

Camden and Islington Integrated Advocacy Service (CIAS)



Rethink

Advocacy

What is advocacy



- an advocate will try to help you sort out the problems that you need support with



- they will support you to speak up for yourself or speak to other people for you



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- From 1 October, Rethink will be running advocacy services across Camden and Islington

What an advocate can do for you



- **Listen** to you and find out what you think and what you want to happen



- Help you get the **information** you need to make **decisions**



- Make sure you have a **voice** in **decisions** that are about you



- Support you to **tell people** what you want and need



- help you feel more in control



- make sure your **rights** are respected

your **rights** are the things you are allowed to do and how you should be treated by others



- Support you to be a **self advocate**. This means speaking up for yourself and making sure your views are heard

Working with your advocate

- Your advocate can help you if you have a problem with things like:



- your house or where you live
- care and support
- health and medication



- Your advocate can also help if you want to **complain** about a service.
 - **Complain** means telling a service you are not happy

About our services



- we are an **independent** service. This means we do not work for other services like the NHS or local councils



- the law says some people need to have an advocate.



- we also help people who want support from an advocate, but the law doesn't say they need to have one

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For more information

- If you would like to know more about our services, you can contact us:

- By phone:

0300 7900 559

you will hear a recorded message



Press number 2 on your phone to speak to someone



- By email:
candi@rethink.org



we are open in the week from 9am to 5pm