



Friday Network

A SELF ADVOCACY GROUP FOR PEOPLE WITH A LEARNING DISABILITY AT A COMMUNITY VENUE IN BASINGSTOKE

The group started in 2006 as part of the HCC learning disability day services. Speakeasy became partners later that year to support the development of the group. By 2010 it was run independently by Speakeasy with a membership of 30 people.

"It helped me gain the confidence to speak up in my new job as Learning Disability Partnership Board representative."

DEVELOP SELF ADVOCACY SKILLS

- Self Advocacy sessions to help people speak up for themselves and make their own decisions
- Have your say at the Hampshire Learning Disability Partnership Board

"It has helped me feel that I could become a volunteer at a group and have some responsibility"

"Because of the course on citizenship I voted for the first time this year"



KNOW YOUR RIGHTS

- Learn what you are entitled to
- Find out about local services



"It was good to meet the Health Team to see what they do and ask them questions."

BE PART OF THE COMMUNITY

- Find out about activities and try new things
- Take part in the Children in Need event



"I like going out to the shop on my own and choosing what to buy."

"I would feel happy to speak to the PCSO's if I needed to in the community because I have met them at Friday Network."

"Friday Network is the place I come to see my friends and listen to the music."



FRIENDSHIP

- Meet up with old friends and make new friends too!
- Use the buddy scheme to help you try something new

"It has given me more confidence to make more friends at the Network and in other places I go."

- Referral by local authority social worker or health case manager
- Low level support provided during the day (additional support may be required for specialist or 1:1 support)



Telephone:

07824 696444

Please leave a message if we cannot answer the phone.



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**Speakeasy
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