

Could you help us make a difference?

Volunteer with us as a Self-Advocacy Volunteer

- Contract: Voluntary Position
- Salary: Expenses will be provided

Our Self Advocacy groups are led by people with learning disabilities
They are safe spaces where people:

- Speak up for their rights and help others do the same
- Support each other to say what they think and what they need
- Share ideas and information
- Can learn and gain new skills
- Plan and work together for change
- Meet new people and make friends
- Develop a stronger community and social networks
- Can teach people in the community about the rights, needs and issues of people with a learning disability
- Create strength in numbers
- Make change and let other people know what we want to change
- Can understand and find out about their rights
- No meeting is ever the same due to what people who attend have to say.
- Our meetings must have some laughter and fun in them, or people will choose not to attend.
- We do talk about serious stuff, but we don't want people leaving without someone to talk to at home.

To apply, contact:
Michelle, Volunteer Coordinator,
michelle@wearepeoplefirst.co.uk



wearepeoplefirst.co.uk

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Role:

People First provides opportunities for people with learning disabilities to have their say in large and smaller groups in both Cumbria and Lancashire.

Volunteers can help us prepare for the groups, help with the general running of the groups, and help to make sure everyone has their say in a group.

The role would mean you supporting the running of speak-up meetings.

- You may be asked to take minutes.
- Support someone with a learning disability to set up tables and chairs and make sure the kettle is on.
- Be a good listener.
- Be on time.
- Attend other meetings to support people to represent other people who have a learning disability.
- Be local to the group meeting area.

Skills, Experience and Qualities:

- Good listening and verbal communication skills.
- Good literacy skills - taking notes and writing formal letters.
- Able to assist and support people to speak up for themselves.
- Able to assist and support all kinds of people, many of whom may be disempowered, vulnerable and distressed.
- Committed to equitable opportunities practice and willing to challenge discrimination and prejudice.
- Committed to confidentiality.
- Able to be empathetic whilst maintaining professional boundaries.
- Help our people to express their views and needs regardless of your own opinions and experiences.

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