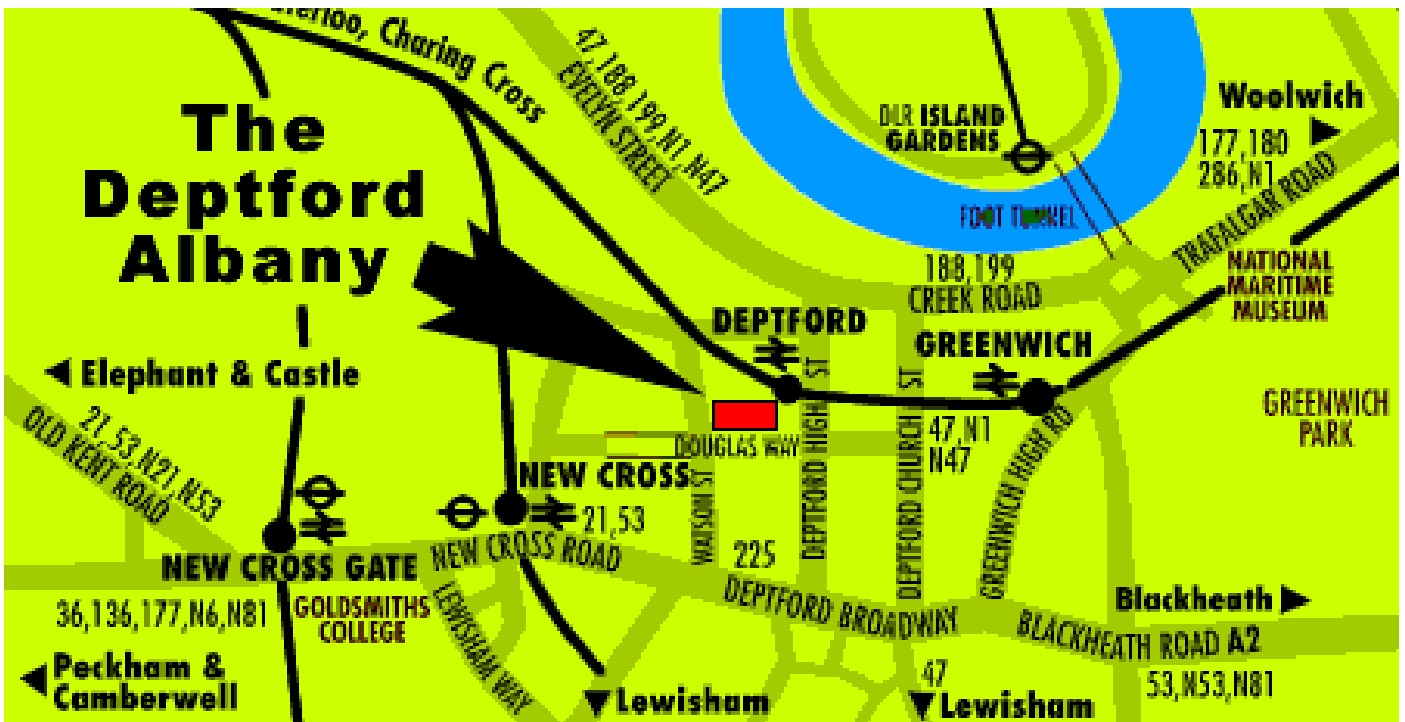
We will tell other organisations, supporters and bosses that women with learning disabilities have rights to be heard.



We can help you speak up for your rights. See the next page to contact us and find out more.

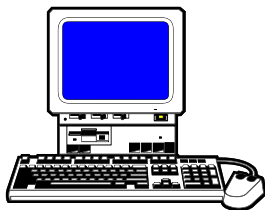
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CONTACT US



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If you want to know more about us or donate to help us do more, please contact us by phone, email, or in person.

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