



Get Heard – Locally as well as Nationally!



When you hold a workshop using the Get Heard Toolkit you are not only feeding into the 2006 National Action Plan on Social Inclusion (NAP) – you're also creating evidence that your group can use locally, that you can use in lots of ways:

Set up a local self help group

The workshop could be the start of a new self help group or local campaign group. You could meet regularly to discuss local and national issues and share information and ideas.

For information on how to set up a local self help group, contact your local Council for Voluntary Service (in England tel: 0114 278 6636, Scotland tel: 0131 556 3882, Northern Ireland tel: 028 9087 7777, Wales tel: 029 2043 1700). Or check out the information on this website: www.selfhelp.org.uk.

Find out more about certain issues

If your group identified issues that you would like to know more about, you could arrange to meet again and invite speaker from a local or national organisation to give your group more information on that issue. Do an internet search for organisations campaigning on that issue, and contact them to get a local speaker.

Campaign locally

You can find out more about your local council on the internet (usually type in [www.\[yourcouncil\].gov.uk](http://www.[yourcouncil].gov.uk), e.g. www.sheffield.gov.uk) or at your Town Hall, which will have information about council meetings, community councils, planning meetings and other events that you can go along to.

Your group could also start a local campaign. Arrange a meeting to plan your campaign strategy: what is your central message? who will your targets be? who will your partners be? what methods will you use to get your campaign message across? For more information on campaigning, check out the resources from Seeds for Change: <http://seedsforchange.org.uk/free/resources> - or telephone them on 0845 330 7583 (Scotland, Northern England and North Wales) or 0845 458 4776 (Southern England and South Wales).

Do your own local research

If you decide to campaign locally you may need more information about how that issue affects local people and services. For more information on how to do community research contact ARVAC who help community groups with research, tel: 020 7704 2315, or website: www.arvac.org.uk.

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Join a national anti-poverty network

As well as campaigning locally and doing local research, you can join the anti-poverty network in your region and be part of other national and regional campaigns and projects. The anti-poverty networks in England, Northern Ireland, Scotland and Wales are all supporters of Get Heard - the regional anti-poverty networks wrote the Get Heard toolkit, promoted the first Get Heard workshops, and are holding the regional feedback events planned for autumn 2005.



EAPN (E) - England Anti-Poverty Network England

114 Mansfield Road, Nottingham NG1 3HL
0115 911 0455
eapn@cefet.org.uk



APNC - Anti-Poverty Network Cymru

Flat 3, Winchfawr House, Landsbury Road, Gellideg, Merthyr Tydfil CF38 1HA
Mon, Wed, Fri: 01685 383 929
Tues, Thurs: 029 203 34500
apnc@apnc.co.uk



Poverty Alliance (Scotland)

162 Buchanan Street, Glasgow G1 2LL
0141 353 0440
admin@povertyalliance.org

NIAPN - Northern Ireland Anti Poverty Network

58 Howard Street, Belfast, BT1 6PJ
0845 120 3771 / 028 9024 4525
frances@niapn.org

Contact other Get Heard groups!

If your group wants to contact others interested in the same issues, tell the Get Heard project and, if we can, we'll put you in touch with other groups who have raised similar issues in their Get Heard workshops.

For more information, contact: Clare Cochrane, Get Heard Coordinator

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