



**Caring, Listening And
Supporting Partnership**



What is self advocacy?



Advocacy is speaking up about something you think is important or want to change.



An **advocate** is a person who speaks up for you or helps you speak up for yourself.



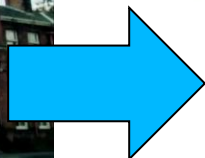
Self advocacy is when you speak up for yourself. Sometimes it's difficult to make people listen so self advocates often get together in groups to support each other and find a louder voice.



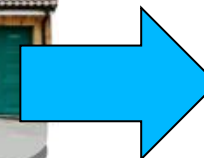
Self advocacy movement



Closure of long stay hospitals began in the 1970s



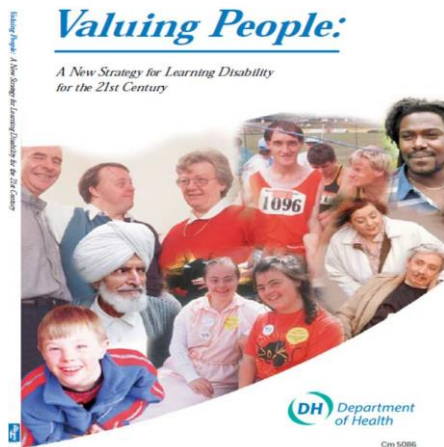
Care in the community introduced



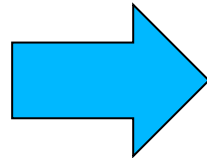
Self advocacy groups gained power and influence in the 1990s



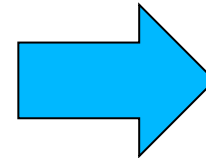
Self advocacy movement



White paper
Valuing People
published in
2001



Set up by
Wokingham
Borough
Council in 2001



Set up as an
independent
charity in 2005

Nothing about us, without us!



How is CLASP helping people to speak up for themselves?

As a **user-led organisation**, we are run by our members.

We **employ people with learning disabilities** and offer voluntary opportunities.

We support our members to **have their say** about how local services are developed.





How is CLASP helping people to speak up for themselves?

We have a training group called **Listen To Us** who deliver learning disability awareness training.

Comments from people who have done our training:

“I loved that it was led by people with genuine experience. The personal aspect engaged me and I felt that I took on board what was said a lot more.”

“It has refreshed my way of thinking.”

““We as humans tend to compartmentalize people and make assumptions about what they can and can't do – this training has reminded me not to put people in a box but to listen and learn from them.”

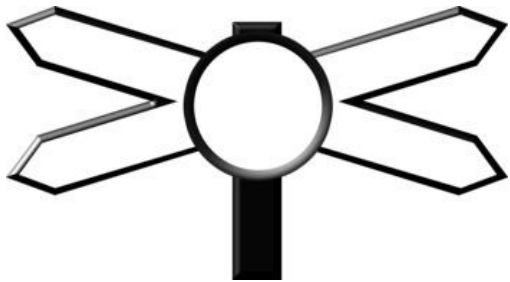


How is CLASP helping people to speak up for themselves?



We run a **campaigning group** called Take Notice.

We work **in partnership** with other organisations to run projects.



We provide **one to one support, information and advice, and signposting.**



What do our members say about our service?

“It has helped me to get more involved in the community.”



“We give people a voice.”

“I get to see my friends and talk about stuff that counts.”

“I’m glad to be part of it. It makes me feel more independent and all grown up.”



Why is self advocacy important?

It gives people the opportunity to:

- ✓ Support each other.
- ✓ Build their confidence
- ✓ Find out about their rights
- ✓ Shape local services
- ✓ Show people what they can achieve, rather than focusing on the things they can't do
- ✓ Be empowered

