



FREE Self-Advocacy Course Taunton



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 four-week Self-Advocacy course can help give you the skills and confidence to speak up for yourself.

Dates: 22nd and 29th February, 7th and 14th March 2024

For more details: see overleaf

Call us: 03333 447928

Email: beheard@swanadvocacy.org.uk

To book: register at
somerstrecoverycollege.co.uk



How is the course planned?



The course will run for 4 weeks from 10.00am—12.30pm.

You will be given an insight into self-advocacy and how to have your voice heard. The course will provide practical tips and a toolkit to improve your self-advocacy skills. It will cover various situations where you may need to self-advocate and how to plan for them.

Group size will be small and relaxed. Refreshments will be available throughout the morning.

What issues will the course help you deal with?

- Housing
- Employment
- Benefits
- Raising complaints
- Health & Social Care meetings

Where will the course take place?

Albemarle Centre, Albemarle Road, Taunton TA1 1BA

When? Thursdays

22 February 2024

29 February 2024

7 March 2024

14 March 2024

