

MEMBER'S WEBSITE ENTRY FORM

Areas covered East Cambs, South Cambs, Cambridge City

Organisation Speaking Up

Address 1a Fortescue Road,
Cambridge
CB4 2JS

Tel Reception: 01223 555800
IMCA referrals line: 0845 650 0081

Primary email info@speakingup.org

Website www.speakingup.org

Description of Services



Speaking Up in Cambridgeshire supports people with learning difficulties, physical disabilities and other disabilities to find their voices, take action and create positive change.

We achieve our mission by providing independent advocacy services and self-advocacy based projects.

Advocacy in Cambridgeshire

- **An Independent Advocacy Service** for people in the community with learning difficulties, physical disabilities and sensory impairments.
- **Speaking Up for Families:** Speaking Up for Families provides much needed support and one to one advocacy for parents with learning difficulties in Cambridgeshire, encouraging them to get in contact with the project as soon as they know they are pregnant.

In Peterborough the project also works with parents with mental health problems. For information and support, please contact reiz.evans@speakingup.org.

- An **Independent Mental Capacity Advocacy Service** for people with limited mental capacity. This service runs in Cambridgeshire and Peterborough. To make an IMCA referral, please call our dedicated IMCA referral line: 0845 650 0081.

For more information about IMCA in Cambridgeshire please contact reiz.evans@speakingup.org.

Active Voices Projects in Cambridgeshire

The Cambridgeshire Parliament



A forum for creating positive change. The Parliament is made up of 35 MPs with learning difficulties who challenge professionals to make services better. The MPs are voted for by other people with learning difficulties. They listen to their voters to find out what people want

to change. The Cambridgeshire Parliament has a meeting every two months. They tackle all sorts of subjects from banking to bus passes, from day support to direct payments. For more information, please contact Kirsten.Green@speakingup.org.

The Cambridgeshire Youth Parliament

A forum for young people (aged 14-25 years) who have learning difficulties, where they put their views across to professionals and decision-makers, with the aim of making changes to the services that affect them. For more information contact Lisa.Yearn@speakingup.org.



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Next Steps and Young People's Next Steps



Next Steps offers tailored programmes to support people with learning difficulties to live the life that they want. Next Steps offers one to one coaching, life skills workshops on topics such as confidence building, social skills and health. Last year, 131 people in Cambridgeshire moved from exclusion to a community based lifestyle through Next Steps.

Next Steps works with adults with learning difficulties aged 25+. **Young People's Next Steps** works with young people with learning difficulties aged 16-25. For more information, please contact Graham.Fitzgerald@speakingup.org.

Young People Speaking Up (YPSU)

YPSU offers a range of initiatives, from delivering one to one advocacy and running self-advocacy workshops in schools, to projects which encourage young people to take a more active role in their community.

These include:

Integrate

The Integrate project in Cambridgeshire is for young people aged 16-25. The project brings together young people with and without disabilities and gives them a positive experience of each other and their communities. The Integrate team meet in groups and have fun meetings to plan and decide workshops to take into mainstream schools. Contact Vicky.Tyas@speakingup.org.

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YPSU in schools

Works with young people with disabilities, helping them to gain confidence and self esteem, improving their ability to self-advocate, and helping them to take an active part in decisions that affect them. The project combines weekly Self-Advocacy group sessions focusing on teamwork, social skills and confidence building with individual life-coaching to support the young people to set personal goals and achieve them. Contact stacy.firks@speakingup.org.

Contact For more information about Speaking Up, go to www.speakingup.org.
Or call 01223 555800

Organisation Speaking Up is a registered charity: 1076630,
Registration and a limited company 3798884.
Details