



## **FREE** Self-Advocacy Workshop **Burnham-on-Sea Library**



### Struggling to be heard?

Do you feel frustrated or let down by services?

Do you find it hard to get your needs met?

This three-hour Self-Advocacy Workshop can help you gain skills and confidence to speak up for yourself.

Wednesday 22nd May 2024

10.00am to 1.00pm



**For more details:** see overleaf



## **How is the workshop planned?**



The workshop will run for 3 hours from 10.00am to 1.00pm.

You will be given an insight into self-advocacy and how to have your voice heard. The workshop will give you practical tips and a toolkit to develop your skills. It will help you plan for various situations.

Group size will be small and relaxed (10 people max).

## **What issues can the workshop help you with?**

- Health and social care issues
- Raising complaints
- Benefits

## **Where will the workshop take place?**

Burnham-on-Sea Library.

**When?** Wednesday 22nd May 2024

**To book:** email [bhmlib@somerset.gov.uk](mailto:bhmlib@somerset.gov.uk) or visit Somerset Libraries Burnham-on-Sea on Facebook

## **For more information:**

Contact SWAN Advocacy  
email [beheard@swanadvocacy.org.uk](mailto:beheard@swanadvocacy.org.uk)