

Contact the Elfrida Advocacy project and ask to speak to an advocate for more information:



Because people with learning disabilities have the answers



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The Elfrida Society Advocacy Project

Providing advocacy for people with a learning disability in Islington



Supporting you

This leaflet is about the advocacy support we can give you if you have a learning disability.

What is advocacy?

Advocacy is



Speaking up for yourself.



Having your voice heard and being listened to.



Making your own choices.



Being independent.

How we can help

If you are an adult who lives in Islington, and you have a learning disability, we can support you to:



Get the information you need to make choices.



Learn about your rights.

Your rights are about being treated in a good and fair way.



Say when you are not happy about something.



Speak up about the things that matter to you.



Understand and take part in meetings about you.