

ADVOCACY SERVICES:

When decisions are being made about our health and social welfare, it can be hard when we don't feel listened to, when what's important to us isn't taken seriously by others, or we just don't have the words to say what we really feel or want. Advocates take time to understand our situation, explore the options, help us decide what we want to do and how we want to do it, but they will not make decisions or take action unless we want them to.

'Rethink' is a mental health advocacy service designed to support those who are vulnerable or who need help in making informed decisions and secure the rights and services to which they are entitled. Visit: <https://www.rethink.org/> and look for 'Help in your area'.

'The Advocacy People' provide advocacy services in East Kent. They help anybody that is need of independent support to speak up. They deliver quality and innovation in advocacy through their practice. Contact them directly: 0330 440 9000, email info@theadvocacypeople.org.uk or visit: <https://www.theadvocacypeople.org.uk/>

'Centre for Independent Living Kent' (CiLK) is an independent organisation run, controlled and managed by disabled people. Supporting disabled people in Kent and Medway to have choice and control, to live independent lives. Contact them directly: 01233 633187, email: enquiries@cilk.org.uk or visit : <http://www.cilk.org.uk/>

'Age UK' is a charity dedicated to helping everyone make the most of later life. The over-60s is the fastest-growing group in society and there are more of us than ever before. Ageing is not an illness, but it can be challenging. They inspire, enable and support older people. They stand up and speak for all those who have reached later life. Contact them directly: 0800 055 6112 Free to call 8am-7pm 365 days a year or visit: <https://www.ageuk.org.uk/services/in-your-area/>

'The Young Lives Foundation' provide a children's rights and advocacy service for all young people entitled to receive support from Kent and Medway Specialist Children's Services

Contact them directly on: 01622 693459, email: enquiries@ylf.org.uk or visit: <https://ylf.org.uk/>

'NYAS' provides advocacy and legal representation to children and vulnerable young people when important decisions are being made about them. The NYAS work with children and young people who might be in care, have a disability or special needs, be subject to child protection plans, have mental health difficulties or their parents might be separating. Contact them directly on : 0808 808 1001, email: help@nyas or visit: <https://www.nyas.net/>

'KCC Advocacy Services' make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life. They can help you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. Visit: <https://www.kent.gov.uk/social-care-and-health/care-and-support/disability/advocacy>

