



We need people with a learning disability to Speak Up in East Riding



- Do you want to have more of a say?
- Do you want to get your voice heard?
- Do you want to help make services better?

Join our Zoom meeting and make change happen

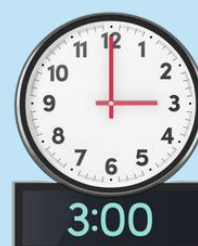
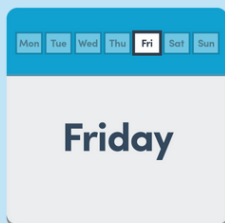


Come and find out more about how you can become part of a new self advocacy group in East Riding.

If you would like to find out more please contact Sandy
on

Sandy.Marshall@inclusionnorth.org or 07767 776125

Join our next Speak Up Group on Friday 21st January between 1p.m and 3p.m

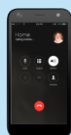


Speak Up Groups are planned to take place every other month.

To book your place, please contact Rachael on:



Rachael.MunrowFawcett@inclusionnorth.org



Rachael - 07801 539264

When you book your place please tell us:



1. Your name
2. Your email details
3. Your mobile phone number or landline number
4. Tell us about any support you may need to take part in an on-line meeting.

