



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 next meeting at
Worklink
Learning Resource Centre
Eppleworth Road
Cottingham
HU16 5YF**

and make change happen

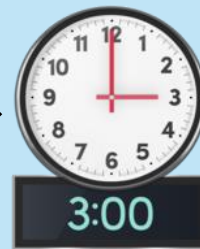
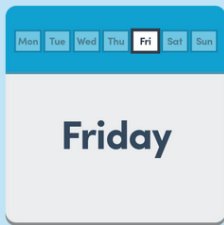


Come and find out more about having your voice heard by becoming part of a new self advocacy group in East Riding.



There are some COVID rules at Worklink, please:

- **Wear a mask if you can**
- **Keep 2 metres from other people**
- **Use hand sanitizer**



Join our next Speak Up Group on Friday 13th May between 1p.m and 3.00p.m

Speak Up Groups take place every other month.

There are only 20 places available at Worklink, so to book your place, please contact Rachael on:

Rachael.Munrow-Fawcett@inclusionnorth.org



Rachael - 07801 539264



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



Sandy.Marshall@inclusionnorth.org



07767 776125



When you book your place please tell us:

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

