



SPEAK OUT

About Brighton and Hove Speak Out

Speak Out has been an independent advocacy charity delivering advocacy services in Brighton and Hove since 1994 and currently supports over 400 people with learning disabilities every year. We make sure that people with learning disabilities can speak up and take action about the things that matter to them.

Our Vision

Our vision is a fairer world for people with learning disabilities where they are listened to; and have the same rights, choice and control over their lives as everyone else.

Our Mission

Our mission is to work alongside people with learning disabilities to make sure they get their voices heard and can address problems they face and live fulfilling lives.

We deliver advocacy with impact, through which people with learning disabilities develop networks, skills and confidence so that they can:

- Challenge discrimination and access their rights
- Make their own choices and have control in their lives
- Access the support and services they need
- Build community links and take an active part in and contribute to community life
- Reduce isolation and improve their wellbeing
- Raise awareness of issues that matter them, challenge policy and campaign for change

Our Values

Empowerment - We work in ways which empower and enable people with learning disabilities to lead richer lives.

Use-led - Our work is led by listening and responding to the views of people with learning disabilities and we include people with learning disabilities in the running of our services.

Independence - We are independent of the services people with learning disabilities use.

Accessible - We are accessible and work with broad range of people with learning disabilities in flexible and creative ways. We are free to people who use our advocacy services.

Community - We are embedded in the local community and work effectively with volunteers.

Partnerships - We work in partnership with other organisations to improve the lives of people with learning disabilities

Learning - We are committed to continually learning and developing our practice.

Our Services

A team of 12 part time staff and around 15 volunteers work alongside people with learning disabilities and partner organisations to deliver the following services:

- **1-1 Advocacy casework** – Trained advocates delivered over 200 advocacy cases each year (see details below).
- **Drop-in Sessions** – We run 3 weekly drop-in sessions at different locations in the city where people can meet others, build peer support and access immediate 1-1 advocacy, information and signposting.
- **Speaking Up groups** – We run regular self-advocacy groups which support members to build their confidence, develop peer support networks and speak up about shared issues.
- **Learning Disability Voices Network (LDVN)** – This user-led project has developed a wide-reaching self-advocacy network for local people with learning disabilities to join and together, raise awareness and campaign about issues they face,
- **Engagement and consultation** – Speak Out supports a variety of engagement activities including focus groups and consultation through which people with learning disabilities can share their views about local authority plans for health and social care services in the city,
- **Training and awareness raising** – Speak Out supports a team of service users who run powerful training for voluntary organisations, council and health services about their experience of having a learning disability, using local services and what makes good support.

1-1 Advocacy service

Our 1-1 Advocacy service is delivered as part of the **Sussex Advocacy Partnership** which brings together specialist advocacy providers to deliver an integrated advocacy service across Brighton and Hove, East Sussex and West Sussex. A new contract for this service will commence from July 2025.

Speak Out's 1-1 advocacy service offers tailored support is to meet individual needs. Currently we deliver the following support:

- **Community issue advocacy** – non-statutory casework covering a wide range of issues.
- **Drop-in advocacy service** - immediate, short term 1-1 advocacy available during weekly drop-in sessions at our central base in Brighton.
- **Statutory advocacy** –advocacy under the Care Act and Mental Capacity Act (RPPR)
- **Specialist advocacy** - for parents with learning disabilities going through child protection proceedings and young people with learning disabilities in transition to adulthood.

For more information see Speak Outs website: <https://www.bhspeakout.org.uk/our-services/>