



Purple Patch Arts x Asking You!

We have collaborated with Asking You! in order to learn about how to become powerful advocates, feel confident expressing our thoughts and feelings, and know our rights!

Asking You! is a self-advocacy charity. They gather feedback on services in Leeds.

Vocabulary

Advocacy = When you get support to have your say.

An Advocate = Someone who can support your choices and help you make informed decisions.

Self-Advocacy = Communicating for yourself about your rights and needs.

Reasonable Adjustments = Small changes that can remove barriers and help you be treated equally.

Activities

You might want someone to support you to do these activities!

1. Trusted High 5



Draw around your hand. In each finger and thumb write the name of a trusted adult that you could go to for support.

2. Where can I use Self-Advocacy and where might I want an Advocate?

At the Doctors

At a Social Care Assessment

At the Dentist

With my PA

With my Social Worker

At a Café

At Purple Patch

With the Police

Circle the places that you can use self-advocacy in one colour and the places where you might want an advocate in another colour!

3. My Reasonable Adjustment

I need...

Complete the banner by writing or drawing what you need to help you be fully involved and included.

Resources



Asking You!:

askingyou.org.uk



Leeds Learning Disability People's Parliament:

askingyou.org.uk/leeds-learning-disability-peoples-parliament/



Self-Advocacy Resources:

advonet.org.uk/resources/self-advocacy-resources



Advonet - What is Advocacy?

advonet.org.uk/about/what-is-advocacy/



Mencap - Advocacy:

www.mencap.org.uk/advice-and-support/social-care/advocacy



Mencap - Reasonable Adjustments:

www.mencap.org.uk/easyread/about-reasonable-adjustments



The Equality Act (Easy Read):

www.gov.uk/government/publications/easy-read-the-equality-act-making-equality-real