

# Asking You!

“Nothing about us, without us”

People with learning disabilities speaking  
up to improve services in Leeds



# What is Asking You?



**Asking You!** is part of Advonet.

We help people with learning disabilities to speak up, and make sure people listen.

We are led by Leeds people with learning disabilities.



We promote the idea of “nothing about us, without us” and help people feedback on the services they use. This make services in Leeds better.



We run the Leeds Learning Disability **People's Parliament**.

This is where people with learning disabilities talk about things they want to change.

The Peoples Parliament elect some of their members to represent them at the Leeds learning disability **Partnership Board**.

# What else do we do?



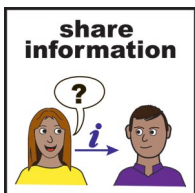
We have **citizen advocates**. They are volunteers who help people say what they want to say.



We helped develop and design **Being Me**. This is the Leeds Learning Disability Strategy.



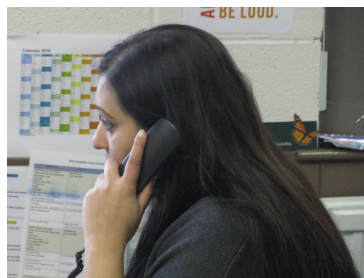
The **Good Lives Leaders** are volunteers with learning disabilities that visit other people with learning disabilities to see if they are having a good life. We support them to write reports and they have made lots of things change to improve lives for their peers.



**Experts by Experience** share their knowledge and help you understand what it is like to live with a learning disability in Leeds.

# Contact us

We have a first contact team that can help you. To find out which advocacy service is the right one for you or to make a referral, you can contact us by phone, email, post or via our website.



## 0113 244 0606

**Opening times: Monday-Friday, 9am-5pm**



Email us at [office@advonet.org.uk](mailto:office@advonet.org.uk)



**Text: Include your name then send to 07397 939 820**



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**Our staff and volunteers  
speak 13 different  
languages**



**We do advocacy using  
British Sign Language  
(BSL)**



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