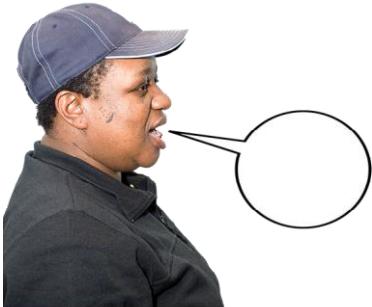


# About advocacy



# What is advocacy?



Advocacy helps you to have your say about what happens in your life.



Advocacy is supporting you to speak out about what you need.

## What does an advocate do?



Advocates support people to speak up about what they want.



Advocates listen to the people they work with.

## An advocate can...



Support you to have your voice heard



Support you to know your rights



Support you to understand information so you can make your own decisions

## An advocate cannot...



Give you advice



Make choices for you



Judge you



Take another person's side

## Things we can help you with



Speaking up at your meeting



Getting the right support



Making a complaint



Getting the services you need

## How we work



We are independent from other services. We are not the same as a social worker or a support worker.



You do not have to pay for advocacy support



We will not pass on any information you share with us unless:



You ask us to



You are talking about harming yourself or someone else



You are not safe

## Our advocates will



Work with you one to one



Explain what we can and cannot do

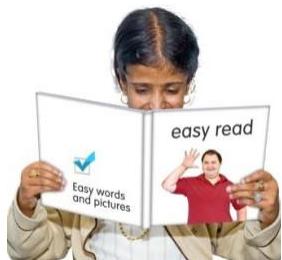


Agree with you what to work on



Give you information about other services if we cannot help

## What we do



We talk to you and give you information in a way you understand



We use easy words, pictures, Makaton signing, objects or the communication you use



We give you time and space to think about what you want and tell us what you need



The Advocacy Project, Stowe Centre, 258 Harrow Road, London W2 5ES



020 8969 3000



[info@advocacyproject.org.uk](mailto:info@advocacyproject.org.uk)



[www.advocacyproject.org.uk](http://www.advocacyproject.org.uk)

