

Getting your voice heard

If you are an individual older person, a small community group or a national organisation of older people, how do you get your voice heard when you have an issue that matters to you? This sheet offers a few ideas on how to get your voice heard.

Local forums

Most Welsh Local Authority areas have older peoples' forums, citizen panels, disability forums and local health forums. These are a great way to get your voice heard and meet other people. To find out more about forums contact your Local Authority, library, local Age Concern or Help the Aged in Wales.

Patient and public involvement groups

Getting patients and the public involved is vital to improving health and health care in Wales. If you, your group or community want to get your voices heard on health issues these groups are a good place to start. A practical guide to Patient and Public Involvement in Wales can be found online

at www.wales.nhs.uk/publications/signposts-e.pdf
You can find out further information by contacting your local NHS Trust.

Digital lobbying and video letters

Making a short film or video letter is a great way to get your voice heard. These films are made using your own story, photos and voiceover. With support anyone can make one and no prior experience is required. To find out more about Digital Lobbying visit www.caerphilly50plus.co.uk

“All that is required for the triumph of evil is that good men do nothing.”

Edmond Burke

For further information on using similar techniques go to:

The Centre for Digital Storytelling

www.storycenter.org

Breaking Barriers

www.breakingbarriers.org.uk

Capture Wales

www.bbc.co.uk/wales/audiovideo/sites/galleries/pages/capturewales.shtml

People you could contact directly

Some areas have community partnerships. However all areas have a range of people who are YOUR elected representatives; your local Community Councillor, Town Councillor, County Borough Councillor, Assembly Member or Member of Parliament. You can raise an issue with them, either in person, on the phone, by writing a letter, an email or by organising a petition.

As you can see there are many ways to be heard. The important thing is that you get involved and support those around you to have their say.

You can find a range of contact numbers and addresses in your local phone book or you can visit your library. The library will also help you access the internet free of charge.