



No-one listening? Not getting the help you need?

Advocacy can help you to be heard



As part of a consortium, Advonet, Touchstone, SignHealth and Age UK Leeds are working together to give people in Leeds a voice. We provide independent advocacy for you.



What is advocacy?

Our advocacy services are free, confidential and Independent.

Our Advocates listen to what **you** want and support you in putting forward your point of view when you feel;

- No-one is listening to you
- You don't agree with decisions that are being made about you
- You can't get the help you need
- You don't know who to speak to

What advocates do:

- Listen to you and respect your views
- Find out information to help you make a decision
- Make sure you know your rights
- Attend meetings and appointments with you and make sure your voice is heard
- If we can't help, we will try to find someone who can

What advocates don't do:

- Act as support workers
- Make decisions on your behalf
- Speak on your behalf without consulting you
- Provide advice or emotional support

Our advocacy services

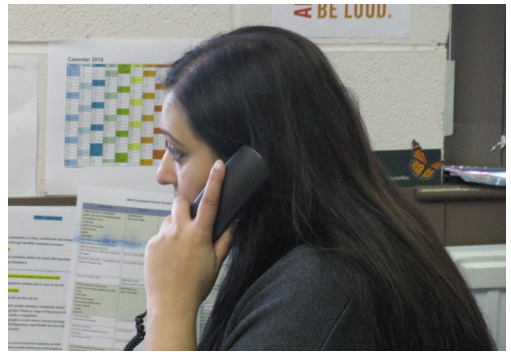


- **Community Advocacy:** Do you have an issue you need help with?
- **Independent Mental Health Advocacy:** Are you detained under the Mental Health Act and need an advocate?
- **Independent Mental Capacity Advocacy:** Are important decisions being made about your care and treatment?
- **Care Act Advocacy:** Are you going through a social care process and need help to be involved?
- **Health Complaints Advocacy:** Do you have a concern or complaint about any NHS treatment you have received?
- **Leeds Autism AIM** - A free advocacy, information and mentoring service run for and co-led by autistic adults
- **Leep1** - A people first group run by and for adults with learning disabilities
- **Asking You!** - A self-advocacy project run for and co-led by adults with learning disabilities

Advonet also provides free advocacy training, partnership support through the Leeds Advocacy Network, self-advocacy support and help to get you involved in the services you use.

Contact us

We have a first contact team that can help you. To find out which advocacy service is the right one for you or to make a referral, you can contact us by phone, email, post or via our website.



0113 244 0606

Opening times: Monday-Friday, 9am-5pm



Email us at office@advonet.org.uk



Text: Include your name then send to 07397 939 820



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Our staff and volunteers speak 13 different languages



We do advocacy using British Sign Language (BSL)



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