

## TALKING TO OTHER PEOPLE ABOUT THE GROUP

This is one of the best ways of getting new members to join you.

Talk to friends, people at the centre and others you know.

Tell them about:

- how important it is to speak up for yourself
- why you meet together regularly to do this
- some of the things you talk about in your group

You can ask them to come along to one of the meetings.

People are often happier to join a group if they know someone who is already a member of that group.

**Perhaps you can offer to meet a new member on the day of the meeting and travel there together.**

## MAKING POSTERS ABOUT THE GROUP

Posters should be bright so they can be seen clearly.

Posters should give the name of the group, where it meets and when, and briefly what it does.

It is probably also a good idea for the poster to give a name and phone number where people can find out more about the group.

## Summary

### Making the Most of Everybody's Skills

Self advocacy involves many different skills.

Although these skills are helpful, you don't have to be good at all of them to be involved in self advocacy.

There are ways of making the most of self advocacy without all of these skills.

These are:

- sharing out the jobs
- asking for help
- using equipment
- learning new skills

**REMEMBER** — everyone can be involved in self advocacy.