

# Advocacy service



### Advocacy helps you say what you want, represent your opinions and access the services you need.

### How an advocate can help

With your permission, our advocate can write letters, make telephone calls, attend meetings, offer support, research options and opportunities.

### Our advocates will:

- listen to you, make sure you know your rights and entitlements and take your side
- speak up for you and make sure people listen to your views
- ensure you are treated fairly
- be independent from other people in your life such as your family, care manager or health workers.

### Advocacy is not:

- about offering advice, opinions or judgements about what is best for you, or persuading you to follow a particular course of action
- about replacing support or services that are lacking
- a substitute for a professional to talk directly to you
- about representing you legally in a court of law (we can offer support).

## Advocacy is all about giving you a choice and a voice

Our service is free, independent, confidential and non judgemental.

## To receive this service you need to be:

- over 50 years of age
- living in Northumberland

### Some of our services are targeted

We particularly want to help people over 65 years of age and experiencing financial abuse or distress.

For more information about how we can help you please contact us. Please note that our advocates are not always in the office, but if you leave us a message we will return your call.

### Age UK Northumberland

t 01670 784847 m 07720 740 988

e advocacy@ ageuk-northumberland.org.uk

### www.ageuk.org.uk/northumberland