

# SPEAK OUT

NEWSLETTER SUMMER 2020



## News From Speak Out



Sarah Pickard  
Director of Speak Out

We know there have been lots of changes because of Coronavirus.

We haven't been able to meet up or visit people.

We are happy to say Speak Out staff are still working to support people with learning disabilities.

These are some of the new ways you can get support from Speak Out.

## Speak Out For You



For information, help or a chat call Speak Out Helpline

Monday to Friday 9am until 5pm



**01273 421921**

Open 9am-5pm Monday-Friday



HELP LINE



You can join us for chats on Facebook.

**Speak Out Information Hub and Chat**

<https://www.facebook.com/bhspeakout>



Join us for the Zoom Drop In  
Tuesday and Wednesday 2pm until 4pm

<https://zoom.us/j/94129279947>



Zoom film night!

Friday 6.30pm until 8pm

<https://zoom.us/j/94129279947>



Visit our website for more information.

<https://www.bhspeakout.org.uk/>

## Speak Out Groups



We can't have the Drop In at the Speak Out office because of Coronavirus.

We have it on zoom instead!

We chat, have a laugh and even share art work.

'Found using zoom very helpful stops me feeling alone and I have made some new friends'

<https://zoom.us/j/94129279947>

## Local News



Because of Coronavirus people need to wear face masks on the bus and in shops.

If you have a disability you are exempt. This means you do not have to wear one.



Don't be worried if someone asks why you are not wearing a mask.

You can show them this card to explain.



**Brighton & Hove Buses**



To find out more about Helping Hand cards go to Brighton & Hove Buses website:

<https://www.buses.co.uk/helpinghand>

[Brighton & Hove Buses customer support](#)

**01273 886200**

Speak Out Helpline

**01273 421921**

## Speaking Out!



Staff member Danielle is doing a **Speak Out With Danielle** question show on YouTube.

She'll be asking people how life has been during Coronavirus.

Maybe you would like to be a guest!

If you want to be involved email:

[daniellegarratt@bhspeakout.org.uk](mailto:daniellegarratt@bhspeakout.org.uk)

## Have Your Say



We want to know if you've been able to go out during Coronavirus.

Maybe you've been too worried?

Maybe you haven't been allowed to?

Tell us your story

[emmalopez@bhspeakout.org.uk](mailto:emmalopez@bhspeakout.org.uk)

Emma **01273 284451**

