

Advocacy Factsheet

If you find it difficult to get what you want from the NHS or social services, advocates can help you to express your concerns, get information and explore options for moving forward

How can an advocate help?

Advocates can help you to deal with doctors and other professionals in the NHS or social services. They normally work for charities, so they are independent. They can help you to:

- get what you are entitled to
- get your point of view across
- get the services that you need.
- go to appointments with you
- help you to write letters.
- speak on your behalf if you want them to.

You might find it helpful to have an advocate if you:

- find it difficult to get the treatment or services you want
- feel intimidated by doctors or other professionals
- feel that things are explained in a confusing way
- have problems with concentration.

How do I find an Advocate in Slough?

Advocacy in Slough The organisation runs NHS Complaints Advocacy services in Slough. This is a free service that can help you make a complaint about the NHS. Advocacy in Slough can tell you what can be done to make the problem better.

Website: www.advocacyinlough.org.uk

Tel: 01753 415299

Text: 07713 711 999

Email: info@advocacyinlough.org.uk

Alzheimer's Dementia Support Tel: 07516 165647 E: terrie.hall@alzheimersdementiasupport.co.uk

Dash Charity (formerly Berkshire East & South Bucks Women's Aid). Help individuals and families affected by domestic abuse with confidential advice and support. helpline: [01753 549865](tel:01753549865) general enquiries: info@thedashcharity.org.uk

Destiny Support Open to all Slough residents, particularly the "hard to reach" families and those with children with special needs e: info@destinysupport.org
t: 01753 552271 / 577458 Out Of Hours: 07899 784902

MENCAP works in partnership with people with a learning disability. Telephone: 01753 543 160.
Website: www.sloughmencap.co.uk.

PoHWER provide Statutory Independent Mental Capacity Advocacy (IMCA) including Statutory Deprivation of Liberty Safeguards www.pohwer.net/in-your-area/where-you-live/slough

Share your experience of care with Healthwatch Slough

Independent consumer champion

 01753 325 333



enquiries@healthwatchslough.co.uk

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"I knew I needed some sort of help and support but didn't know what. Once the advocate started helping me, things fell into place and I could move forward with

www.healthwatchslough.co.uk