



Shout out

**Speak out and get heard
Get more confident and stronger
Create change for yourself with others**

**Shout out is a self advocacy group
for adults with a learning disability.
Shout out meets Fridays, 1-3pm at
the Sunlight Centre, Richmond Rd, Gillingham,
Telephone 01634 338600 - ask for Paula.**



www.sunlighttrust.org.uk



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