

Advocacy Factsheet

If you have found it difficult to get what you want from the NHS or social services, advocates can help you to express your concerns, get information and explore options for moving forward

How can an advocate help?

Advocates can help you to deal with doctors and other professionals in the NHS or social services. They normally work for charities, so they are independent. They can help you to:

- get what you are entitled to
- get your point of view across
- get the services that you need. They might be able to go to appointments with you and help you to write letters. Advocates can sometimes speak on your behalf if you want them to. You might find it helpful to have an advocate if you:
 - find it difficult to get the treatment or services you want
 - feel intimidated by doctors or other professionals
 - feel that things are explained in a confusing way
 - have problems with concentration.

"I knew I needed some sort of help and support but didn't know what. Once the advocate started helping me, things fell into place and I could move forward with my life."

How do I find an Advocate in Wokingham?

SEAP: An independent charity that provides free independent and confidential advocacy services.- to help resolve issues or concerns you may have about your health and well-being or your health and social care services.

Tel: 0300 3435735 Email: Wokingham@seap.org.uk Text: 80800 keyword SEAP

West Berkshire Advocacy: An advocacy service for any adult living in Wokingham who has a disability or long-term illness and their carers.

Tel 01635 760535, Email info@webcas.org.uk, Website WEBCAS

Just Advocacy free 1:1 Advocacy for anyone living in Wokingham or Bracknell who needs support to have their voice heard

Tel: 01276 28515 E: staff@justadvocacy.org.uk Website Just Advocacy

PoHWER provide Statutory Independent Mental Capacity Advocacy (IMCA) including Statutory Deprivation of Liberty Safeguards www.pohwer.net/in-your-area/where-you-live/

Voice of the Child aims to minimise the risks of family breakdown through empowering and strengthening families and improving outcomes for young people in need.

Telephone 0118 3271150 Email admin@voiceofthechild.info

Share your experience of care with Healthwatch Wokingham

Independent consumer champion



post only: Wokingham Town Hall, Market Square, Wokingham, RG401AS



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www.healthwatchwokingham.co.uk