



Staying Safe and Keeping Healthy



Self Advocacy in Action's 19th annual
national residential self advocacy skills conference
Hayes Conference Centre, Swanwick, Derbyshire
1-4 February 2009

- By and for people with learning difficulties
- Speak up and learn about staying safe and keeping healthy
- Support workers workshop run by people with learning difficulties
- Evening activities for socialising & relaxing

People with learning difficulties say:

"I like it here, learning new things. It's not like anything I've felt before."

"We are building our confidence by thinking and understanding what self advocacy means."

Self Advocacy in Action say:

"We think it is important that it is run by people with learning difficulties."

Support Workers say:

"It's a great way of giving people independence, and giving people the skills towards getting their independence."

BOOK NOW for people with learning difficulties in your area. **Cost: £260 - includes workshops, accommodation and all meals**

**Booking forms/further information:
Self Advocacy in Action**

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