



# Someone you know may need **your support**

Become an **Advocacy Friend** today and be there for them.

## What is an Advocacy Friend?

As an Advocacy Friend you will become a source of support in your community or workplace. You will be able to identify when someone may be in need of help – such as a family member, friend or work colleague - and work with them to get the support they need. You'll become more confident, focused and secure in the knowledge you can make a real difference.

## Why should I become one?

We estimate that 1 in 3 people are missing out on vital advocacy support. This means that someone in your family or friendship group could benefit from the support you could provide as an Advocacy Friend. You will learn how to spot the signs of when family members or friends may need help and know how to support them to self advocate and when to refer them.



Independent



Free



Confidential

## What will I do?

As an Advocacy Friend, you will:

- Be able to recognise when family or friends may need support
- Signpost family or friends to Advocacy Focus and related services
- Promote Advocacy Focus and help people understand more about advocacy
- Give us feedback on what you feel is working well and how we can improve advocacy in our community.

## Is this for me?

To become an Advocacy Friend you will need to:

- Complete a short online course
- Have access to a smartphone or computer (in order to complete the course)
- Be keen to expand your own skills
- Be keen to spread the word of the great work we do
- Have a caring and empathetic nature
- Want to help people in your local community.

## What do I do **now?**

Follow the steps below:

- Head over to [www.advocacyfriends.org.uk](http://www.advocacyfriends.org.uk)
- Click the link to complete the Advocacy Friends Online Training Course
- Complete the course in your own time, you can pause or take a break
- Take a quick online quiz to see what you have learnt
- Receive your Certificate and Welcome Pack in the post and get started!

## Who are Advocacy Focus?

Advocacy means supporting somebody when important decisions are being made about their health and social care. We provide high quality and totally free advocacy support that is independent of local authorities, the NHS and Social Services. We help people to live the lives they want to live.



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