

## What is advocacy?

Advocacy is about:

- Safeguarding people who are in situations where they may be vulnerable
- Speaking up for, or standing alongside people who may not to be heard - supporting them to express their views and make their own decisions and contributions
- Enabling people to make informed choices about, and remain in control of, their own social and health care

This is a professional and independent advocacy service, providing issue-based individual and collective advocacy support.



## CONTACT

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## VISIT US

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The logo for Circles Advocacy, featuring the word "circles" in a lowercase, sans-serif font with several white circles of varying sizes above it, and the word "ADVOCACY" in a smaller, uppercase, sans-serif font below it. The logo is set against a dark blue circular background.

circles  
ADVOCACY

A photograph of two women sitting at a white table in an office setting. The woman on the right is holding a document titled "MY Views MY Voice". The woman on the left is looking at the document. The background shows a window with vertical blinds.

CIRCLES ADVOCACY  
South Ayrshire

[www.circlesnetwork.org.uk](http://www.circlesnetwork.org.uk)

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# Circles Advocacy

Do you need help to speak up?  
Would it help you to have an independent person explain things to you or to speak up for you?

Circles Advocacy helps people to:

- Have a say about the services they receive
- Understand their rights
- Get the right information to help them make choices
- Raise issues they are worried about
- Safeguarding people who are in situations where they are vulnerable

Circles Advocacy in South Ayrshire can support people aged 16 and over, who are affected by:

- Mental health issues
- Learning disabilities
- Chronic illness
- Physical disabilities
- Brain injuries
- Dementia
- Autistic spectrum disorders
- Adults at risk of harm



Our office in a beautiful listed building

## How we work with you

We will meet you to talk about how we can help. We will listen to the concerns you have and tell you if we can help. We will agree a plan of how we will help you. We can support you with one or more problems.

## A Confidential Service

We will keep what you say to us confidential. Your advocate will talk to you about our confidentiality policy.

## We support isolated and excluded adults by:

- Promoting informed choice and opportunities.
- Challenging barriers to progress in modern Mental Health Care.
- Advocating for people without judgment and according to their expressed need.
- Acting in a safeguarding capacity for people's rights where issues of incapacity or communication difficulties arise.

**We can provide you with support in communication with all relevant agencies and at:**

- Tribunals
- Meetings
- Reviews
- CPAs
- Legal Proceedings

**Do you need help speaking up?**

**Do you need help having your views heard?**

## Examples of how we can help:

- We can help you find out more about your rights.
- We can go with you to meetings and help you raise any issues that are worrying you.
- We can help you to raise issues if you are not happy with a service you are receiving.

Circles Network Advocacy Project acts according to Advocacy Principles and Standards.