

Community Advocacy - Easy Read Leaflet



We provide a **free** Community advocacy service across Herefordshire and Worcestershire

You can get our free Community advocacy service if you are:

- Vulnerable
- Find it difficult to speak up
- Find it difficult to be listened to
- Can't get the right support and services

We provide free and confidential support in Herefordshire and Worcestershire to people over 18 who face problems because of ill health, disabilities or old age.

Advocates are independent, on your side and only take actions agreed with you.





Community advocacy may be helpful if you are:



- Finding it difficult to speak up and have your views heard
- Feeling vulnerable or at risk of abuse
- Have a problem and need help to understand it

- Finding it difficult to access health, wellbeing, lifestyle or independence services

- Need help to make choices about things affecting you

- Unhappy with a service or an organisation and need help to make a complaint





What can an advocate do?



- Listen to you and understand your problems
- Make sure others listen to you
- Make sure your views and wishes are heard in decisions affecting you

- Signpost you to other services

- Help you make choices about things that matter to you

- Make sure you are treated fairly and support you to complain if you are treated unfairly



Who can get help from a Community Advocate?



Lots of people can get support from a Community Advocate including people who have:



- Learning disabilities
- Mental health difficulties
- Physical disabilities and health problems
- Sensory impairment

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 **ONSIDE**

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