

Advocacy....



Southern Advocacy Services
it changed my life



It Changed Our Lives!

ACKNOWLEDGEMENTS

This book has been written by a number of vulnerable adults with disabilities and their carers who want to share their experiences of advocacy support with others in the community.

We would like to thank all the people who have helped us make this book possible. Those people have been instrumental in helping us develop good practice.

We would also like to thank the families, carers and friends who have been willing to offer their time, experience, and plenty of coffee! Their inspiring stories have touched us all.

Acknowledgement is also given to staff and carers who have worked with us to share their knowledge, time and expertise.

We are also very grateful to the many people who have given their time and provided information and viewpoints that have been immensely helpful to us.

Also thank you to the people who made this book possible by offering their time and patience has been appreciated by us all.

Finally, we want you to enjoy reading this book and please tell others about how “Advocacy changes lives!”

Many Thanks





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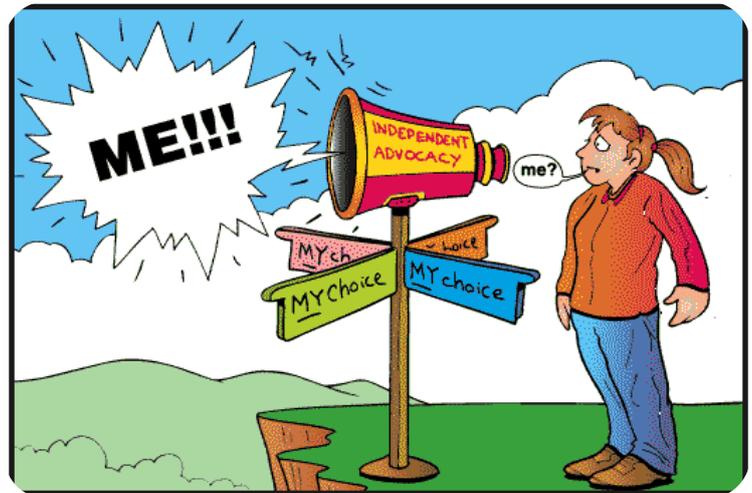
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SOUTHERN ADVOCACY SERVICES (SAS)

What is advocacy? What do we offer? How does it positively benefit the community?



Southern Advocacy Services, formally Isle of Wight Advocacy Trust, was established in 2003 in Newport on the Isle of Wight. We now offer services across the South of England.

We are an independent charity which supports a diverse range of vulnerable people, including people with mental health needs, people with learning disabilities, physical and sensory impairments, families, carers and older people.

The service provides a combination of one-to-one specialist support, group work, support within residential care homes and also in community settings.

- ❖ **We are an independent organisation.**
- ❖ **We are a not for profit organisation.**
- ❖ **Our services are confidential.**

Mission Statement

Southern Advocacy Services aims to deliver a high quality and effective advocacy service tailored to the expressed needs and wishes of each individual client.

Southern Advocacy Services challenges discrimination and disadvantage and takes positive action to ensure full participation by all groups and sections of the community.

We ensure that vulnerable people are supported and enable people to take part in decisions about their own care, make an impact on services which they use and influence other decisions which affect their lives.

Values & Philosophy

We believe that people with any form of disability or mental health need are equal members of society and that everyone has the right to plan their own life, to be listened to, taken seriously and to be respected.

Diversity

Southern Advocacy Services is aware of prejudice, discrimination, inequality and disadvantage as a consequence of difference of race, religion, sexual orientation, gender, disability, age, appearance and other factors.

Within our organisation we are committed to challenge and change these experiences for individuals. With regard to recruitment, training, support, promotion, involvement, publicity and discipline we take positive action to eliminate disadvantage and to recognise the needs of and to promote oppressed or marginalised sections of the community.

Southern Advocacy Services always ensure that positive action is taken to facilitate ease of access by all groups in society and embrace difference in race, religion, sexual orientation, gender, disability, age and appearance. We also seek to ensure that suitable cultural, ethnic and gender sensitive styles of service are developed in order to challenge institutional discrimination in our own and other services.



On average every year we support more than 600 vulnerable people including their families or carers.

STEPHEN AND NICOLA ***"THIS IS OUR STORY"***



Stephen and Nicola have known each other since they were at school. They have always liked each other. Stephen is now 37 years old and Nicola is 35.

Stephen and Nicola used to attend the Medina Centre in Newport. Medina Centre was a day centre for people with disabilities. Both Stephen and Nicola enjoyed going there very much and whilst they were there they started a relationship together.

Stephen was aware of the advocacy service and asked for an advocate to talk about his life with him. Once he got to know his advocate he invited her to his review at the Medina Centre. Stephen's mum came and some other people. Stephen was clear he wanted to see more of his girlfriend Nicola so his advocate helped to explain this to people. Everyone understood and the advocate offered to spend time with Stephen and Nicola to support them to think about how their relationship could develop.

Both Stephen and Nicola worked with their advocate for 3 months. They designed a 'pathway' which showed all the things they wanted to do together, such as spending time together at weekends, going on holiday together, joining a social club together and living close to each other.

Stephen and Nicola wanted the advocate to meet with their families and to talk with them about their hopes and dreams, they are lucky that they both have very supportive families who were happy to meet and talk things through. Soon after this Nicola moved from her family home to live in Ryde, near to Stephen. Stephen lives with his parents and now they are not far apart.

This is what Stephen and Nicola say:

“ We go to Johns club together on a Friday evening, that’s a club were we dance, have parties, play snooker and the club arrange holidays, so we are going to Butlins together with the club in October 2013”



“We would like to spend more time together. At the moment we see each other at the Riverside once a week and at the social club, it would be nice to see each other over a weekend, do you think the advocate will come and help us sort it out”?

“When we had an advocate she asked us what was important to us, we told her our dreams and our wishes and the advocate helped make it happen, so we are hoping that we can have our advocate back to help us to make the next part of our dreams come true, to spend time together at the weekends”

“We love each other and want people to know that. It’s not as easy for us to just go out to see each other because we need support, so we are hoping this story helps people to understand what we want from life”



“Thanks for reading our story!”

THIS IS SOME OF THE WORK SOUTHERN ADVOCACY SERVICES ARE INVOLVED IN...

FAMILY ADVOCACY

We continually support parents with disabilities/mental disorders who are confronted by barriers in bringing up their children successfully. They are often experiencing difficulties in their lives, living in unsatisfactory housing in difficult conditions, without the recourse to the information they need in formats they understand. They are reluctant to seek help for fear their children will be removed from them. We have specialist advocates who support the families with independent advocacy, enabling them to reduce their isolation, build confidence and self-esteem, share their experiences, provide informal peer support in a safe place, say what support they need and explore workable solutions. We offer support through the **Child Protection** and Judicial System by attending court, review meetings and child protection conferences. Advocacy enables parents to gain effective support to care for their children and helps to keep families supported in their homes and to stay together.



INDEPENDENT MENTAL HEALTH ADVOCATE (IMHA)

SAS offers **Independent Mental Health Advocates (IMHA)** to people living on the Isle of Wight who have been detained under the Mental Health Act.

IMHAs exist to help and support people to understand and exercise their legal rights. IMHAs are available to 'qualifying patients' as well as people on supervised community treatment or guardianship.

INDEPENDENT MENTAL CAPACITY ADVOCATE (IMCA)

SAS offers people living on the Isle of Wight specialist advocacy support (**IMCA**)

The role of the IMCA is to support and represent people who lack capacity who have no-one else to support them when major, potentially life-changing decisions are being contemplated; possibly because of dementia, a brain injury, a learning disability or mental health needs, who is also faced with certain decisions about serious medical treatment and long term care moves. For example, a person with a severe brain injury who has no friends or family and who cannot communicate through language will have an **IMCA** to make representations about their wishes, feelings, beliefs and values.



APPROPRIATE ADULT

We have set up an **Appropriate Adult** Service for vulnerable young people living on the Isle of Wight who are arrested by the Police. The Appropriate Adult ensures the young person's welfare is maintained, explains police procedures, protects their rights, aids communication and attends the police interview to ensure it is conducted fairly.

Once at the police station, they have three basic rights:

- The right to free and independent legal advice;
- The right to have someone informed of their arrest;
- The right to consult the Codes of Practice which explains police powers and procedures.

Young people and adults who are considered to be 'vulnerable' must have an '**Appropriate Adult**' – someone who can support them during the process. An appropriate adult can be a family member, friend or often a volunteer or social/health care professional.

We have recruited and trained 8 volunteers who provide this very valuable service and have supported many vulnerable people who have required an Appropriate Adult. We are also expanding this service to vulnerable witnesses.



“People don’t need an advocate all the time. But they need to know that advocacy is available and how to make contact, if the need arises!”

PAUL EDWARD MARYON

MY ADVOCACY STORY



My name is Paul Edward Maryon and I am 48 years old. I suffer from hydrocephalus (water on the brain) and I am blind. I live in residential care and I know I need support with many aspect of my life but feel it is very important to have choices.

I have been supported by advocacy from Southern Advocacy Services for a number of years and since 2005 have been the Co-Chair of the Board of Trustees. Jan Gavin used to be my advocate before I lived in residential care and she helped me to make decisions about my life. Advocacy offered me choices and supported me to decide what I wanted to do.

I am a keen supporter of Chelsea football club and when I have the opportunity I enjoy being involved in activities like gardening, arts and crafts and making scrap books. I love flower arranging and making crafts with dry flowers.



For 25 years, until 2011 I attended the Medina Centre in Newport and had many friends there. I was very sad when it closed.



I now go to the Phoenix Centre where I enjoy woodwork as well as other activities. I miss my friends from the Medina Centre and recently, with advocacy support, I was able to join a new friendship group which reunited me with some of my old friends. My current advocate Emma spends time with me to see what my life is like and listens to me tell her how my life could be better. Emma suggested she set up a pen pal relationship and supported me to write letters to my friend. Emma discovered that my friend attended a local social group and arranged for me to go along. It was very exciting to go to a new club!

I think I should have the same choices as others but my choices are limited when people don't listen or even ask what I want from my life. The time I have been spending with my friends has made a lot of difference to me and I hope it stays part of my life.

I have a citizen advocate called Terry. Terry has known me for over 6 years and he is a brilliant poet! Terry and I talked about what it's like for me to have to use a wheelchair and Terry captured my feelings about it, put it into a poem and now I would like to share it with you. It is called 'My Prison Chair'.

MY PRISON CHAIR

My prison is a wheelchair
Far worse than any cell
Without a sense of humour
Life really can be hell

I can't get in, I can't get out
Without help from someone kind
To give a hand, if someone can
Even worse when you are blind

Those daily tasks not hard for you
For me they take so long
To have a pee, my hands not free
My limbs are not that strong

What's my crime? I've done the time
Stuck in this chair on wheels
There's no release and little peace
Can't tell you how it feels

Next time you see someone like me
Stuck in a prison chair
I want to know, why this is so
And do you think it's fair?



DIFFERENT TYPES OF ADVOCACY

Citizen Advocacy

A one to one partnership between two people. The Citizen Advocate is a volunteer who usually forms a long term relationship with their partner and takes a personal interest in ensuring that their partner's interests are effectively represented. The relationship is based on trust, commitment and loyalty. There is an element of emotional support and friendship as well as a social element, which may involve introducing the partner to new experiences and/or activities.

Independent (Issue-based) Advocacy

Can also be called crisis or case advocacy. A one to one partnership between two people, often provided by paid advocates. Independent advocacy shares the same principles as Citizen Advocacy, but is usually a short-term, one-off involvement, dealing with a specific issue in a person's life. The relationship is normally time limited, but may last for several months. When this has been done the advocacy partnership is terminated unless it is required again.



Self-Advocacy

Seen by many in the advocacy movement to be the most ideal form of advocacy, and one which all other types of advocacy should be aiming to work towards. People speaking up for themselves to express their own needs and representing their own interests. Often people with some form of disability may have received some support in achieving self-advocacy – this is a model employed by People First – a group run by people with disabilities for people with disabilities.

Group Advocacy

Where people come together to represent shared interests or goals and works by offering mutual support, skill development and a common call for change with the intention of developing or changing services.

Peer Advocacy

Support from advocates who themselves have experience of using particular services such as mental health or learning disabilities services. Can involve people speaking up for those who cannot do so themselves and may link with group advocacy.



Legal advocacy

Representation by legally qualified advocates, usually barristers or solicitors.



Professional Advocacy

Representation by members of services involved in a person's life, for example social workers or health workers. Whilst this is an important form of advocacy, most independent advocacy agencies would stress the limitations of this type of advocacy and recognise the potential conflict of interest that may arise out of professionals advocating on their service users behalf.



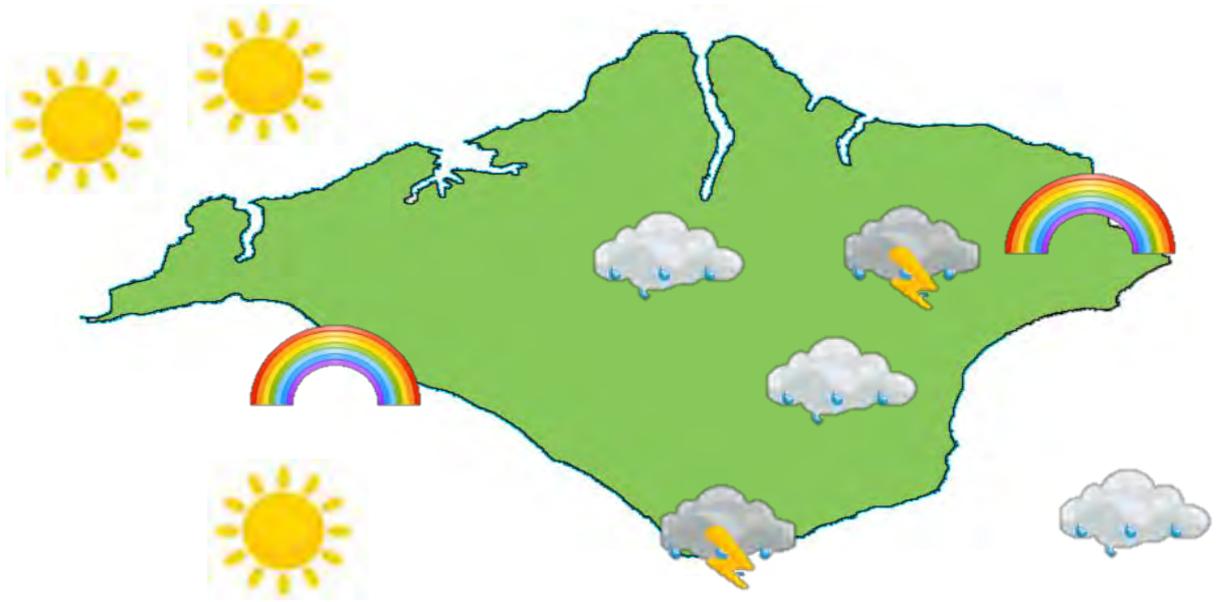
Statutory Advocacy

Where there is a statutory duty to provide advocacy following government legislation such as Independent Mental Health Advocacy (IMHA) and Independent Mental Capacity Advocacy (IMCA).

Family and Friends advocacy

Where a person's family member or friend(s) play a part in advocating on their behalf. Most of us will have used or provided this type of support at some time in our live whether we realised it or not.





MY STORY: BY SP

A rainy time in my life

My story is about how advocacy helped and supported me through a difficult period in my life. The time I clearly remember is when I was living in a care home. Certain people in the home where I lived were not treating me with dignity or respect which was making me feel lonely and isolated.

A stormy time

At the time I felt I was being controlled by others and it made me feel very bad about myself. No-one listened to me and it felt like I was banging my head against a brick wall because I could not see a way out of the situation.

A sunny time in my life

I spoke to someone who knew about advocacy. I was offered advocacy support and I realised that by having an advocate help me to look at my choices I was able to improve and change my situation. My advocate listened to me and supported my decision to move accommodation. I felt a weight had lifted from my shoulders. I began to have a really good feeling and thought I do not have to put up with being disrespected anymore. The good feeling was excitement that I was suddenly in control of my life. I felt stronger and it was an amazing feeling.

My Rainbow Day

My time of happiness

Advocacy really did change my life. Having support from an advocate by helping look for other places to live, I began to gain confidence and feel my views and choices were being heard and respected. The advocate supported me by helping me move out of the home and into temporary accommodation. The advocate gave me the confidence to find a new permanent place to live. I am really happy with where I live now and without the support from my advocate, I may still have been in the same position I was over a year ago.

The way I see it now is through advocacy support I have been able to achieve certain goals by moving to a place where I feel happier, respected and have independence and freedom.

By telling you my story, I will be able to encourage other people to seek advocacy support and make people aware of their rights and entitlement to choice, respect, independence and how to take back control of their lives.

One of my hobbies is the weather and maps. With the help of my advocate I have used pictures throughout the story to express how I was feeling at certain times in my life. I hope by reading my story that people are able to understand the advocates role.

If you feel you are in a similar situation to me then advocacy support might be able to help you through your difficult time and you may find your own rainbow to happiness.

Good luck!

ADVOCACY METHODS OF WORKING

Advocacy is varied in the ways in which it works, but operates on certain basic principles and approaches.

OBSERVE AND INTERACT

- Observe and interact – join in with activities
- Listen
- Be aware of reactions
- Be empathic
- Don't be afraid of looking foolish
- When taking notes – ask those present if this is okay first
- Collate the information taken while it is still fresh in the memory
- Always confirm and re-confirm appointments, both on the day before and on the actual day of the appointment, so as to avoid wasted time and expenses
- It may be useful to observe the person in different environments (other than care home or family home)
- Observe how the staff work



**THANKS
FOR
LISTENING**

SUPPORT NETWORK

- Always have a good relationship with people you will be working with
- Make sure that they have a good understanding of what your role is. This includes: Family, Care Workers, Key Workers and Care Managers

FAMILY

- Make sure that you work closely with family members as well
- Keep the family informed at all stages
- Make family aware of your role as an advocate



COMMUNICATION

- Work with the people closest to your client so that you can find the best way to communicate with them
- Remember certain verbalisations i.e. high pitched noises or whistling may mean certain things or have a particular interpretation
- Likewise remember there may be use of non-verbal communication as well
- Also remember that a good way of telling if someone is trying to communicate is watching their behaviour

METHODS OF WORKING

Try using the following to interact with the person

- Photography and video for evidencing activity
- Drawing and painting including arts and crafts – using a ‘Blue Peter Box’
- Photographs – to create records of things that are important to the person
- Holiday brochures
- Makaton
- Making a scrap book or photo album
- Music – CD’s
- Hand Massage
- Auditory stimuli – i.e. card flicking

“Advocacy really can change lives!”

Pictures below were taken whilst creating this book



CHERYL WYNNE TELLS US ABOUT HEALTH BUDDIES

Southern Advocacy Services set up the 'Health Buddies' network which involves volunteer advocates or Health Buddies sharing their knowledge, skills, expertise and experience with others, with the aim of helping them towards more healthy lifestyles. They offer support in a number of healthcare areas such as: healthy diets, healthy eating and cooking as well as supporting people to lose weight sensibly.



Health Buddies link up with families, young people and adults who want to embrace a healthier lifestyle. All Health Buddy members receive a booklet called " Health Buddies on the IOW " It supports people to understand the benefits of achieving a healthy weight and increased physical activity. It also contains a personal weekly activity chart to log progress on diet and exercise.

People who are overweight very often disengage with activities and may feel isolated; the groups aim to empower individuals to make their own choices and achievements are recognised and rewarded. All of our groups have been highly successful.

Just over a year ago we started up a Health Buddies group in a residential home where Cheryl Wynne lives. Cheryl joined the group along with other residents and currently enjoys taking part in Health Buddies on a weekly basis.

One of the members has managed to lose three and a half stone and has dropped many dress sizes. Cheryl recalls some of her favourite group sessions which include the cooking sessions. Cheryl loves cooking healthy dishes like low fat sausage and mash, chicken curry and strawberries with fat free yogurt.

A Health Buddy called Michelle has supported the group and they enjoy going on walks and discussing healthy food choices. Michelle supported the group to fill in their booklets and record their weight. Cheryl says that learning about food with Michelle's support is exciting and having a Health Buddy, makes it fun and interesting. Advocacy support has enabled Cheryl to explore new healthy ideas and to maintain her weight.

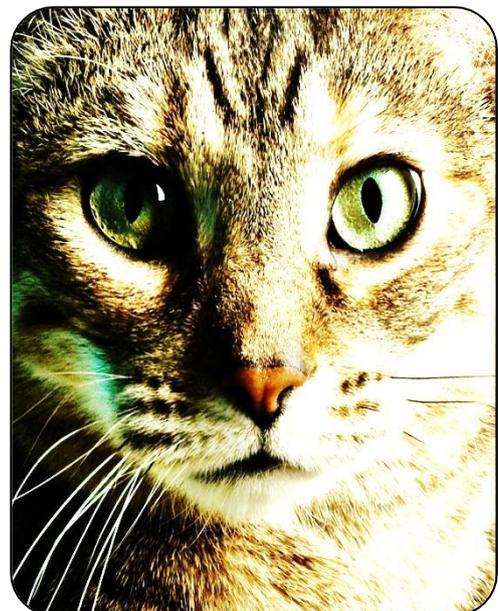
Cheryl currently attends a group called Blue Sky which is held at the Riverside Centre in Newport. In this group Cheryl enjoys painting and drawing and has just recently finished a canvas painting which she is extremely proud of. Cheryl enjoys being able to tell her family all about the exciting things she takes part in when they come to visit her at her residential home. Cheryl has a love of cats and has a cat called Newton who lives with her at her home. He is the house cat and all the residents love him living there but Cheryl mentions that Newton is now getting old.

NEWTON THE CAT

**Newton the cat who lives in my house
When he came to stay he was a stray
boy or girl we didn't know
when we found he was a boy he had the name
of Newton**

**He sleeps all day and is getting old
Me and Ruth feed him food and give him many
strokes.**

**I know when he is happy as he likes to purr
Sometimes he has the odd fur ball
He is a very nice cat**



ISABELLE'S STORY

Isabelle is a young lady who had lived all of her life at home with her Mum and Dad. She was an energetic and happy woman who engaged with her parents well. Isabelle is described as having severe learning disabilities.

In October of 2005 Isabelle's Father died unexpectedly, and within a matter of weeks Isabelle's Mother was diagnosed with a terminal illness. Isabelle's life was thrown into turmoil. This is a picture of Isabelle and her Mum and Dad.



Isabelle was moved into a residential home. Staff struggled to understand Isabelle, and Isabelle did not understand why she had suddenly lost both her parents and her family home. As a result she became more and more withdrawn.

Advocacy was asked to become involved with Isabelle after she had been in residential care for five months.

Isabelle had been through a very difficult five months, where she had to adjust to dramatic life changes. She was withdrawn, frustrated, and very anxious. Having previously suffered mild and infrequent epileptic fits she was now suffering frequent and more severe fits. Staff had little knowledge of epilepsy, and the continuity of care was poor. People who knew Isabelle well were very worried about her.

Southern Advocacy Services met with Isabelle's support network, care manager, staff from her home and day care services, and her mother, to discuss how we could work together to support Isabelle.

Isabelle needed to feel close to the things that were important to her.

An experienced advocate was allocated to Isabelle to make a video diary.

ABOUT THE DVD “ME AND MY MUM”

The purpose of using filming was to capture memories for Isabelle when her mother was no longer with her.

Isabelle and her mum are captured spending time together, although mum is very ill, she was able to spend time “Just being” with her daughter. They clearly love each other deeply, and this has been sensitively captured without intrusion.

Isabelle is able to use this DVD at her day centre or at home with the use of a laptop computer. She responds with excitement each time she views the DVD, she strokes the screen of the laptop when she sees her mum. She sits quietly listening to her mother’s voice talking to her. When Isabelle becomes anxious and distressed, the DVD has an immediate calming effect on her.

We provided an upbeat music track onto the DVD section on Isabelle, to convey that these were happy memories for Isabelle. Isabelle has a guardian, who was a very close friend of her mother’s Isabelle and her guardian spend time together





JAN GAVIN

MY ADVOCACY STORY

I am no stranger to a challenge and at the age of 14 was in trouble at school for defending my best friend against bullies, she was disabled and unable to tell people what was happening to her. We developed our own communication and I understood that she wanted me to help her to speak up and tell people what was happening to make the bullying stop. Unbeknown to me, this was advocating and I believe that since then advocacy has become part of my everyday life

People advocate (or speak up) every day for themselves, for their children, their relatives and for their friends. Concerned individuals advocate for people who are particularly vulnerable and who feel undervalued. Advocacy ranges from informal support and/or encouragement of a friend to legal advocacy. I have been involved in all of these and now, in my role with Southern Advocacy Services we support more than 600 people a year to help them to have a voice.

I have found that being an advocate can make a considerable difference in individuals' lives. Some of these differences are small and indefinable, such as an increase in confidence and understanding choices, or gaining the skills to speak up for oneself. Other differences are much more significant and tangible, where the new 'voice' obtained through advocacy support has meant that people are listened to in a way that allows them to influence the services they receive: for example, to live independently in a home of their own choosing or to have their human and civil rights upheld by challenging systems. Whether differences are big or small, the impact is the same: that of improving the quality of a persons life.

As an advocate I am able to offer support for people who are seeking resolutions to any issues that is of concern to them by ensuring that their voice is heard and that they understand their civil and human rights.

Advocacy is closely linked to the principles of Human Rights, disability discrimination, equality of opportunities and the social model of disability.

As an advocate I am able to redress the balance of power by providing a mixture of support, signposting, sharing knowledge to support decision making and help the person to ensure their rights are respected. I am guided by the principle that every person should be valued and respected, and I always ensure that the people I support are not ignored or excluded because of the prejudices they face.

As an advocate I believe that everyone has the right to be respected and listened to, to be involved in decisions that affect their lives and to have aspirations for their future.

After all, is this not something we are all entitled too?

I have been described as ‘Fearless’ and ‘Brave’ but in my opinion, whilst we are championing the cause for those less able, we have a duty to redress the balance of inequality for those who are not able to speak up for themselves.

This is a CQC inspection with clients I supported to “have their say”



Advocacy is NOT

- *Being a friend or counsellor.*
- *Persuading the person to agree with others.*
- *Deciding what is in the person's best interests.*
- *Complaining - Advocacy is not an alternative complaints procedure but may involve the advocate in supporting the person in making a complaint effectively.*

KANE BARNACLE

MY ADVOCACY STORY



I have worked for Southern Advocacy Services for seven years. I have learnt that if you ‘listen and be led’ by the person you are supporting you are able to support that person to have a strong voice.

It’s the little things that people care about that get overlooked; the ability for a person to choose their own food, the choice of daytime activities and having the support to choose your own clothes are all decisions that we take for granted, but a person without the ability to make these decisions can feel disempowered and isolated.

During my role as an Advocate at Southern Advocacy Services I have been involved in the most amazing stories of success, for example Charlotte (picture below) was supported by an advocate to leave residential care and live independently, eventually being supported to marry Simon.



I have helped in supporting some of the most vulnerable and at risk clients, offering them independent support to be able to make beneficial changes to their lives

The Advocacy core values are; choice, respect, empowerment and independence. It is my personal opinion that Southern Advocacy Services has been instrumental in developing innovative ideas to support people in the most ‘client focused’ and professional way.



Stephen loves Roman history and was asked by Brading Roman Villa if he would help to design a leaflet advertising their Villa to people with learning difficulties.

Stephen and Martin designed this leaflet with the help of their advocate.

They are very proud of it!





EMMA MUNCASTER

MY ADVOCACY STORY

When I began my role as an advocate, it really opened my eyes and made me think about my own life, and how I take things for granted. I realised how lucky I am to be able to make choices and speak up for myself in my day to day life. People can take for granted simple things like being able to have a relationship or going out to meet a friend or even having to get up, or go to bed at certain times because you are dependent on care staff. Some people I have met whilst being an advocate have had very little or no input into what happens to them and I have been lucky enough to see their lives change because of the support that other advocates and I have been able to offer.

Finding out what their rights are and speaking up for them has made some dramatic changes for some people. Being an advocate has also involved encouraging and empowering people to feel confident to make changes for themselves.

I have been able to support some extremely vulnerable people and also people who had reached a crisis point in their lives. I often wonder what would have happened to them, had they not had our support and it worries me to think that there are still thousands more people out there that don't

know about advocacy and the changes it can achieve. Anybody could find themselves in a helpless situation at some point in their lives, but not everyone has family or friends that are able to offer the support they may need which is when an advocate can help.

Working as an advocate can be hard at times and can involve thinking on your feet a lot of the time; but it is a job I really enjoy, the main reason is the people I support, as well as their carers or families. Everyone is unique, so support that is offered is solely around their needs and wishes. They may be in a situation where they feel undervalued or have low self-esteem because of the way they have been treated by others, so when I support anyone, I like to make them feel valued and most importantly listened to.

Advocacy is not about what I want or feel is best for someone, it is about listening to their wishes and views and supporting them to achieve it. I always have to remind myself that advocacy is about empowering others to do things for themselves and as tempting as it may be to wave a magic wand and solve all the problems for them, sometimes people want to solve the problems themselves, but may need encouragement and support to make things happen.

I love my job and the people I get to meet and I can safely say that no matter what I go on to do in my life, advocacy will always stay with me. I will always promote the benefits of advocacy and remind everyone that they have the power to make their own choices in life, no matter what anybody tells them.





WHAT ARE HUMAN RIGHTS?

Human rights are given to us from both The Human Rights Act and from The European Convention on Human Rights.

We all have human rights, no matter what your nationality, place of residence, sex, ethnic origin, race, religion, or language.

We are all equally entitled to our human rights without discrimination.

Human Rights are important as they influence our thinking, our actions and the way that we treat others.

They are based on a set of common values which are fairness, respect, equality and dignity.

Our Human Rights include:

- The right of life
- The right to a fair trial and access to justice
- The right to respect for your private and family life
- The right to freedoms of your thoughts, your expressions and your religion
- The right to not be discriminated against

People with disabilities have the same human rights as everyone else!



THE EQUALITY ACT 2010

The Equality Act 2010 provides protection for people with disabilities against discrimination on the grounds of disability.

This protection applies to the following areas:

- **Employment**
- **Vocational training**
- **The provision of goods, facilities and services**
- **Education**
- **Premises**
- **Transport**

The Equality Act 2010 recognises that barriers exist within society, which present difficulties for people with disabilities and creates a positive duty on employers, education and service providers to make 'reasonable adjustments' to their policies and premises where reasonable and appropriate.

Understanding your rights

If you are a person with a disability, a family member or a representative of a disability organisation, who would like to know more about the rights of a person with a disability, you can ask us to support you.

The advocate will listen to you, identify the options available to you and support you to take action to secure your human right.

TESTIMONIALS

“My advocate made me feel anything was possible”

“We had no idea there were so many options to choose from”

“My advocate helped me to understand my Rights”

“Advocates really listen”

“They get the job done”

“My advocate attended meetings with me and helped me to say exactly what I wanted. For once I was in control”

“Advocacy really DID change my life”!!

WHERE TO FIND US:

Quay House

The Quay

Newport

Isle of Wight

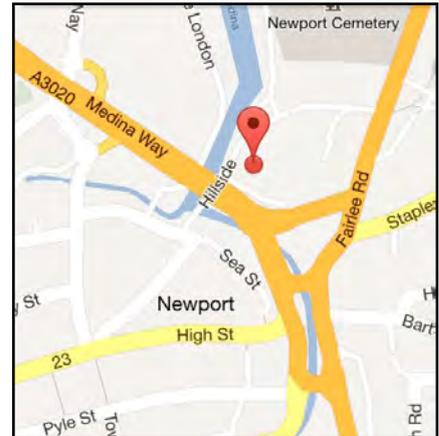
PO30 2QR

Telephone: 01983 559299

Fax: 08443588877

Email: info@southernadvocacyservices.co.uk

Website: www.southernadvocacyservices.co.uk



WANT TO GET INVOLVED?

SAS is always looking for volunteers to help support individuals to speak up for themselves and to support advocacy group meetings and activities. We aim to recruit volunteers from different cultural backgrounds, and of all ages.

All volunteers are offered training and are welcomed with enthusiasm.

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