

# **Brighton & Hove Speak Out**

Giving people with learning disabilities a voice



Last year Speak Out supported over 400 people with learning disabilities to have their voices heard. Demand for our advocacy services increases year on year.



#### TOP 5 ISSUES

**ADDRESSED IN 1-1 ADVOCACY** 

- 1. Housing
- A
- 2. Finance / Benefits



3. Access to Social Care4. Health & Wellbeing



5. Employment / Legal





#### **OUR SERVICES**

issue advocacy cases were delivered and supported people to deal with a specific problem



Over **30 volunteers** 



helped deliver our services

2.350

Last ye

**HOURS** 

Last year volunteers gave Speak Out over 2.350 hours of their time



..... 1**67** 

**people attended drop-in sessions** 3 weekly drop-ins were held in venues across the city

people took part in self-advocacy groups

and gained peer support, skills and confidence



SOCIAL DETIIDN ON INVESTMENT

£6.70 for every £1 spent





188

**people took part in events and consultations** and had a say about health and social care services they use



**176** 

professionals attended Disability Awareness training delivered by Speak Out service users

## **WHY IS OUR WORK NEEDED?**

Many people with learning disabilities are at risk of hate crime, poor health care and social isolation

People with learning disabilities are twice as likely to develop poor mental health and have a higher incidence of avoidable, premature deaths than other groups

Many people with learning disabilities experience extreme social isolation - **85%** of young disabled adults say they feel lonely

Approximately 8 out of 10 working age people with a learning disability have a mild or moderate learning disability and could work, but less than 2 in 10 are in employment

9 out of 10 people with learning disabilities have experienced hate crime and bullying

30% of people in the Criminal Justice System are people with learning disabilities

It's estimated that over **6000** people with learning disabilities live in Brighton & Hove

#### **HOW DOES OUR WORK MAKE A DIFFERENCE?**



We support people with learning disabilities in Brighton, Hove and beyond to:

Have their voices heard and bring about positive change



- Challenge discrimination and access their rights
- Make their own choices and have control in their lives.



Access the support and services they need



- Participate in the community
- Feel less isolated and improve their wellbeing

We are the only organisation in Brighton and Hove that offers this specialised support exclusively to people with learning disabilities



99%

of people with learning disabilities who gave feedback to Speak Out were happy with our support





Recognising quality in independent advocacy

Speak Out is accredited under the National Advocacy Quality Performance Mark

# WHAT OUR SERVICE USERS SAY...

"I don't know what I'd have done
without my advocate to help me move.
I told people that I was unhappy living
there, but no one listened to me.
I couldn't do it by myself. She helped
me in meetings and helped
me remember stuff"

"Advocacy has helped me with my confidence and talking... It's made me feel good, knowing that I can speak for myself now"

"It's really helpful being able to find out and talk through what my rights are. I also felt instantly welcomed and comfortable"

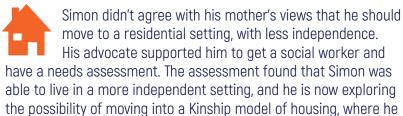


### SIMON'S STORY

Simon has a mild learning disability, cerebral palsy and epilepsy. He has lived in a supported living scheme for young people, for many years.



He was referred to our advocacy service as he felt staff were not respecting his privacy or personal space. His advocate supported him to meet with the home manager, together with his mother.



will live in his own flat and have support staff visit him regularly.

Simon told us that he now sees a light at the end of a tunnel. He feels excited about having more independence and living in a more peaceful setting.





The support and choices that Simon received through Speak Out advocacy have had an extremely positive impact on his overall health and wellbeing.



For more information please see our website

www.bhspeakout.org.uk

Charity number: 1076995















