

# Lewisham Speaking Up Services during Coronavirus



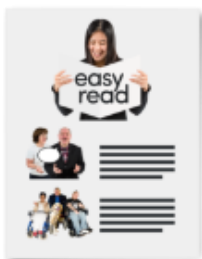
We know the coronavirus is still a difficult time for people. We are here to help all people with learning disabilities get through this together.



Lewisham Speaking Up is still working.

We are using phones and computers to do our work while the office is closed.

These are some ways we can help:



You can find easy read information about your health on our website at [www.lsup.org.uk](http://www.lsup.org.uk) or contact [simon.goldsmith@lsup.org.uk](mailto:simon.goldsmith@lsup.org.uk)



We can help you to stay safe online. Contact [gabriella.smoczynski@lsup.org.uk](mailto:gabriella.smoczynski@lsup.org.uk)



We are running online speaking up groups using Zoom every Tuesday at 4:00pm.

Contact [martin.stitchman@lsup.org.uk](mailto:martin.stitchman@lsup.org.uk) if you are interested in joining.

# Lewisham Speaking Up Services during Coronavirus



We run online Zoom groups for women only or men only. Contact

[philippa.bradnock@lsup.org.uk](mailto:philippa.bradnock@lsup.org.uk) for women  
[martin.stitchman@lsup.org.uk](mailto:martin.stitchman@lsup.org.uk) for men

Our 1-2-1 advocacy projects are still working.



Contact Colin on 07421 458142  
Email [colin.finch@lsup.org.uk](mailto:colin.finch@lsup.org.uk)



Contact Philippa on 07521 242026  
Email [philippa.bradnock@lsup.org.uk](mailto:philippa.bradnock@lsup.org.uk)

Please get in touch if you think we could help you with a problem. If you feel anxious or scared by what someone says or does, even if you know person, tell someone you trust.

## How to stay in touch



You can phone us on 07759 410907



You can email us at [info@lsup.org.uk](mailto:info@lsup.org.uk)



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