



## COMMUNITY ADVOCACY

**Our Community Advocacy service is a free, independent and confidential single point of contact for adults in Trafford. It is for those who need help with their health and/or social care.**

Advocacy helps you when you feel no-one else is listening to you. We are there when you feel you have been treated unfairly, when you need support to access services and we can help you put across your views and wishes. It can help you gain and develop the knowledge and skills to be able to deal with health and social care services with confidence.





### How we can help

- ✓ Over the phone or face to face
- ✓ With challenging decisions about your care and treatment
- ✓ Accessing mental health, and health or social care services, end of life care planning, future care planning, advanced decisions, and more
- ✓ Supporting parents through child protection processes

### The aim of community advocacy...

To help you become more involved in decisions that impact your life

To help you gain access to the information you need

To understand your human rights

To develop your self-advocacy skills

To support you to live the life you want to live.

To support you to explore your choices and options in your life

### How to get help...



**Call 0300 323 0965**



**Text 07886 744 634**



**Email [admin@advocacyfocus.org.uk](mailto:admin@advocacyfocus.org.uk)**



**Complete the referral form online**

[www.advocacyfocus.org.uk/refer-for-an-advocate](http://www.advocacyfocus.org.uk/refer-for-an-advocate)