



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 by zoom or
face to face at**



**Worklink
Learning Resource Centre
Eppleworth Road
Cottingham
HU16 5YF**

and make change happen



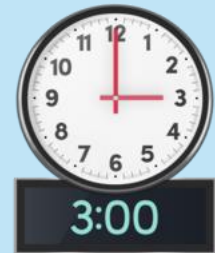
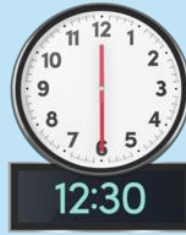
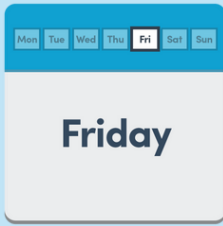
Come and find out more about having your voice heard by becoming part of a new self advocacy group in East Riding.



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 26th August between 12.30p.m and 3.00p.m



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



You can book your place to attend the meeting in person or you can join the meeting through zoom if you prefer.

Please contact Rachael on:



Rachael.Munro-Fawcett@inclusionnorth.org



Rachael - 07960 388628

Please book your place no later than **Friday 19th August** and 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 the meeting.



5. Tell us if you attending face to face or joining on zoom.