



Brighton & Hove Speak Out

Giving people with learning disabilities a voice



Last year Speak Out supported over 400 people with learning disabilities to have their voices heard. Demand for our advocacy services increases year on year.



TOP 5 ISSUES

ADDRESSED IN 1-1 ADVOCACY

1. Housing



2. Finance / Benefits



3. Access to Social Care



4. Health & Wellbeing



5. Employment / Legal



OUR SERVICES



222 issue advocacy cases were delivered and supported people to deal with a specific problem



63 people took part in self-advocacy groups and gained peer support, skills and confidence



163 people attended drop-in sessions 3 weekly drop-ins were held in venues across the city



188 people took part in events and consultations and had a say about health and social care services they use



176 professionals attended Disability Awareness training delivered by Speak Out service users

VOLUNTEERS

Over 30 volunteers helped deliver our services

30
VOLUNTEERS

2,350
HOURS

Last year volunteers gave Speak Out over 2,350 hours of their time

ADVOCACY SOCIAL RETURN ON INVESTMENT

£6.70
for every £1 spent

Ernst & Young, March 2017



WHY IS OUR WORK NEEDED?

Many people with learning disabilities are at risk of hate crime, poor health care and social isolation



People with learning disabilities are twice as likely to develop poor mental health and have a higher incidence of avoidable, premature deaths than other groups



Many people with learning disabilities experience extreme social isolation - **85%** of young disabled adults say they feel lonely



Approximately 8 out of 10 working age people with a learning disability have a mild or moderate learning disability and could work, but less than **2 in 10** are in employment



9 out of **10** people with learning disabilities have experienced hate crime and bullying



30% of people in the Criminal Justice System are people with learning disabilities



It's estimated that over **6000** people with learning disabilities live in Brighton & Hove

HOW DOES OUR WORK MAKE A DIFFERENCE?



We support people with learning disabilities in Brighton, Hove and beyond to:

- Have their voices heard and bring about positive change
- Challenge discrimination and access their rights
- Make their own choices and have control in their lives
- Access the support and services they need
- Participate in the community
- Feel less isolated and improve their wellbeing

We are the only organisation in Brighton and Hove that offers this specialised support exclusively to people with learning disabilities



SERVICE USER SATISFACTION

99%

of people with learning disabilities who gave feedback to Speak Out were happy with our support



QUALITY SERVICES



Recognising quality in independent advocacy

Speak Out is accredited under the National Advocacy Quality Performance Mark

WHAT OUR SERVICE USERS SAY...

"I don't know what I'd have done without my advocate to help me move. I told people that I was unhappy living there, but no one listened to me. I couldn't do it by myself. She helped me in meetings and helped me remember stuff"

"Advocacy has helped me with my confidence and talking... It's made me feel good, knowing that I can speak for myself now"

"It's really helpful being able to find out and talk through what my rights are. I also felt instantly welcomed and comfortable"



SIMON'S STORY

Simon has a mild learning disability, cerebral palsy and epilepsy. He has lived in a supported living scheme for young people, for many years.



He was referred to our advocacy service as he felt staff were not respecting his privacy or personal space. His advocate supported him to meet with the home manager, together with his mother.



Simon didn't agree with his mother's views that he should move to a residential setting, with less independence.

His advocate supported him to get a social worker and have a needs assessment. The assessment found that Simon was able to live in a more independent setting, and he is now exploring the possibility of moving into a Kinship model of housing, where he will live in his own flat and have support staff visit him regularly.

Simon told us that he now sees a light at the end of a tunnel. He feels excited about having more independence and living in a more peaceful setting.



The support and choices that Simon received through Speak Out advocacy have had an extremely positive impact on his overall health and wellbeing.



For more information please see our website
www.bhspeakout.org.uk

or call **01273 421921**

Charity number: 1076995

