

Would you like to be part of
this project?

Do you know someone who might
benefit from the
'What's to do ' project?

If so, contact Sarah Pickard or
Jo Clifton at:



Brighton and Hove Speak
Out, c/o Emmaus,
Drove Road,
Portslade BN41 2PA



Tel 01273 421921



info@bhspeakout.org.uk

'What's to do' in Brighton and Hove?



Brighton and Hove Speak Out are
setting up a new
project for people with mild
learning disabilities called the
'What's to do project'.



The 'What's to do' project supports people with mild learning disabilities who find it hard to meet people and go to new places on their own.

It is for people who want to:

- Get more involved in their communities
- Meet other people
- Gain confidence in being with other people
- Try out new activities
- Get a more interesting life
- Write about the places they have been to



Speak out will also be setting up a 'What's to do' guide. People in the project are able to write about the places they have visited. Their review will go on the guide. The guide will be on our new website and on paper so other people can benefit from what they find out.



We have a limited number of places. We can support people through one to one advocacy or through group work.