



**We help you to live the
life you want to live**

Advocacy supports you to be more involved in
important decisions about your health and social care



Know
your
rights

Access the
services
you need

Voice your
wishes
and
feelings

Raise
concerns
and
complaints



Each year we support thousands of people like you

Who we are

- We are a registered charity providing advocacy to people that need us
- Advocacy means supporting someone to be more involved their health and social care
- Our service is high quality, confidential and free
- We are independent of local authorities, the NHS and Social Services.



Registered Charity 1086151



How we help you

- Advocacy is legally required under the Care Act, Mental Health Act and Mental Capacity Act.
- Our Independent Advocates help you to know your rights, exercise your rights and to be fully involved in your care and treatment.
- We will make sure that your needs, wishes and feelings are voiced and listened to by the right people.

Find out more

We estimate that 1 in 3 people are missing out on the practical and emotional support of an Advocate

- Take a look at our website to see how we can help you - www.advocacyfocus.org.uk
- Ask your Social Worker if you are entitled to an Advocate
- Be your own best Advocate - Download our handy self help tools from our website.



Chat to an Advocate online now

www.advocacyfocus.org.uk



admin@advocacyfocus.org.uk