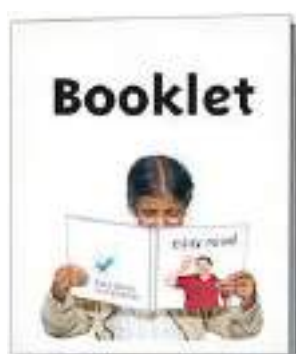


Information about advocacy

Easy read version



This booklet tells you about advocacy.



Introduction



This leaflet tells you about advocacy and why it is important.



Sometimes we might find it hard to understand what is going on and how to tell people how we feel and what we want to happen.



At these times it can help if we have someone who can help us.

That someone could be an advocate. They will help you to speak up for yourself.



Who can be an advocate?



Anyone can be an advocate.

Often they are your family or your friends.



But there are also people who are trained to be advocates.



Whoever helps you – you should trust them and they should know what safeguarding is.

The different types of advocacy



Peer advocacy is when a person with learning disabilities helps someone who also has a learning disability.



Group advocacy is when a group of people help each other.



Befriending can be when someone helps with day to day things.



But often advocacy is provided by someone who is paid to work as an advocate – usually when there is an emergency.

Advocacy and safeguarding



You or someone who knows you, are worried about your safety. This is what we call a safeguarding concern.



Your views and wishes are important to us. We need to know what you want us to do.



Our job is to work with you and make sure you are safe and then see if there is anything we can do to make things better for you.

This is called safeguarding.



Safeguarding can be a difficult and maybe dangerous time. This is why it is good to have help from an advocate to make sure you are safe.



It is not a good idea to have a person who is involved in the safeguarding concern supporting you.



If we thought this was happening the Council must find an independent, professional advocate for you.



So that you are safe throughout the safeguarding concern.



And also to make sure you are listened to.

Help and Support

If you have any questions, you will be able to get in touch with a person who will help you.



The name of the person you can get in touch with is:

.....

Here is how you can get in touch with me/them:



Phone



Email



Please get in touch at these times:

.....

Advocacy services in Solihull who can offer you information and advice:



Age UK Solihull

Telephone Number: 0121 704 7840

Website: www.ageuk.org.uk/solihull



Solihull Carers Centre

Telephone Number: 0121 788 1143

Website: www.solihullcarers.org



Community Navigator Services CIC

Telephone Number: 0121 722 8958

Web: www.communitynavigatorservices.org



Solihull Action
through Advocacy

Solihull Action through Advocacy

Telephone Number: 0121 706 4696

Website: www.solihulladvocacy.org.uk



DIAL Solihull

Telephone Number: 0121 770 0333

Website: www.dialsolihull.org.uk



Solihull MyLife Portal

Website: www.solihull.mylifeportal.co.uk



Solihull Information and Advice Hubs

Telephone Number: 0121 705 3588

Website: www.ageuk.org.uk/solihull/information--advice/community-advice-hubs