

Get Connected!

Improving the wellbeing of
people with a learning disability or autism
living in Hart & Rushmoor



Speakeasy will help people to:



Find the **right support**

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



Find **activities and friends**

Learn digital and social media **skills**



Make a referral by contacting us on **07824 696444**,
hello@speakeasyadvocacy.org.uk or visit our website
<https://www.speakeasyadvocacy.org.uk/get-connected/>