

What areas are covered by Leadership and Peer Support?

Leadership and Peer Support is available to all people with intellectual disability who live in the Central Coast area.

You choose the topics we cover.

For our peer support sessions, you choose the topics we talk about.

Some topics we have covered in the past include:

- Safety in the Community
- Acts of Kindness
- Traditions
- Planning an Event
- Staying Active
- Friendship

Since 1986, Self Advocacy Sydney has been supporting people with intellectual disability to become Self Advocates.



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Certificate Number:
286984-2019
30 April, 2025

This pamphlet was last updated: 19/01/2023.
Funded by the Department of Social Services.

Self Advocacy Sydney Inc.

Speaking for Ourselves

Gosford Leadership and Peer Support

A free service for all people with intellectual disability.



What is Leadership and Peer Support?

Leadership and Peer Support (LAPS) is a program with two types of **free** support for people with intellectual disability.

These programs are:

Leadership – for people from age 18-35 who want to learn how to become leaders.

Peer Support – for people who want to be supported and support other people with disability.



Leadership helps people:

- Learn new and exciting ideas.
- Gain confidence.
- Develop different strategies to become leaders.
- Gain strong speaking and listening skills.
- Lead and organise small groups with confidence.
- Plus even more...

Peer Support helps people to:

- Communicate with peers and share their own stories.
- Support each other in developing skills.
- Learn new things.
- Include people with other disabilities in talks.
- Work together as a team.
- Plus even more...

