

Bilingual team to run Winter Wellbeing project

Advonet's **Bilingual advocacy team** are running a Winter Wellbeing project between December 2017 and March 2018.

This is about actively supporting people from BME communities to look at all aspects of their winter well-being needs such as health, finances and social inclusion.

Advocates will contact services and organisations who work with BME communities. They run presentations, Winter Wellbeing cafes and monthly wellbeing sessions at the Unity Business Centre serving light refreshments, where members of the diverse communities in Leeds will be able to come together to find out about ways to improve their winter wellbeing.

Our advocates will use a range of methods to engage communities and



increase their understanding and knowledge in staying healthy during the winter months, both physically and mentally.

The advocates will then support them by providing information and working on an individual basis to identify their health and wellbeing needs. They will create and follow through an

improvement plan e.g. to take up healthy living initiatives; to engage with a mental health group; to access better fuel deals; etc.

We will equip people to be better informed, more confident and in a position to manage their health needs and to advocate for themselves in future.

Opinion: The importance of safeguarding

Advocacy can play a big role in ensuring those under safeguarding are supported to say what their needs are. An advocate can help to communicate the person's views if they are being/at risk of being abused. Here are an Independent Mental Capacity Advocate's (IMCA) views on safeguarding. This piece is by Irene Crawshaw.

At Advonet, we enjoy working with the care homes and local authority to ensure residents and staff can benefit from the safeguarding policies and legislation presently in place. Many of the homes work with people with

dementia and mental health issues and, therefore, residents and staff can be vulnerable.

Safeguarding does exactly what it says. Ideally, it keeps everybody safe: both staff and residents! Some people may think that it is a strange comment when we say that every home should have raised safeguarding concerns simply because of the nature of so many residents having so many varied needs.

When we visit homes or are asked what 'safeguarding' actually means, we recommend that if there are any doubts or concerns then a referral

should be submitted. It is better to conclude that the issues have been resolved or changes made to practice than to fail to report.

We can respond both quickly and efficiently at both giving initial advice and following up referrals. We would always err on the side of caution and consult with all of the safeguarding agencies if we had any concerns about anything we felt that was not in the residents' best interest.

We all have a duty to do this and, again, logging and recording our concerns accurately and in a timely manner are crucial.

What is Advocacy?

“Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain services they need. Advocates and advocacy schemes work in partnership with the people they support and take their side. Advocacy promotes social inclusion, equality and social justice.”

The Advocacy Charter, 2002

AIM's Xmas times

Leeds Autism AIM will not be running the weekly Lovell Autism Hub drop-in session on Tuesday 26th December, as it falls on a Bank Holiday.

It will be open on Tuesday 19th December and Tuesday 2nd January as usual, between 3:30pm and 7pm.

As for their fortnightly Friday session for booked appointments, that will be closed on Friday 22nd December.

All of the Leeds Autism AIM staff team will be on holiday in the final week of this month.

Advocacy training

Advonet will be running their latest Effective Advocacy and Negotiation Skills (EANS) training course in early February.

The dates will be on Tuesday 6th February and Monday 12th February. This course will take place at a venue to be confirmed in Leeds. It is **free** to attend.

To book a place, please visit this page advonet.org.uk/resources/training/, download the booking form and email it to office@advonet.org.uk.

Leep1 2018 AGM

Leep1 are to hold their 2018 Annual General Meeting (AGM) late next month. The AGM will be held on Thursday 25th January from 10am, with lunch provided at Noon.

It will be held at Leeds Media Centre, 21 Savile Mount, Leeds LS7 3HZ. The meeting is open to adults with learning disabilities in Leeds.

If you or someone you know wants to attend the AGM, please let Leep1 know by Monday 8th January by emailing volunteer@leep1.co.uk.

WHAT'S ON THIS MONTH?

Friday
15th Dec

Christmas Lunch at Cafe Leep
Time: 12:30pm-2pm
Venue: Cafe Leep, Unit 14, Unity Business Centre, Roundhay Road, Leeds LS7 1AB

Tuesday
19th Dec

Leeds Autism AIM: Women's Discussion Group
Time: 5:30pm-6:30pm
Venue: Lovell Autism Hub, Wintoun Street, Leeds LS7 1DA

LIHCA continue to spread word about advocacy



Nahida (pictured) and Nazia from the LIHCA (Leeds Independent Health Complaints Advocacy) team were at an event on Saturday 9th December to continue their great work in promoting advocacy.

They went to No Excuse for Abuse, an event to promote the 16 days of action against domestic violence. They both held a stall to promote LIHCA and Advonet's other services. At the event, Nahida and Nazia spoke to a number of visitors including West Yorkshire Police staff.

Advonet's Christmas and New Year opening times



Advonet have announced their opening times for the upcoming Christmas and New Year period. The office will be closed on **Christmas Day** (Mon 25th) and **Boxing Day** (Tue 26th) as well as **New Year's Day** (Mon Jan 1st). All three days are bank holidays. The office will be open on all weekdays in between the three days, returning to normal hours on **Tuesday 2nd January**. The opening hours will be from **9am to 5pm**, whilst we can be contacted at those times by phone.

Contact us



“**Advonet**
Providing Independent Advocacy
& Related Support”

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