

# Self Advocate's Support and Action Group

Run by and for people with learning difficulties, disabilities and autistic people



We meet once a month online



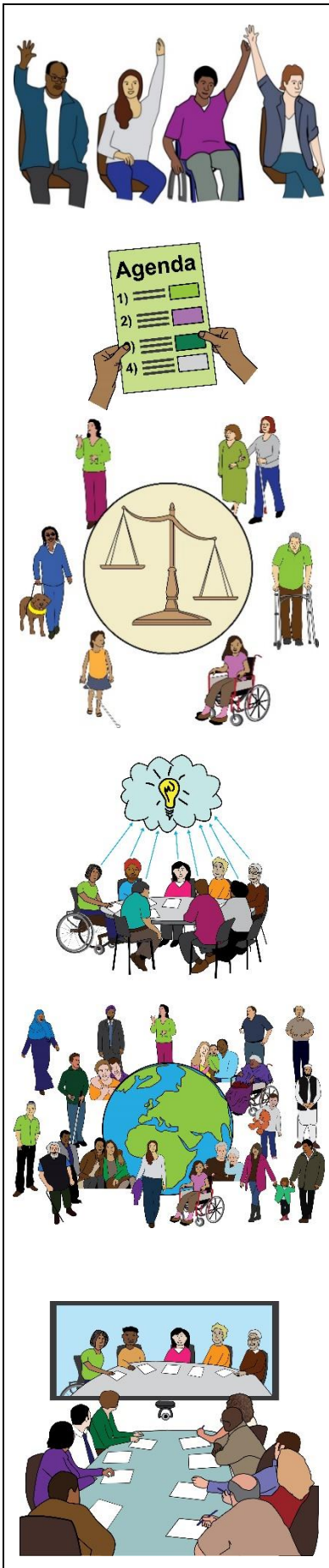
**Time:** 12:30pm-2:30pm  
<https://us06web.zoom.us/j/97471173675>  
Meeting ID: 974 7117 3675



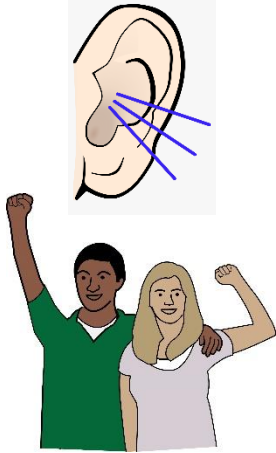
## About the group



- This is a space we've created for ourselves
- We invite guests to speak about things we're interested in or want to know more about
- We feel safe in the group
- We have a laugh
- We don't judge each other
- We share news about what's happening and what's important to us
- It's an opportunity to put a political campaigning viewpoint across



- It's an opportunity to bring self advocates together to share their views and not be influenced by other people's agendas
- We set the agenda and facilitate the meetings ourselves, with support
- We have different voices and people from different backgrounds
- We share our experiences of being 'on the edge of society' and 'being swept under the carpet'
- We talk about what we can do, often society just talks about what we can't do
- We discuss current issues and concerns
- We talk about what's going on in the world
- We talk about difficult things and get support and understanding from others in the group
- We have empathy for each other
- We understand each other's experiences



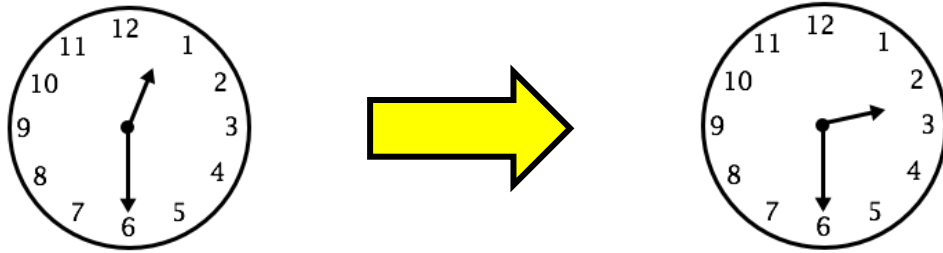
- We really listen to and connect with each other
- We have the power in the group – the power to speak, the power to make changes, the power to make decisions, the power to shape our discussions and plans

We also have a resident artist, Christopher Burns who creates an image from our discussion.





## Monthly meetings are at 12:30pm - 2:30pm



### Future dates:

Wednesday 31<sup>st</sup> May 2023

Wednesday 28<sup>th</sup> June 2023

Wednesday 26<sup>th</sup> July 2023

Wednesday 23<sup>rd</sup> August 2023

Wednesday 20<sup>th</sup> September 2023

Wednesday 18<sup>th</sup> October 2023

Wednesday 29<sup>th</sup> November 2023



### Join online using Zoom



**zoom** <https://us06web.zoom.us/j/97471173675C>

