



## Welcome to our June Newsletter

At last Summer has arrived and we can all enjoy sunshine and longer days!

We hope we can restart actual groups again soon but we have to follow government guidance and make sure people are safe. If all goes well we will run a small Speaking Up group in July.

Our core staff team has also seen a couple of changes.



We said goodbye to Colin Finch who has supported participants with crime and hate crime-related issues for over 3 years. We wish him all the best and success for the future.



We are thrilled to have a new Advocate, Michelle Burke, on our team who can help people with learning disabilities with money problems.



### We now have a vacancy for a part-time Advocate (Crime & Hate Crime).

Anyone interested in applying can email [info@lsup.org.uk](mailto:info@lsup.org.uk) for an application pack.

We welcome people from all backgrounds.

Our Health Ambassadors are still urging people with learning disabilities who haven't had the vaccine to get it. If you want help from our Ambassadors to find out more about the vaccine contact James at 07759 418 676.

In May we had a beneficiary review: this is when we ask the people with learning disabilities what they think of our services. We did this through an Easy Read questionnaire. Thanks to all the volunteers, Trustees, and Support staff who helped people complete them. We need to know what people think so we can make our services better.

Finally, please remember we have a variety of advocacy projects that help people with learning disabilities and lots of information on our website. Please visit us at [www.lsup.org.uk](http://www.lsup.org.uk).

WILL  
DAVIES  
CEO



**[Read our easy read project updates below](#)**

## Self-Advocacy Groups



Over the last three months we have still been busy on zoom. We have run 44 different self-advocacy groups and people with learning disabilities have joined us 860 times.



In May we did our first all day virtual People's Parliament. It was called Mental Health Day and we did 4 different sessions about mental health. We worked with psychologists from SLAM and our own psychology placement student.



Our People's Parliament reps have been working with the Race Equality Foundation and Learning Disability England to look at how people with learning disability from BAME backgrounds can get more equal health care.



The People's Parliament reps are looking forward to working with the Lewisham Disabled People's Commission which is starting to meet again soon.



We are looking forward to starting up our self-advocacy groups in person over the next 3 months. We look forward to seeing everybody face to face again.

## 1-2-1 Advocacy



We have a brand new  
Money Management Service!



Hi from Michelle, our new Money Management Advocate. She is looking forward to meeting everyone.



Michelle will help people with learning disabilities with any problems related to money, bills and rent.



Great news is that she will be running workshops to help people know what money problems to avoid.



Please give Michelle a call on 07565 280 157 to find out more.



### Advocacy Thursdays

We have been helping people at our Advocacy Thursdays.



We help some people on the phone.



We have also started to meet some people at the Albany.



At the moment, lots of people want to move house.



Contact Philippa to make an appointment.

Phone number: 07521 242 026.

Email: [philippa.bradnock@lsup.org.uk](mailto:philippa.bradnock@lsup.org.uk)



## Crime & Hate Crime Training



The hate crime trainers had their first face to face meeting this month, and we talked about lockdown and the future.

Sara wanted to share her story.

“At the start I was really bored. I just sat indoors all day watching TV. It made me feel really down not seeing people. In the second lockdown I got a tablet, but I couldn't use it. I was annoyed.

It took me some time to try again, but my boyfriend and LSU helped me and Gabriella made me instructions with photos of me doing it.

Finally I can use it. I feel so brilliant and happy now I am doing things again. I feel proud.“

## Crime & Hate Crime Advocacy



Colin, our Crime & Hate Crime Advocate, has left LSU to go to a new job.

Colin left a message:

**'Don't suffer in silence; Speak Up and Stop Hate Crime!'**

If you think you, or someone you know, may have been a victim, please contact Will or Marsh at [crimeadvocate@lsup.org.uk](mailto:crimeadvocate@lsup.org.uk) or phone 07593 058 464.

## Health Ambassadors



**Open**

The Health Ambassadors have recently been talking about the easing of the lockdown restrictions in their workshops.

They are looking forward to things getting back to normal.



Lisa is looking forward to visiting all the shops she has not been able to go to, whilst Jerin is keen to pay a visit to Homebase.



Lisa is also looking forward to going into schools and educating children about learning disabilities.



Kali is eager to reunite with her band, 'Too Hot for Candy', as well as as seeing and reconnecting with people in general.



Kali says PWLD in Lewisham can use the Fusion Card to gain free access to leisure centres such as Wavelengths and Forest Hill Leisure Centre.



In a Health Ambassador's workshop many attendees expressed their desire to travel again.



Some of the places they are eager to visit are Hastings, Southend, Margate, Clacton and the Isle of Wight.

Thanks to our wonderful funders for supporting our projects for people with learning disabilities.



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