

## 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.

Specialised advocacy is available with regards to recovery and addiction. Recovery advocacy can offer individuals the opportunity to take control of their own recovery.



## Contact

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## Visit us

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**CirclesNetwork.org.uk**

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**Circles Advocacy**  
South Ayrshire

## 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
- adults with lived or living experience of alcohol or drug use
- chronic illness
- physical impairments
- brain injuries
- dementia
- autistic spectrum differences
- safeguarding concerns



Our office in a beautiful listed building

### How we work with you

We will meet you on line or in person 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 difficulties.

### 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 with 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
- CPA's

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 speak up to raise issues if you are not happy with a service you are receiving.

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