

To find out more or to join one of
our groups contact:

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'Our Say'

Speaking Up Group

A project funded by the Northern Rock Foundation to
support self advocacy in Newcastle.

**Giving people with learning disabilities a voice and
the confidence and skills to be strong
self advocates, campaigners and leaders!**

Our Say Speaking Up Group

Every Tuesday of every month 12:45-3pm

Our Say' is a speaking up group for **men and women** with learning disabilities. We meet often to talk about things that matter to us. The group can help everyone to become more confident at speaking up. We learn new things and talk about issues that affect disabled people. We think about how we can change things for ourselves and people like us.

We plan activities that include everyone, are fun and informative, and help us to develop new skills so that we can be strong self advocates . We will support you to get involved in campaigns and to have your say.



Men of Action Speaking Up Group

Every other Monday from 12.45—3pm

Men of Action is a speaking up group for **men** with a learning disability. It is a friendly and relaxed group that gives men a chance to make friends, talk about things that are important and try new things. We help each other to speak up about things that affect us and take action to change things for the better. We also choose activities and themes that we are interested in exploring , while developing our confidence and skills.

