

What is Self-Advocacy?



Self-advocacy is about speaking up for yourself and the things that are important to you.



Self-advocacy helps you to ask for what you want and tell people your thoughts and feelings.



Self-advocacy can help you understand your rights, and help you make decisions that affect your life.



An advocate or advocacy service can help you and make sure people listen to what you want to say.



Self-advocacy groups can help people have their voice heard.



Self-advocacy groups talk about a lot of different things that matter to people in the group.



Self-Advocacy groups can work with you and help you feel more confident to speak up.



Wirral Evolutions Ltd has a group called Speak Up Be Heard that meets each month. This group meets to help give a voice to people we support.



Speak Up Be Heard is supported by a self-advocacy group called Together All Are Able.