

**With United Voices  
Self-Advocacy Groups for the Learning Disabled,**

**An Independent Self-Advocacy and Peer-Advocacy Group  
for Adults with Learning Disabilities in East Berkshire,**

# **Be Heard**

**Making positive change in the lives of the learning disabled  
and allowing their voices to be heard**

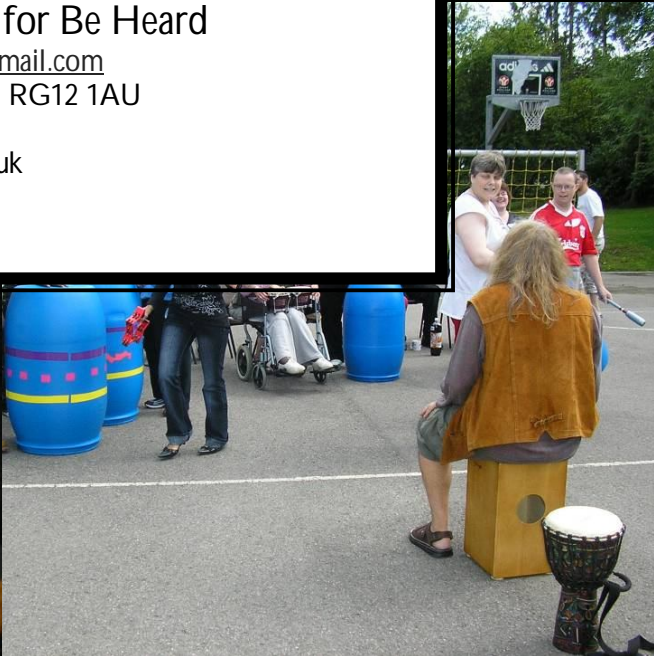
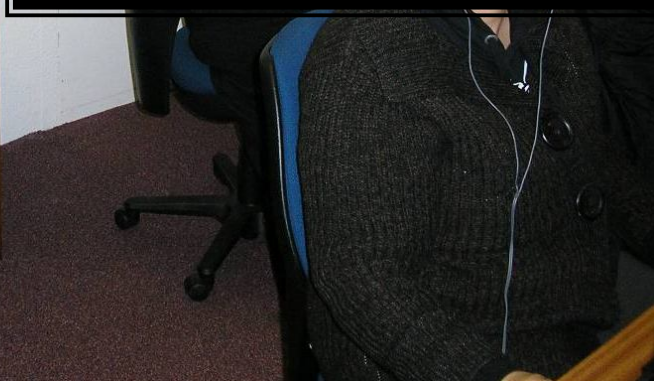
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## Abstract

Be Heard is a member-led group of learning disabled adults that promotes self-advocacy and peer advocacy to enrich the lives of members. With a membership of over 50 members, Be Heard has created positive change in the daily lives of many people, as well as raised awareness about learning disabilities throughout the local community. Despite having made great strides since opening its doors in 2007, the group lacks funding to meet its long-term goals, and hopes to build capacity through new infrastructure and secured funding.

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Be Heard

Enriching the lives of the learning disabled through empowerment

## Introduction

In February 2007, Be Heard officially opened its doors as an independent self-advocacy and peer advocacy group for adults with learning disabilities in Bracknell. This is the newest of the three groups which comprise the umbrella of United Voices, an advocacy service that operates through East Berkshire. Since opening, Be Heard has grown from just more than twenty members to well over fifty, to become a recognised entity that works proactively to enrich members' lives and raise awareness about learning disabilities within the wider community. This includes weekly meetings, organising trainings and team building events with other local groups.

### Learning Disability

The term "learning disability" has been widely adopted since its use by the then Secretary of Health, Stephen Dorrell, in 1996 and refers to a wide range of problems that affect a person's ability to learn and retain information. The World Health Organisation defines a learning disability as a "significant impairment of intellectual functioning" and "significant impairment of adaptive/social functioning". While treatments can have profound effects on how well a person can cope with their disability, learning disabilities are permanent.

According to the Foundation for People with Learning Disabilities in the UK, approximately 2% of the population have some form of learning disability, and the number of adults with a learning disability over 60 years of age is expected to increase by 36% between 2001 and 2021. Furthermore, they report that nearly one in three people with learning disabilities say they do not have any contact with friends. (FFPWLD, 2007). The paucity of services for this growing and vulnerable population has created an immense need for support and social networking amongst people with learning disabilities; a need that Be Heard works tirelessly to fulfil.

### Ethos

Be Heard is a community of people that support each other. The group seeks to empower individuals with learning disabilities to lead enriched and fulfilling lifestyles, regardless of the severity of their disabilities. Development workers for Be Heard keep apprised of any changing local or national legislation regarding the learning disabled community so that they can enact the latest best practice initiatives and organise trainings for members to understand the complex legislation. These include, but are not limited to:

- A presumption of capacity, as per the Mental Capacity Act (2005) – that every adult has the right to make his or her own decisions and must be assumed to have capacity to do so unless it is proved otherwise, and for the right for individuals to be supported to make their own decisions - people must be given all appropriate help before anyone concludes that they cannot make their own decisions.
- A necessity to promote, as well as empower members to require, equal treatment in the public sector, as per the Disability Equality Duty (2006).
- To protect members from discrimination and hate crime through awareness trainings, including upholding the Disability Discrimination Act (2005) which

delineates equal rights for the disabled community in terms of employment, education, access to goods and services, transportation, and housing.

- Promotion of the Valuing People (2001) and Valuing People Now (2008) white papers, which lay out strategic guidelines for improvement of services for people with Learning Disabilities.

### Quality of life

Members of Be Heard know all too well how people with learning disabilities can fall through the cracks and not receive the services that they are entitled to and truly need. This can lead to a low quality of life overall, with people's physical needs cared for to some extent, though their emotional/psychological needs neglected. This goes hand in hand with low self-esteem, something that is unfortunately all too common among the learning disabled. They can feel vulnerable and have trouble speaking up for themselves. Their lives can be controlled by the needs of others, not their needs.

Unfortunately, recent evidence has highlighted the disparity in care between the learning disabled population and non-learning disabled community. In fact:

- About one person in three with a learning disability is obese compared to one in five of the general population (Equal Treatment: Closing the Gap Interim Report, Disability Rights Commission (2005))
- People with learning disabilities are 2.5 times more likely to have health problems than other people (Equal Treatment: Closing the Gap, Disability Rights Commission (2006))
- Four times as many people with learning disabilities die of preventable causes as people in the general population (Equal Treatment: Closing the Gap, Disability Rights Commission (2006))
- People with learning disabilities are 58 times more likely to die before the age of 50 than the general population (Equal Treatment: Closing the Gap, Disability Rights Commission (2006))

**Be Heard helps members to achieve the confidence and gives them the skills to speak up. To ask to be treated the same as those without disabilities. To be treated with fairness and dignity by all whom they encounter in their personal lives and on a professional basis. To have their unique needs considered and respected. To speak up to gain control of their lives. To Be Heard.**

### Partnerships

#### Proactivity

Changing attitudes and bringing important issues to light about learning disabilities is a weighty and multi-faceted task, and one that requires networking and cooperation among similarly-minded organisations. Be Heard believes that it takes a full community effort to create change, and has therefore created mutually beneficial relationships with other groups throughout Bracknell. These include the following:

### **Bracknell Forest Borough Council Partnership Board**

Eight members of Be Heard sit on the Partnership Board and attend monthly meetings. The purpose of the board is to “bring together agencies that deliver public services (the Councils, Police, Fire and Rescue Service, and Primary Care Trust) with businesses and people that represent voluntary organisations and the community. (Bracknell Forest Council, 2008)”. Members regularly give feedback to the group as a whole about the partnership meetings as well as raise concerns from other Be Heard members at the Partnership Board meetings.

### **Access Advisory Panel**

Be Heard also has members that continuously participate in the Council’s Access Advisory Panel. This panel exists as a result of the council’s recognition that it must improve physical infrastructure and services for all potential users in the Borough, and work for better access for all disabled people. The panel itself is made up of disability organisations in the Borough, as well as councillors.

### **Partnership with Thames Valley University**

Be Heard began working with TVU in the autumn of 2007, at the start of the new social work course at Thames Valley University. Alongside TVU staff, Be Heard members interviewed potential candidates, and spoke with students at length about their experiences with social workers. Some members also took a more active teaching role in the course, by giving formal presentations about particular disabilities. The partnership was extremely successful, and is being repeated in the 2008-2009 academic year.

### **Achievements to Date**

Be Heard has been growing steadily since its inception, and participating actively in the local community and National initiatives. Listed are a few recent achievements.

#### **Acquisition and opening of new office space in Bracknell**

This space is shared with three not-for-profit groups, “The Toy Library”, “Bracknell Mediation Centre” and “The Tea House”. At first the group met in a local community centre which was expensive to hire and difficult to get to. There was always the dream of our own office, and in early 2007, thanks to the generosity of Bracknell Forest Borough Council charging only a peppercorn rent we were able to move into our own office in the town centre, which was fitted and decorated by the members themselves.

#### **Opening of New Internet Cafe**

Following funding by an LDDF grant (Learning Disabilities Development Fund) Be Heard has recently opened an internet cafe in the Bracknell office for members to use. Members had placed “access to computers” high on their list of priorities as the group was starting up in 2007. After procuring funding for four networked computers, the Be Heard Internet Cafe opened its doors in the spring of 2008. Be Heard members are free to stop in to check email, use the internet, play computer games, watch a DVD, or sit and chat with friends over a tea and interesting website. Staff and volunteers have been helping members to set up email accounts to keep in touch with family and friends, help to access information about community events and potential employment opportunities, and using wordprocessing software to create job advertisements for new carers or flatmates. Computers have been outfitted with accessible features, such as large-lettered

keyboard and large colour-coded mouse, voice activated software, and touchscreen technology.

### **2008 Advocacy Play and partnership with Thames Valley Police**

Several members of Be Heard have participated in a play about hate crime put on by United Voices in partnership with Thames Valley Police. The 2008 United Voices Play had the theme of speaking up against harassment, bullying and "hate crimes". It tells the story of a person with learning disabilities bullied by two "hoodies" on a bus, and how the tables were turned... Written, created, and wholly acted by members of Be Heard/United Voices, the play has been on tour to groups of the learning disabled, and those who have professional contact with them throughout East Berkshire. Performed to audiences of more than a hundred at a time, it has proven a smash hit wherever it has played!

### **Let's Be Heard DVD**

Be Heard members produced a DVD that dealt with important issues in the lives of people with learning disabilities. Members worked to produce, film, and star in the DVD, entitled "Let's Be Heard", in association with Realltime Video in Reading. The film features sections on Lifestyle, Health, and Public Services, and is an excellent training resource to raise awareness of the learning disabled community. It is hoped that the film can be entered into various film festivals in the coming year.

### **Community Engagement**

With further funding and growth, Be Heard will increase its ability to influence legislation relating to persons with learning disabilities. In the past quarter, Be Heard has been consulted to give feedback for the following:

#### **BRACKNELL FOREST BOROUGH COUNCIL'S COMMUNITY ENGAGEMENT**

**STRATEGY**, Consulted February 2009 • Be Heard is referred to throughout the document, and consulting with the group on a frequent, ongoing basis is listed as a key mechanism of improving the strategy. Be Heard has been asked to review this new document and give feedback about its contents and implementation. The Community Engagement Strategy document can be found at: <http://www.bracknell-forest.gov.uk/bracknell-forest-partnership-community-engagement-strategy-draft.pdf>

**SOUTH CENTRAL LEARNING DISABILITIES SELF-ASSESSMENT 2009** Consulted January, 2009 • In 2006 and 2007, two disturbing reports came out that highlighted the health inequalities and lack of access to health care by persons with learning disabilities. Following this, the NHS began a process of assessment to ensure that adjustments would be made to improve the quality of the services they provide or commission. Responding to that, each local authority was asked to carry out a self assessment, and Be Heard participated actively in this.

**VALUING PEOPLE AND VALUING PEOPLE NOW** Consulted December, 2008 • Be Heard members consulted with the Head of Learning Disabilities in Bracknell over eight key sections of Bracknell Forest Borough Council's strategic plan, and gave feedback on where improvements are still necessary. The resulting document was presented to the BFBC Partnership Board and recommendations are currently being reviewed.

**ACCESS ADVISORY, TRANSPORT TRIAL**, Consulted April - January 2009 • A new taxi service was launched in April 2008 that greatly subsidised transport for people with learning disabilities within the borough of Bracknell. Throughout the whole of the transport trial members of Be Heard participated, giving feedback on two occasions to the council about its success and recommendations for improved service. The trial culminated in January 2009 with 10 individuals from Be Heard being consulted directly by a independent commissioned consultancy by Bracknell Forest Borough Council.


**PARADIGM** , Consulted September - October 2008 • In September 2008, Be Heard participated in a National initiative to gather information about access to services for people with learning disabilities. Be Heard members spent several weekly meetings gathering data that resulted in a comprehensive report about transport, local facilities, and all perceived barriers that prevented them from accessing the services they wanted in Bracknell, and this was then gathered along with other regional information to create a national view of services.

There are further opportunities for Be Heard to influence national and local decision making and improve the lives of those with a learning disability. Be Heard has become critical to the Bracknell Borough, both in terms of enriching the lives of those with disabilities, and giving greater perspective to service providers and the local Borough.

### Members of Be Heard

Be Heard consists of a wide diversity of members, spanning a full range of interests and perspectives. Like anyone, they struggle with finding and keeping work, friendships, and loving relationships, budgeting, and planning social activities. Their lives can be made difficult at times because of their disabilities, though they work tirelessly, together, to find enrichment. Members find unity in helping each other to create a strong voice for the learning disabled community.

Be Heard members believe strongly that it is personal connections between individuals that allows us to understand, support, empathise with each other. In that spirit, below are a few autobiographical notes, spoken or written entirely in our members own words, so that you can get to know them better.

	<p>Hiya.</p> <p>My Name is <b>Dean</b> and I am a new member of Be Heard in Bracknell.</p> <p>I am 22 years old and I am a volunteer youth worker for a local youth centre in Bracknell. I have a wide range of knowledge and skills that I put into use in my local community. I pride myself on being able to do my best in every way possible.</p> <p>I have lived on my own for newly two years. I love being independent, it makes me feel really good about myself.</p> <p>I reason I wanted to get myself heard is that disabled people lives are hard at the best of times and I want to make it easier for them in every single way I can because disabled people have a lot to offer and I feel strongly that we should be listened to.</p> <p>If you want to learn more about me then please click on the link. <a href="http://www.dimensions-uk.org/blogdean/">www.dimensions-uk.org/blogdean/</a></p>
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My name is **Keith**.

I like to watch Chelsea play on the TV. I play football on a Wednesday with Nigel. I also like to work on a Friday. I also work very hard doing my job.

I'm hoping to move into my new house in May or April. I don't know when exactly, but it won't be long!

My favourite team is Chelsea, and I've been supporting them since I was 15 years old. I am now 47 years old.

I like going to drama on Monday nights and I am a good actor. I had a good time acting in the United Voices Advocacy play. I was a hooligan on the bus and I threw things and made fun of a person with a learning disability to help people learn about Hate Crime.



Name - **Sophie**

Age - 22

Family – Mum lives locally and a sister who is at University in York and brothers who live in Milton Keynes and Sheffield

Likes - Bowling, Heavy metal and rock music - favourite band - Bullet For My Valentine

Favourite food - Chinese takeaways

Favourite drink - Pepsi Max

Good at being a good friend to lots of people

Dislikes Rollercoasters, Thunder and big spiders

Likes to make own choices and has recently got a Kitten called Mitzi

Ambitions – To have a regular job which I will get paid for and buy my own flat.



Name: **Naomi** (it's a Jewish name from the Bible)

Age: 29

I like drawing and horse riding. My talents come from my mum because she did these when she was young.

I stayed with my mum until 2003 in Bracknell. I went to four different schools in Germany, Guilford, Windsor, Bracknell.

I have family in New Zealand.

I have a penpal in Thailand.

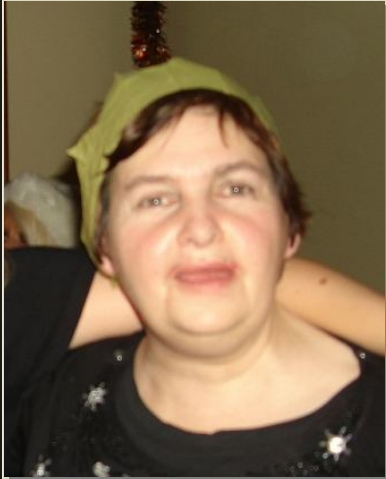
I am Jewish and like to go to Synagogue.

I used to work on a farm. I know how to do things like mucking out anything and anything about sheep.

I worked on a farm in New Zealand.

I have a boyfriend.

I like Be Heard because I can talk to people there.



My name is **Mandy**, and I live in Bracknell. Before I came to Bracknell I lived in Warfield. I used to live in London with my mum and my brother and my step-dad. I lived over a shop at Benson. And then I moved to High Wycomb, then Crowthorn, then at Great Hollands. I also lived with my mum at Forest Park and in Wokingham, at the top of the hill.

I love looking at magazines and keeping pictures from Newspapers. Also playing Tina Turner. I dressed up as Tina Turner when I used to work at Tesco. I also used to work at Sainsbury and other places. I liked working.

I went to the Learning Disability Today exhibition in London and liked it very much. I also went to Slough to help the social work students at TVU.

I like doing drawing and art--paintings and colouring in. I like sitting out in the garden when it's hot weather. I'm excited that the housing people will alter my back garden, so I will have a patio.

I am a member of Be Heard. It is nice and you can help people and have meetings. It's good there. And I like going there.



My name is **Tony**. I went to the Learning Disability Today exhibition in London this year and I loved meeting people there. I loved the Christmas decorations and the vendors that were upstairs. I like to go to Christmas parties. I can't wait until Christmas day to open my presents up. Some of my favourite things to do are playing my music and my carols on the cd player. I like Abba and Shaky Steven. I like programs on television, like war films, and Daniel Craig James Bond films. I also like Lee Marvin.

I like to grow things in garden, but not when it's cold.

I was born in 1940 in Binfield. I moved to Bracknell in 2008.

I like the Be Heard meetings and sometimes I get to be chairperson. I like Strictly Come Dancing and I am a good dancer! I like to dance at the Ark on Mondays and at Club Marmalade. I also go to the Friday Night Project to dance.

I am engaged to Mandy. We met at the workshop, Brock. I asked Mandy to go out with me and we got engaged.



My Name is **Christopher** and I am 29. I am member of the Be Heard advocacy group I have been in it since it first started. We had 8 members then and now we have a lot more. I am chairperson for the group meeting. We have the meeting in the Tea House. A few years ago I was on the interview panel to choose a Development Leader. The best person we thought was David. We have an office in Bracknell near the library where he works and he has done a lot good work for the group. Coming to the advocacy group, I have learned to speak up more.

I have family all over the world. I like foreign food best of all. I also like sport and support Southampton in football. I like cricket and support England as well as Surrey and Hampshire. I like Tennis as well and my favourite player is Andy Murry. I also like Motor racing and my best driver is Lewis Hamilton. I also have my Mum and Dad in Spain and my sister and her husband in Cornwall. My sister is doing a PhD in Physiology she will be a Doctor if she passes. I live in a flat but next year I am moving to a bungalow with different friends. I like Sky TV and have a computer with the internet. I will just tell you I had a lot problems in the past but they are now sorted out and I am doing very well.

## Future Aims and Objectives

Based on feedback from members, in the next fiscal year, Be Heard hopes to build capacity in several ways.

1. **Employment:** Time and time again, members of Be Heard list *finding gainful employment* at the top of their list of goals. We hope to make this a reality through creation of a user-led organisation in Bracknell, run and managed by members (see below for further details)
2. **Accessibility:** Be Heard has a diverse group of members, though recognises a skew toward less profound disabilities within its members base. Be Heard is committed to increasing accessibility of meetings and trainings, and reaching out to a wider learning disabled community. This can be achieved through more adaptive technologies, including provision to project pictures and show simple movies in meetings, as well as using recording and video devices to allow members to get their voices out to the community.
3. **Visibility:** We hope to increase our presence in Bracknell, both to increase membership, as well make the community as a whole aware of the groups and services available. This will include re-vamping and maintaining our website to highlight community events and trainings, holding more fundraising events and getting our members out into the community in voluntary or paid employment situations.

4. **Networking:** While we already have members sitting on various council boards and committees, we hope to become more closely linked with other voluntary organisations and the Borough Council.

With these goals, Be Heard has developed a proposal for financial support. We have developed the budget into two sections, with the possibility of funding in either, both, or any combination that your organisation deems acceptable.

Part of this proposal is for the upkeep, maintenance and enhancement of the services we currently provide to members. This has been broken into sections outlining our specific needs to meet operational, contractual, and technical needs.

The second part of this proposal is to set up a User Led Organisation, with the joint goals of increasing employment opportunities for persons with learning disabilities, and increasing awareness and use of local voluntary services. The "Improving the Life Chances of Disabled People" report states that "by 2010, each locality (defined as that area covered by a Council with social services responsibilities) should have a user-led organisation". There is no concrete definition of such a thing, and user-led organisations necessarily vary in scope, based on the locality. However, this is essentially an organisation that is run by users, and gives 1) information and advice, 2) advocacy and peer support, 3) help with budgeting, 4) support in terms of finding carers, 5) disability equality training, and promotes implementation of the Disability Equality Duty by public sector organisations in the locality. Despite the reports decree, Bracknell Forest Borough Council does not currently have such an organisation. We propose to begin the process of linking local user groups, voluntary, and council services through a user-led information service.

We would partner with "The Tea House", a local not for profit organisation which provides snack facility premises for rent to local groups, in a central location in the town, to use a portion of their cafe to as an information hub. The hub would contain a well-presented Welsh dresser containing information on local services for the disabled community. A member of Be Heard would be responsible for the table and assist visitors in finding information on the services they require. The employee would not give advice per se, but would act as a guide, signposting patrons to the services they require. There would be a table for a member of the Borough Council to drop in regularly to discuss matters face to face with the community (which has been suggested time and time again by our members as a way to increase their voice in the council), and an ongoing database of services online, which staff would update constantly for patrons to peruse. Local newspapers have already shown interest in promoting such a space, by giving weekly or bi-weekly updates on which councillor will be made available at the hub for discussions, and staff from the Tea House also welcome the partnership as a way of bringing attention to learning disabilities, increasing use of their services with added patronage, and strengthening networks between local groups.

The formation of this user-led organisation has been carefully planned, and partnerships have already been formed. The stumbling block at this point is solely the funding to make it a reality. If you would like to speak further about the details of this proposal, please contact Be Heard directly. The benefits of its creation, however, would be manifold.

- It would fulfil a key government initiative to utilise these organisations to bring greater visibility to the disabled community.

- The organisation would employ approximately 12 people for ½ day per week, of which members have shown keen interest.
- It would increase visibility of Be Heard, as well as other voluntary groups by being placed centrally at a well-utilised cafe in the town centre, and having regular newspaper coverage.
- It would allow the Borough Council to have more regular contact with the contingency they represent so that initiatives can be better suited to the people who need them.

## Proposed Budget and Justifications

<b>Organisation:</b>	Be Heard self and peer advocacy group
<b>Umbrella Organisation:</b>	United Voices

**Organisation's Fiscal Year:** April - March

**Beginning and Ending dates of requested funding:** April 2009- March 2010

**Be Heard is a growing organisation that has diverse funding requirements. We have therefore divided our request for funding into two categories to reflect these needs.**

### **Category 1**

**Section 1** relates to strictly monetary requests. As Be Heard expands, it is moving toward independent financing and reliance on public funds. Monetary requests therefore include both operational, day to day expenses as well as requests to move beyond current service offerings.

**Section 2** is essentially in invitation to become involved in our organisation beyond strictly financial terms. Our needs for support range broadly, and we are constantly requiring voluntary support in running events, lending a hand to our members, and lending expertise.

### **Category 2**

**Category 2** relates to funding necessary to realise a user-led organisation in Bracknell. This includes all costs associated with setting up such a program and running costs for one year.

## 1.1: Monetary Requests

### I. Operational

Request	Detail	Requested for 09/10
Average annual utility costs	Phone/internet access for office and internet café, oil, electricity	700.00
Rental of office space	4/5 Town Square is a shared office space with three other not-for-profit organisations	1.00
Office expenses	Printing, Office supplies, Cleaning supplies, Teas/Coffees for members' tea room	500.00
<b>Total</b>		<b>1,201.00</b>

### II. Contractual

Request	Detail	Requested for 09/10
Salaries	Salary for Development Leader Salary for Internet Café Coordinator	23,000.00
Minibus hire for transport	Minibus hire to allow members to attend conferences, exhibitions, and regional	500.00

learning disability training days. Attendance is currently limited, and achieved solely by employees personal automobile use

<b>Total</b>	<b>23,500.00</b>
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### III. Equipment

Request	Detail	Requested for 09/10
<b>Laptop Computer</b>	To create more opportunities for members, one laptop computer is requested. Our computers operate with a linux-based operating system and all open source free software, so these are not necessary	400.00
<b>LCD projector for presentations</b>	A projecting device would allow us to show training films and presentations during our weekly meetings, as well as give presentations elsewhere	350.00
<b>Digital video recording device</b>	After the success of our first training DVD, "Let's Be Heard" (2007), our members are keen to create another that highlights further issues important to the learning disabled community	100.00
<b>Total</b>		<b>750.00</b>

### 1.1 Budget Summary

<b>I. Operational</b>	<b>1,201.00</b>
<b>II. Contractual</b>	<b>23,500.00</b>
<b>III. Equipment</b>	<b>750.00</b>
<b>Total</b>	<b>25,451.00</b>

## 1.2: Service Requests

### I. Material

Request	Detail
Use of corporate minibus	We have occasional need of minibus transport to bring members to meetings and trainings during working hours and occasionally on weekends
Use of office space	We are interested in changing our location, and perhaps you have an unused area of your building to lend to our members, our staff, or perhaps could lend a larger room to host Be Heard events

### II. Voluntary

Request	Detail
Transport	One of the greatest difficulties for our members is finding adequate and affordable transportation so that they can fully participate in their community. Volunteers are always needed to bring members to appointments and activities
Team Building Events	We hold a number of team-building events throughout the year, but often struggle to find volunteers to help us organise and support members during the events.
Buddy to take members to events	Members are always looking for someone to lend a helping hand, listening ear, or person to accompany them to a movie or football match
Help at tea house fundraising events	Members raise money to subsidise attendance at a national learning disabilities conference annually by selling cakes and teas at a local café. This is fun and interesting work, no more than once a month, though we are always needing volunteers to help run the fundraiser
Help with advocacy play / scenery	Each year, Be Heard members take part in the United Voices advocacy play, a play produced and acted by the members. Volunteers are needed to help with production and performances, as well as creating scenery, etc

**2: Costs associated with creating a User Led Organisation**

<b>Request</b>	<b>Detail</b>	<b>Requested for 09/10</b>
<b>Employment</b>		14,976.00
	6 work days, or 48 working hours at £6 /hour (divided into 12 people employed for 1/2 day each)	
<b>Administration</b>		20,000.00
	Hire of one full time employee to support members, liaise with local newspapers and council and oversee finance	
<b>Office expenses</b>		1,000.00
	Desktop computer, phone, table and chairs x2, shelf for information materials	
<b>Total</b>		<b>35,976.00</b>

**Overall Proposed Budget Summary**

<b>1.1 Total</b>	<b>25,451.00</b>
<b>1.2 Total</b>	<b>0.00</b>
<b>2 Total</b>	<b>35,976.00</b>
<b>Overall Total</b>	<b>61,427.00</b>

## **Conclusion**

The need for peer and self advocacy among members of the learning disabled community cannot be overstated. Be Heard is a growing organisation that works tirelessly to bring positive change in our local community and link into national initiatives. Following best practice guidelines, we are able to help over 50 members of our community, but are aware that there are many more that could utilise our services. In order to build capacity and increase our abilities, we require funding for 2009/2010. We invite you to join us in our evolving journey, to help us in whatever way you are able to enrich the lives of some of the most vulnerable in our community. Many thanks for your consideration. Please do not hesitate to contact Be Heard directly to request further details or to speak about our services.

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