



FREE Self-Advocacy Workshop **Bridgwater 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 8th 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 10.00 am to 1.00 pm.

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 improve your self-advocacy skills. It will cover how to 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?

Bridgwater Library, Binford Place, Bridgwater TA6 3LF

When? Wednesday 8th May 2024.

To book: email brwlib@somerset.gov.uk, or visit Somerset Libraries Bridgwater on Facebook

For more information: contact SWAN Advocacy email beheard@swanadvocacy.org.uk

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