## to join the group

call **Gracie**

 **01322 619707**

[www.advocacyforall.org.uk/self-advocacy-](http://www.advocacyforall.org.uk/self-advocacy-) groups/sutton-groups

[groups@advocacyforall.org.uk](mailto:groups@advocacyforall.org.uk)

### We meet twice a month on Wednesdays



I like football

I like being helpful to staff and group members

I like to tell jokes

**Dennis**

Action Voices

## speaking up for young people with disabilities in Sutton

### having a voice



respect





You may call it a disability I call it my life

**Mark**

# What do we do?

* group discussions
* learn how to speak up
* be confident
* drama, dance, music and exercise
* drumming sessions
* social events like bowling, going to the pub and games
* independent travel training

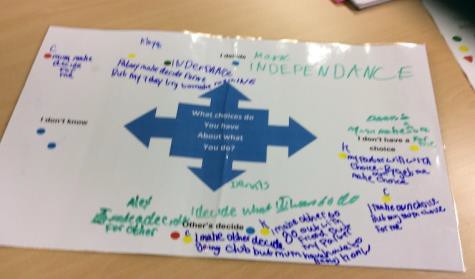
# You have a voice. What you say matters!

* Action Voices speak up to the council
* you can help make important changes to make life

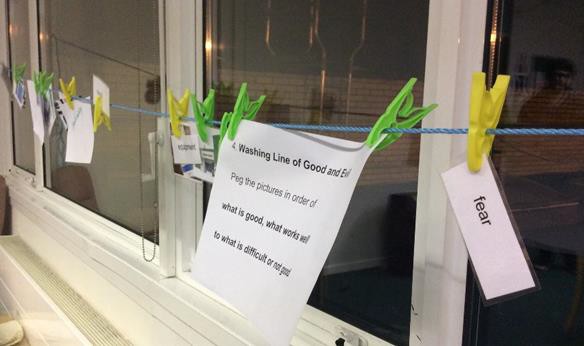
better for young people with disabilities

* join us to speak up and have fun
* mystery shopping

### having fun

inclusion





I am very keen to help people. I like to teach and do new things with the young people’s group. I like to be helpful.

**Claude**

belonging



# Who do we work with?

I am a happy person I like to help others

I enjoy going out with my friends

**Alex**

Young people aged 12 to 25 with learning disabilities