

“MY CARE” SELF-ADVOCACY SERVICE USERS FORUM



Self-advocacy is about taking control of decisions about yourself. It means you can tell others what you want.



Lots of people do not feel that they can tell people what they want. They might feel that nobody wants to listen.



Advocacy can help people say what they want. Learning to speak up for yourself is an important part of advocacy. We want to help you do this.



Just Homes Care runs a self-advocacy group called “My Care” service user forum.



You can come to this group and meet people who want their voice heard.



You may not want to speak up at first and you might feel nervous or uncertain. This is ok, we will help you.



We talk about a lot of different things, things that are Important to you.

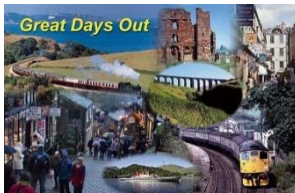
Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

We meet regularly to talk about the services you receive and explore new opportunities.



Involvement in choosing your care team from Interviewing and meeting new staff.



Planning social events including days out, nights out, birthdays and Christmas events.



Working in partnership with local groups which includes inviting speakers including banks, ambulance and the fire brigade



Increasing awareness about opportunities and benefits of training and employment.



We can help the group write letters, or make phone calls.
We can create petitions to show decision makers what you think is important.



If you are not happy with the way something is done then it is up to you to help change it. YOU need to tell people if you are not happy or if you want something to change.



If you would like further information and would like to come along contact Sally Williams on **01977 640333**