Important contacts



Name	
Who is this?	
Number/email	

Name	
Who is this?	
Number/email	

Name	
Who is this?	
Number/email	

Name	
Who is this?	
Number/email	

Meeting Preparation



Date:
Time:
Place:
Where:
Who's going
what is it for:
what outcome do I want?

What questions do I want to ask?

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@ Empowerment Charity

Meeting Notes



What's important to me?

What needs to be done?	Who by?	When?

Cue Cards



I am the expert of my experience	Please take my requests into consideration
Please help me create my best possible future	I am trying to get my point across but dont feel you are listening
Please can I speak	I don't feel you are listening to me
I need a break	Please slow down. Tell me again
I don't understand, I feel confused	STOP!
I am struggling to explain myself	I feel frightened

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Contact Journal



Date	Time	Name	What we talked about

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My To Do list



- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]

Blackpool Advocacy Hub

@ Empowerment Charity

Weekly planner



Monday

Tuesday

Wednesday

Thursday

Friday

Notes

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Meal Planner



Monday	Notes
Tuesday	
Wednesday	
Thursday	
Friday	

Likes and Dislikes



Things I like	Things I don't like

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