

Listen UP Friendship Club

The Friendship Club is a **FREE** to access service which runs every Thursday 11-2pm in Blackpool in a fun and friendly environment.

There are different activities such as karaoke, Wii games, snooker, crafts, board games, bingo and a raffle with prizes. Group outings are also arranged.

If you would like more information please call our office.

Contact Empowerment

Telephone: 0300 32 32 100 (local rate call)

Email: admin@empowermentcharity.org.uk

Website: www.empowermentcharity.org.uk

**FREE
SERVICE**

LISTEN

UP 

**INDEPENDENT ADVOCACY
FOR PEOPLE WITH
LEARNING DISABILITIES
IN BLACKPOOL**

0300 32 32 100



This service is funded by:



© Copyright Empowerment 2015 Registered Charity No 1155897 Published: June 2015



Listen Up provides two areas of support:

'SELF' ADVOCACY and 'ONE TO ONE' ADVOCACY

What is 'Self' Advocacy?

Self advocacy helps you:

- Speak up for yourself
- Tell people about your thoughts and feelings
- Make choices that affect your life
- Have your voice heard
- Understand your rights



Speak out forum

Self advocates from across Blackpool get together every month and have a say in the planning of services within the Blackpool area, covering issues such as:

- Health
- Friendship and relationships
- Employment
- Housing
- Transitions

What is 'One to One' Advocacy?

One to one support is available to adults with learning disabilities providing independent help and support to people in Blackpool with health and social care issues.



Advocates make sure your voice is heard and your wishes and views are acted upon, working in a way that supports people to feel valued, included and in control.



This information helps shape services so people can enjoy a better quality of life.