

# Speak Up 4 My Health

a self advocacy project in Basingstoke for  
**people with a learning disability or autism**  
to improve physical and mental health

Had your annual health check but not sure what to do next?

Want to get healthier but don't know where to start?



Want to find a friend to try something new with?

Want to be part of what is going on in Basingstoke?

**Speakeasy** will support people in Basingstoke to:

Make a **plan** for better physical and mental health

Find **activities and friends** to do them with

Learn any digital and social media **skills** needed



Make a referral by contacting us on 07824 696444,  
**[hello@speakeasyadvocacy.org.uk](mailto:hello@speakeasyadvocacy.org.uk)** or visit our website  
**<https://www.speakeasyadvocacy.org.uk/speak-up-4-my-health/>**