

What advocates can help you with

- › Speaking up at meetings
- › Getting the right support
- › Making a complaint
- › Getting the services you need

We will listen to what you want and support you to get it.

“If it wasn't for your outstanding support and you understanding me, I would have felt trapped and alone. I am extremely grateful for what you do”

Contact us

020 3960 7920

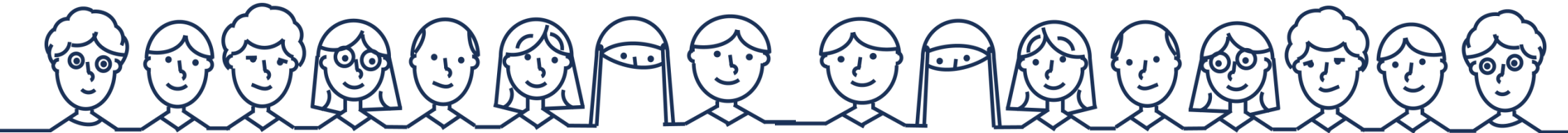
referrals@advocacyproject.org.uk



your voice your rights your choice

**You can still get
advocacy support during
the coronavirus outbreak**

Free, independent &
confidential support



www.advocacyproject.org.uk

www.advocacyproject.org.uk

How to get advocacy support

- › **Call us:** 020 3960 7920
- › **Book an appointment online:**
www.advocacyproject.org.uk/appointment-booking/
- › **Fill in the self referral form:**
www.advocacyproject.org.uk/advocacy-referrals/
- › **Email us:** referrals@advocacyproject.org.uk

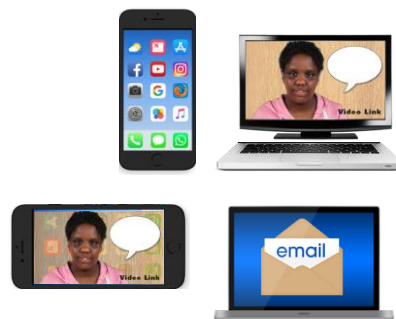
Whichever way you choose to get in touch, an advocate will get back to you.

Ways we can meet with you

During the coronavirus pandemic, we will still give you the same advocacy service.

Advocates can support you by phone, video messaging and email.

If needed and safe to do so, advocates will meet people face-to-face.



What advocates do

We talk with you and give you information in a way you will understand. An advocate will work with you one-to-one and support you to:

- › speak up about what you want
- › know what your rights are
- › understand information so you can make your own decisions

An advocate will not:

- › give you advice
- › make choices for you
- › take another person's side
- › judge you

“Advocacy helped me speak up for myself and stand my ground.”

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

How advocates work

- › We are independent from other services
- › Advocacy is free
- › Advocacy is confidential; we will not share anything you tell us unless you or others are not safe, or you ask us to.

We will only take action if you ask us to.

