



N East Lancashire Voices ewsletter

Welcome to the first ever East Lancashire Voices Newsletter...



Here, you will find out about how we speak up for the rights of people with learning disabilities.





The Team

Supported by  People First

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Deputy Editor - Linda Stewart
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"We can't make changes overnight, but we **do** make change happen."
Christopher Knowles - Editor-in-Chief

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East Lancashire Voices



Making Change Happen



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WHO ARE EAST LANCASHIRE VOICES?



We are a self-advocacy group for adults with learning disabilities.

We want to speak up for our rights and have our voices heard.

Speaking up is what self-advocacy is!



We include people from different backgrounds, with different needs, different knowledge and different experiences.



We let everyone have a say and help them improve their confidence. Everyone is valued and we are all listened to.

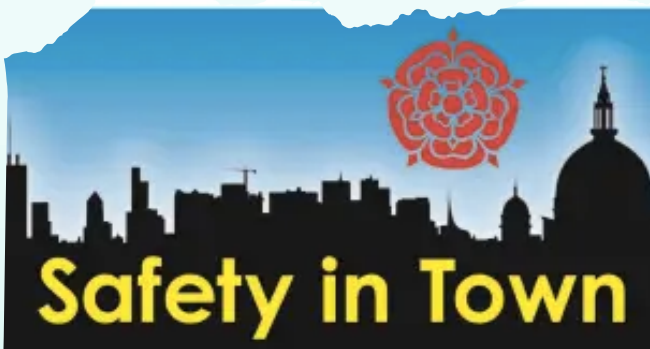


Our self-advocacy group has been helping people to speak up for many years.

We deal with real life and real issues.

2

WHAT HAVE WE BEEN SPEAKING UP ABOUT?



'Helping you feel safe and stay safe when out and about in town'

"I want there to be safe places I can go to."

Russell



"I want to be treated with respect."

Mariam



"I feel vulnerable going out."

Jonathan



"I want to know who can help me."

Philip

3

WHAT HAVE WE BEEN SPEAKING UP ABOUT?



“I want the faults fixed and the mould sorted where I live.”

Chris



“I want places to be accessible.”

Avril



Meeting

“I want people to come to our meetings to see what we do.”

Ian



“I want better health services for people with learning disabilities.”

Linda



Linda



What do you enjoy about East Lancashire Voices?

“I've got more confidence in myself, I enjoy speaking up for my human rights and I like working with other people.”

What are you good at?

- * Everything!
- * Talking to other people.
- * Making people feel comfortable.

What have you improved at?

- * Travelling by myself.
- * Making sure people speak one at a time in meetings.

“I'm proud of being a first-aider and helping someone who had a fall. I'm also proud of all the work I do to help people with learning disabilities.”

Linda and Stephen went to the 'Our Health' day at Chorley Hospital in June.



Stephen is a paid project worker for People First. He opened the event and welcomed everyone.

He did an excellent job!

Linda picked up lots of useful leaflets. There were stalls such as: Seeability, Healthwatch Lancashire, Learning Disability Champions, Dentists and Diabetic Eye Screening.



“They showed us what people have to wear in hospital such as hospital gowns. They also showed us the heart rate machine and explained how it checks that your heart is working well. There were also some first aid demonstrations.”

6 VISITORS TO OUR GROUP



On 26th July, Dr. Magdalena Mikulak came to visit our group.

She is a researcher from Manchester Metropolitan University.

She came to talk to us all about the health of people with learning disabilities.



THINGS THAT AFFECT YOUR HEALTH



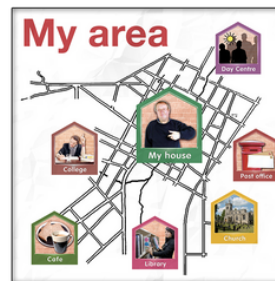
Friends and family



What your house is like



How much money you have



Where you live



How people treat you



Transport

7 VISITORS TO OUR GROUP

Some of us met on 19th July at the Double Decker Café in Accrington, to plan what we wanted to say to our visitors...



- Mayor and Mayoress of Hyndburn (Jean Hurn and Terry Hurn)
- MP for Hyndburn and Haslingden Sara Britcliffe

The group spoke up about serious issues like racism, safety, housing and health. We hope to work together to make Hyndburn a better place for people with learning disabilities.





We would like to set up self-advocacy groups in Rossendale and Burnley.

We would like to be paid for the work we do.



NHS

We would like to influence people who make decisions.



We want to campaign for the right reasons, and do this the right way.

Words are all very well
but actions speak louder
than words.

Chris

Actions and words
must have the right
motives.

Jonathan

SOME FINAL THOUGHTS

Join us at Accrington Library

on the 1st and 4th Thursday of each

month



1:00

to



3:00

7

SEPT

1PM - 3PM

Sue and Steve from Healthwatch Lancashire will come and ask us about how we would like to improve our group.

28

SEPT

1PM - 3PM

Linda and Ian will give feedback from the Lancashire Learning Disability Partnership Board.

5

OCT

1PM - 3PM

Chris will lead the discussion on learning disabilities, obesity and diabetes.

**MORE
INFORMATION**



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