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# steps to speaking up

## Step 2 - Finding Out...

"need to know what you're going there to talk about" - Reach member



"councillors and MPs are there to help you" - Reach member

"talk to people, see what the problem's all about" - Reach member



## Step 2 - Finding Out... About Speaking Up



You need to find the right people to speak up to and the best way to do it.



There are lots of different ways to speak up about different things.



You can speak up at meetings with people like health and social care staff, your councillor or your MP.



You can speak up at meetings with other people.

You can speak up to social workers, key workers, advocates and supporters.

## Step 2 - Finding Out... About Speaking Up



If you are unhappy about your treatment in hospital there are staff who work for the NHS whose job it is to help you speak up.



If you are unhappy with your local bus service you can speak to the bus company.



If you are worried about things like litter and safety in your street you can go to a residents meeting and speak to your neighbours.



There will be meetings or groups you can go to in your area where you can speak up about lots of different things.



## Step 2 - Finding Out... About Speaking Up Groups



Finding the right group or meeting is not always easy but there are people who can help.



There might be a self-advocacy group in your area where people with learning disabilities get together to talk about things.



Library

You could ask at your local library or community centre if they know of any groups.



Church

If you go to a place of worship, like a church, mosque or temple you could ask if they know of any groups.

## Step 2 - Finding Out... About Speaking Up Groups



You could ask your local council if they know of any speaking up groups.



You could ask an advocate, key worker, support worker or social worker to help you find out about groups where you can speak up.



You could ask a friend or family member to help you find the best place to speak up.



There might be information about groups in your local newspaper.

You could search for groups on the internet.

## Step 2 - Finding Out... About Your Local Councillor



There are some people whose job it is to speak up for you and other people in your area.



Councillors are voted in to speak up for people in their local area.



Councillors go to lots of meetings and work together to make sure council services are working well.



Councillors help decide what to spend the council's money on.

## Step 2 - Finding Out... About Your Local Councillor



Every few years there are local elections where people vote for who they want to be their councillor.



If you have a problem in your local area, or with council services, you can contact your local councillor and ask them to help you.



There should be posters and leaflets with your councillor's contact details in places like libraries and community centres.



You can search for and find out more about your councillor on the internet.



## Step 2 - Finding Out... About Your Local MP



Like councillors, MPs are voted in to speak up for people in their area.



MPs do a lot of the same things as councillors but they speak up for lots more people.



MPs vote on laws for everybody in the country.



You can write letters and emails to your MP asking them to help you with the things you want to speak up about.



## Step 2 - Finding Out... About Your Local MP



MPs work at the House of Commons in London but every month they spend some time in their constituency (the area they speak up for).



They hold meetings called surgeries where they talk to people about things they want to speak up about.



You can go to see your MP when they have these meetings.



MPs ask questions and speak up about problems in their constituency and try to make things better.

## Step 2 - Finding Out... About Your Local MP



There should be leaflets and posters with your MP's contact details in places like libraries and community centres.



You can search for and find out more about your MP on the internet.



MPs are chosen at a General Election. These are held every 5 years.



You can vote in the election for the person you want to be your MP.

## Step 2 - Finding Out... About Your Local Councillor and MP



There is a website called  
[www.writetothem.com](http://www.writetothem.com)



You can use the website  
to find out who your  
local councillors and  
MPs are and write to  
them.



Type in your postcode  
and the website will tell  
you which councillors  
and MPs speak up for  
your area.



You can fill in a form on  
the website and send  
your ideas, questions  
and comments to your  
councillor and MP.