

## My advocacy

My advocate's name is:

.....

How to contact my advocate:

.....

What my advocate has agreed to do:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Date.....

## How to contact us



Advocacy South  
Solent Mind  
28 The Avenue  
Southampton  
SO17 1XN



02380 208956



[advocacysouth@Solentmind.org.uk](mailto:advocacysouth@Solentmind.org.uk)

# ADVOCACY SOUTH

Working Together for Your Rights



Southampton  
Community  
Advocacy



Choices



Advocacy

## Advocacy

Advocates can support you to speak out, have your views heard and access your rights as members of the community.

We are independent.



Advocacy is offered in a person centred way depending on the needs and wishes of the person asking for advocacy.

This service is for all care groups including;

Learning Disability

Carers

Mental Health

Older People

Substance Misuse

Autism

## Our Advocates are

- ✓ Experienced in working with people who have communication difficulties
- ✓ Independent of the Local Authority and all other services
- ✓ Qualified in the Independent Advocacy Award (or working towards it)
- ✓ Trained and supervised by experienced Advocacy managers
- ✓ Referenced and DBS checked

Understand Engage

Participate Be informed

Make decisions Plan

Communicate

Access your rights

Challenge

## Who can have an Advocate?

Adults 18 years and over

or

young people who are in

transition from

Children's to Adult Services

and

living in Southampton

A referral can be made by anyone:

By YOU

Support staff

Care manager

Family member

Friends