

Friday Network

A SELF ADVOCACY GROUP FOR PEOPLE WITH A LEARNING DISABILITY AND/OR AUTISM AT A COMMUNITY VENUE IN BASINGSTOKE.

Originally part of the HCC Learning Disability day services when it started in 2006, the group is now co-produced by Speakeasy and the members to give a voice, promote choice and uphold rights.

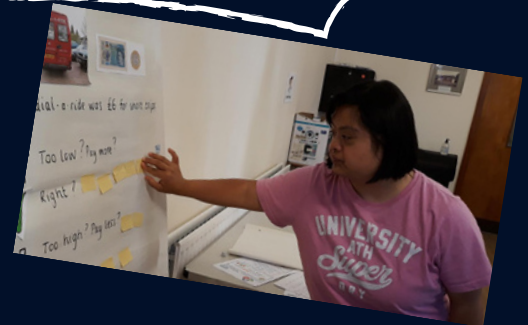
DEVELOP SELF ADVOCACY SKILLS

- Courses on staying safe, citizenship and keeping healthy.
- Have your say on local and national issues.

"People come to us to hear our experiences, we've met student nurses and paramedics, and new social workers."

"We've made our own rules for support workers who come to the group - it feels fantastic to help people get better support."

"We give our views on the council budget cuts using easy read posters as the forms are hard to understand."



KNOW YOUR RIGHTS

- Learn about local services and your entitlements
- Regular men's and women's groups



"Talking about the changes to elections meant we had the right ID to vote."

BE PART OF THE COMMUNITY

- Find out about local events and activities
- Plan group celebrations

"It's more than just doing activities. It's about learning about yourself and your learning disabilities and knowing your rights. It's good talking to other people about that."



"We learn about recycling and looking after the planet."

"We like planning our own events for big things like Children in Need, The Jubilee and The Coronation."

FRIENDSHIP

- Make new friends
- Regular games and chat sessions

"We like taking it in turns to DJ or do Karaoke, dancing, playing games and puzzles with our friends."

HOW TO JOIN

- Referral by local authority social worker or health case manager.
- Additional support may be required for specialist or 1:1 support needs.

GET IN TOUCH



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