



steps to speaking up

People with learning disabilities
speaking up about their lives



The **co-operative** membership 
Community Fund

Steps to Speaking Up has five steps. You can use them all together or just the one you need at the time.



Step 1 is all about:

- your rights
- what you can speak up about.



Step 2 is all about:

- finding out where and how to speak up
- your local councillors and MPs (Members of Parliament).



Step 3 is all about:

- things to do before a meeting
- getting good support.



Step 4 is all about:

- speaking up in meetings.



Step 5 is all about:

- sharing information after meetings
- more speaking up.

About Steps to Speaking Up



Steps to Speaking Up is for people with learning disabilities and their supporters.



Steps to Speaking Up can give people with learning disabilities ideas on how to speak up for themselves and others.



Everything in Steps to Speaking Up comes from the work Reach have done with people with learning disabilities.



All the quotes in Steps to Speaking Up are by adults with learning disabilities.

About Reach



Steps to Speaking Up was written by Reach, part of Asist Advocacy Services in Staffordshire.



“Reach gives vulnerable people a voice to be heard and that makes a difference” – Reach member.



Reach is a group advocacy project supporting adults with learning disabilities to speak up and speak out about their lives and experiences.



Reach was set up in 2000 and works in Stoke-on-Trent and Staffordshire.

About Reach



Reach support people to come together, take part in consultations, share information and speak up for themselves and other people with learning disabilities.



Reach support people to have a voice and be listened to by decision makers in social care, health and other organisations.



Reach believe everyone with a learning disability is an 'expert by experience'.



You can contact Reach by telephone on 01782 747872 or email reach@asist.co.uk