

Important things to remember



You can speak to an advocate in private.

An advocate is there to support you.

For more information please contact
North Somerset People First on;
01934 426086

Or email us on;
Enquiries.nspf@yahoo.co.uk

**North Somerset
People First**

*Supporting people with learning
disabilities to have a voice*



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Advocacy

What is an advocate?



An advocate is someone who helps you to speak up for yourself.



They can also speak up for you if you find it hard to do this yourself.



You can speak to an advocate if you are not happy about something.

This could be things like;



You may not be happy about the way someone has treated you.



You may not like where you live.



You may feel like you do not have a say in what is happening in your life.

Some of the ways an advocate can help you



Help you to speak up if you are not happy about something.



Make sure you have choices about your life.



Help you to have a say in how you want to live your life.



Help you explain what you want to your family and other people in your life.



Try to make changes happen so you are happier.