



Hannah,
Volunteer



Rachel,
Volunteer



Ricky,
SOL



Juliet,
Volunteer



Assunta,
Volunteer



Danni,
Volunteer



George,
SOL
(Jan 2024
until
November
2024)

Who we are:
Speak Out Peterborough,
We all have lived experience

Helen Delmar

Helen.delmar@voiceability.org

07702 883 118

Speak Out Facilitator, The Connections Team
VoiceAbility

14 hours per week:

- Tuesday 9-12:30 (flexi)
- Wednesday 9-12:30 (flexi)
- Thursday 9- 5pm



My role:

- Support people with learning disabilities (LDs) and autism in expressing their wants, wishes, and needs.
- Create space for genuine dialogue through co-production.
- Work with individuals aged 14+ with lived experience.
- Ensure volunteers and Speak Out Leaders (SOLs) contribute effectively.
- Promote meaningful engagement between people with lived experience, commissioners, and professionals.



My Unique Expertise:

- *Personal Experience:* Identifies as being neurodiverse, with struggles related to mental health, addiction, and homelessness.
- *Volunteer Work:* Volunteered for 6 years in grassroots organizations, focusing on awareness and helping individuals with casework.
- *Self-advocacy:* Campaigning for important issues like housing and disability.
- *Work:* Teaching Assistant and carer with dementia, behavioural and learning disabilities.
- *Has worked for over 5 years, starting as an Advocate and now a Speak Out Facilitator, with support from Marion Atherton and The Connection Team.*

Ricky, Speak Out Leader

I have been working as a Speak Out Leader for 1 year now. This is a paid role.

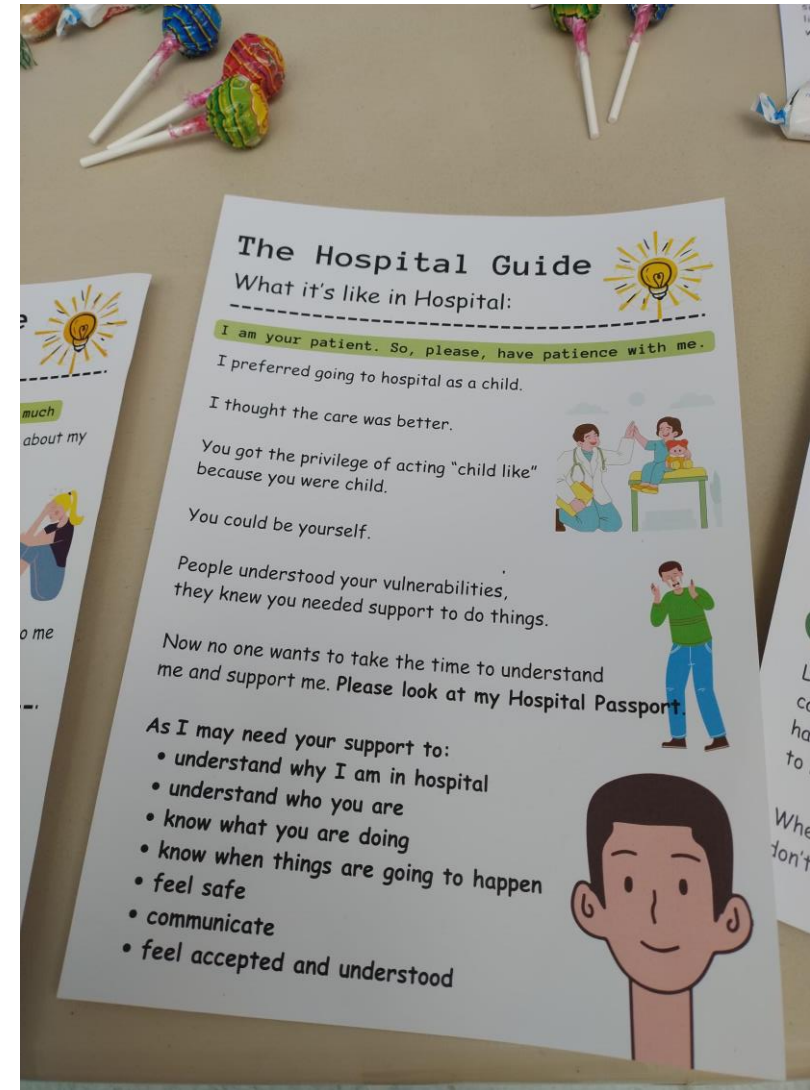
I used to volunteer with RNIB as a Young Person's Leader. I love collecting gadgets. I attend Sense College on Tuesday and Friday.

Now my routine is to work for Speak Out on Thursdays between 1pm-3pm. One Thursday a month I support Helen running a drop in at City College, Peterborough.



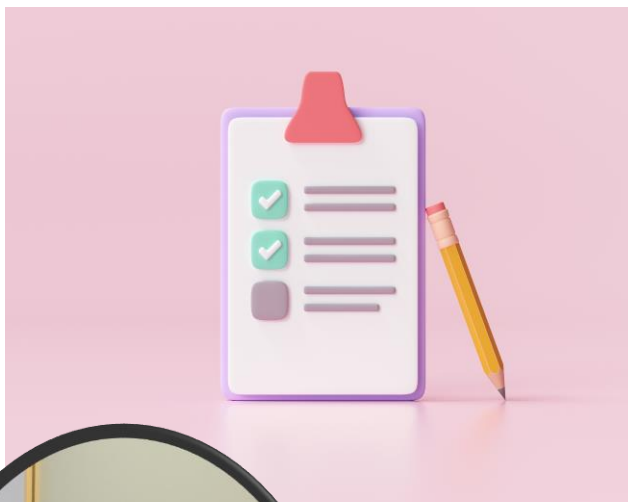
Raising awareness Our HOSPITAL Visit

- We created a hand guide to barriers and solutions to being in the hospital
- We held a stall
- We talked to people passing by
- People asked to stay in touch
- People shared their experiences with us
- People could meet people with lived experience
- Raised awareness of Hospital passports



We can support with carrying out SURVEYS

"Ricky wondered why people didn't want to talk about their experiences. He thought maybe something might have happened that was embarrassing, scary or upsetting."



Surveys can be good for:

- insights to guide decision making
- Improve services
- Quick data collection and analysis
- Low cost

Other barriers:

Some people when asked the same questions during a survey would give different answers.

We hold meetings with Professionals



A group from Speak Out met with the Police Commissioner to discuss ways to better support people.

He agreed that police don't always need to handle welfare checks and highlighted the importance of having the right people respond.

He also noticed that many homeless individuals face learning difficulties, disabilities, and addiction issues.

We met with the CHAIRMAN Health Watch

- On 8th February 2024, George, Helen, and Ricky met with Professor David Croisdale-Appleby, Chairman of Healthwatch.
- David has worked with the NHS, NICE, the Science Council, and National Skills Academy.
- He focuses on improving the lives of people with learning disabilities, mental health issues, and dementia.
- David expressed a deep commitment to ensuring people with LDs and those whom are autistic reaching their full potential.



What we love most is Co-production

- **Shared Knowledge and Ideas:** It allows people to bring their different experiences to create better solutions and more creative ideas.
- **Stronger Relationships:** Working together builds trust between people making them more likely to work well in the future.
- **Better Outcomes:** When everyone is involved in the process, the final results are often more useful for all involved.



Vision and values

- VoiceAbility's vision is to provide the best support to people so that they feel safe, respected, heard, and in control of their lives.

Equality and diversity statement

- A commitment to creating an inclusive workplace that values and celebrates diversity.
- Striving to ensure that everyone can participate fully in the workplace and that no one is excluded for inappropriate reasons.

Influencing policy

- Seeks to ensure everyone's right to have a voice in decisions about their health, care, and wellbeing.
- Work with policymakers to shape laws that affect the people they support.

Our Values:

- **Passionate:** Committed to high-quality support and accessible services, working with policy-makers to protect rights.
- **Empowering:** Support individuals in speaking up, understanding their rights, and recognizing their unique strengths.
- **Collaborative:** Involve those we support in decision-making, maintain open communication, and seek feedback for improvement.
- **Honest:** Uphold integrity, transparency, and professionalism in our commitments.
- **Resourceful:** Focus on solutions, explore new ideas, and maximize our resources to achieve our mission.

Voice of the East

- A forum to raise the voice of people between 13-19 who have lived experience of learning difficulties and those who are autistic
- The goal is to make sure young people from these background discuss the issues that affect them, through activities by sharing their stories and influence decisions.

