





When do you meet?

We meet once a month at a venue that you choose!

Meetings last about 1 hour.



Lots

of

people

are

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at

first.



People First Dorset is the name of the Charity that runs the Speaking Up project.



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Lisa and Chris work on the

DORSET

Speaking Up project.

The Speaking Up meetings are run by people with learning disabilities.

Lisa and Chris help people with this.

This is a photo of Lisa, Kate and Chris.

Kate used to be the Mayor of Weymouth.

Kate is giving us a laptop so we can help members to use the internet.

# The Team

Its important for people with a learning disability to speak up.

I feel more positive and 1 1 m confident at speaking up.

I like listening to what other people have to say.

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| Dorchester | our groups! |
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| NewMess  up  • to |

Sending emails and using social media.

Taking photos and videos.

Giving support and sharing your experiences.

