



This easy read tells you about:



Independent Advocacy



Advocacy helps people understand their rights.



It makes sure you are listened to.



It is about getting help to speak up.



What does an Advocate do?



They listen to you and what you have to say.



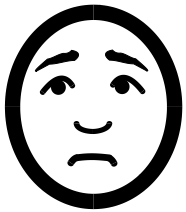
They help you to look at your options.



They help you to make your own decisions.



They help you tell people like your family, staff and social workers what you want.



They help you make a complaint if you are unhappy with a service or the way you are treated.



How do I get an advocate?

Independent Advocacy in Nottinghamshire is provided by:



Your Voice, Your Choice

For more information contact

The County Councils Customer Services:

Phone: 0300 020 0093

Email: pohwer@pohwer.net





For more information about Independent Advocacy visit:

[Your Voice, Your Choice:](#)

[Advocacy | Nottinghamshire County Council](#)



These webpages are not in easy read.

If you need help to use the website please ask someone who supports you.