



## FREE Self-Advocacy Course Bridgwater



### Struggling to be heard?

Do you feel frustrated or let down by services?

Do you find it hard to voice your problems  
and get your needs met?

SWAN's Self-Advocacy course can help give you the  
skills and confidence to speak up for yourself.

**Dates:** 1st, 8th, 15th and 22nd November 2023.

**For more information**—see overleaf

Call us: 03333 447928

Email: [beheard@swanadvocacy.org.uk](mailto:beheard@swanadvocacy.org.uk)



## How is the course planned?



The course will run for 4 weeks.

Each session will provide confidence building activities and a tool kit to help you self-advocate in different situations in your life.

## What issues will the course help you with?

- Housing
- Employment
- Benefits
- Raising Complaints
- Health & Social Care Meetings

## Where will the course take place?

Victoria Park Community Centre,  
Victoria Park Drive, Bridgwater TA6 7AS

## When? Wednesdays

1st November 2023

8th November 2023

15th November 2023

22 November 2023

10.00am—12.30pm



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