



**Craven and
Harrogate**



Self-Advocate Talk Show – October 2019

Featuring Sam Suttar, Chris Porter and Jamie Bannister

Sam welcomed everyone to the show!

Sam - What's it like to be an advocate?

Chris - very good

Sam - How long have you been self-advocate?

Chris - 15 years. I have been doing key work since 2008.

Sam - What does being a self-advocate mean to you?

Chris – it means speaking out for myself about difficulties. I also attend different meetings around North Yorkshire.

Sam - Do people listen to you when you attend the meetings?

Chris - yes, people do listen to me and people have a lot to contribute to the meetings.

Sam - How would you promote self-advocacy?

Chris - I would promote the self-advocacy movement and everything involved.

Sam - do you think anybody can be an advocate?

Chris - anybody who wants to be a self-advocate can do all over North Yorkshire.

Sam - who helps you to be a self-advocate?

Chris – the person who helps me at the meetings is Karen (Murray from KeyRing). She arranges the transport for me. It has given me confidence and independence. I attended a meeting in York, and I went on the train.

Sam - what advice would you give to people who would like to be a self-advocate?

Chris - you would have to get to know the self-advocate world. Be prepared to have a commitment every month to be a self-advocate. Share your news on media. Be prepared to speak up and you are helping the council complete different things.

Sam - How does Jamie find working with the advocates?

Jamie - I wanted to work in the job that I am doing because of watching a film made by North Yorkshire self-advocates. Everybody was asked 'what is self-advocacy?' and everybody had different answers. I was really impressed with the answers that people gave. Could see people on the film that were on a journey and I wanted to help people go on that journey. I also wanted to know how you go on your journey. I feel very privileged and learnt a lot in the year that I have worked.

There are fantastic self-advocacy groups in Australia but the North Yorkshire Partnership Board feels different as self-advocates get to tell professionals what they think more directly.

People in the audience had some questions!

Katie – Chris mentioned about helping the council. What do you help the council to do?

Chris – help the council with many different things, like writing Top Tips in how to do things like how to speak to people in a certain way so people can understand. It is important to help the council make improvements for self-advocates.

How can we find out more about self-advocacy?

Sam - go on the North Yorkshire Partnership website and go through the link to the Self-Advocacy Forum. Enables self-advocates to be able to speak up for themselves and parents to speak up for their children and young people. The link is here: <https://www.nypartnerships.org.uk/learningdisabilitypartnershipboard>