

# The Advonet Group

Providing Independent Advocacy

## Self-Advocacy

Helping you to speak up for yourself and your rights



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

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# What is Self-Advocacy?

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We can all find ourselves at some point in our lives struggling to communicate what we want, don't want or asking for help to understand.

At The Advonet Group, we can help you to speak up about your rights and wishes. This is called **self-advocacy**.

We have some tools which can help you to:

- Understand your options
- Make your own decisions
- Increase in self-confidence
- Communicate your feelings
- Get your voice heard



# How we can help

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## What our team does

We can help you to build your skills in speaking up about your needs and rights. This can be done by:

- Offering free self-advocacy tools and resources
- Providing free self-advocacy training
- Helping you to advocate for yourself by phone, email, text chat or video call

## Self-Advocacy tools

We have made some self-advocacy tools, including:

- **A self-advocacy toolkit** – this has templates for complaint letters, forms and more
- **Factsheets** on benefits, housing and debt advice
- **The Speak4Yourself Card** – a two-sided card where you can say what you need help with and how people you speak to can support you

These can be downloaded on our website for at

[advonet.org.uk/services/self-advocacy](https://advonet.org.uk/services/self-advocacy). If you have any questions, please email [selfadvocacy@advonet.org.uk](mailto:selfadvocacy@advonet.org.uk).

# 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 [selfadvocacy@advonet.org.uk](mailto:selfadvocacy@advonet.org.uk)**



**Text: Include your name then send to **07719 859 694****



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