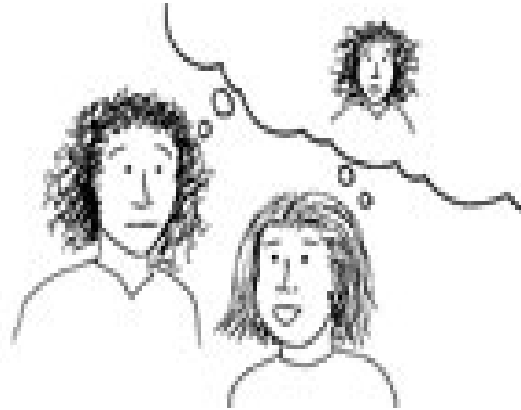




Your Voice Wakefield Advocacy Project

Advocacy for people with learning disabilities



YOUR GUIDE TO ADVOCACY



Would you like to receive some support in **SPEAKING UP FOR YOURSELF?**



Would you like to find out more about **SELF-ADVOCACY?** Do you want to set up your **OWN GROUP?**



If your answer is **YES,**
this guide is for **YOU**

What is Advocacy?



Advocacy is when someone supports another to **speak up**.



Advocacy is an important way for people with a learning disability to be supported in **making their own choices** and **to be listened to**.



Advocacy supports people with learning disabilities to **have more power** in their lives and to have **greater opportunities**.

What does an advocate do?



An **advocate** is a person **who supports someone else to speak up**. An advocate make sure **people's rights are respected** and **their voice heard**. An advocate is always on the side of the person with learning disabilities.



An advocate supports the person with a learning disability (called partner) in meetings with people like Social Services and doctors and in other everyday situations.



An advocate can help the person with learning disabilities (called partner) **to find information and** to make sure that they are **easy to understand**. Having the right information allows the person with learning disabilities to make real choices (called **informed choices**).



Advocates help their partner to **have choice** and **control** over their own life.

Different types of advocacy



Crisis advocacy is when a person with a learning disability gets help with a problem from an advocate. The relationship ends when the problem is sorted.



Citizen advocacy is when a person with a learning disability is matched with a volunteer. The volunteer is their advocate. The relationship lasts usually for a long time.



Self-advocacy is when people with a learning disability speak up for themselves and support one another.



Peer advocacy it is when 2 people or more share the same problem or issue (like they have had the same experiences or live in the same place) and support each other.



Legal advocacy is help with legal matters. It is usually given by a specialist like a lawyer.

If you want to meet an advocate

If you are not happy about the service you receive or if you want some **support in making** an important **choice** about your life

Or

if you want to get involved with the **self-advocacy group** or receiving some support in **setting up your new group** with your friends, you can:

call or ask someone to help you to call

Your Voice Wakefield on **01924 305763** (there is a 24 hours answer machine)

or **write** a letter to

Your Voice Wakefield

25 King Street

WF12SR- Wakefield

Or send an email to:

Roberta.roccella@mencap.org.uk



The service is **free of charge** and it is **confidential** (which means that we won't tell anybody what you say to us unless you want us to do it).