

# The Advonet Group

Providing Independent Advocacy

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

**Advocacy** can help you to be heard



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 advocacy?

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## **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 Services

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## Our Advocacy Services:

- ◇ **Community Advocacy:** If you have a specific issue you need help with
- ◇ **Self-Advocacy:** Helping you to speak up for yourself, your rights and wishes
- ◇ **Independent Mental Health Advocacy:** If you are detained under the Mental Health Act and need support
- ◇ **Independent Mental Capacity Advocacy:** If important decisions are being made about your care and treatment
- ◇ **Care Act Advocacy:** If you going through a social care process and need help to be involved
- ◇ **Health Complaints Advocacy:** If you have a concern or complaint about any NHS treatment you have received

## Our Inclusion Projects:

- ◇ **Leep1 and Café Leep:** A range of services and People First group run by and for adults with learning disabilities
- ◇ **CHANGE:** A service providing accessible information, disability awareness training and project work.
- ◇ **Asking You!:** A self-advocacy project run for and co-led by adults with learning disabilities
- ◇ **Leeds Autism AIM:** A range of services co-led by autistic adults aimed at autistic people in Leeds.
- ◇ **Yorkshire Autism AIM: Mental Health Equity Project: (YAAMHEP) improving access to mental health services for autistic adults across West Yorkshire**

The Advonet Group also provides free advocacy training, and partnership, self/peer advocacy support through the **Leeds Advocacy Network.**

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



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



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