

# Independent Advocacy

for adults living in  
Argyll and Bute



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





Argyll and Bute

**Circles Network  
provide an  
independent  
advocacy service for  
adults to ensure that they  
understand their rights and  
are supported to have their  
needs, choices and wishes  
heard and respected.**



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### **What is an advocate?**

- Advocates have excellent listening skills
- Advocates do not give advice, they can help you understand your rights and options
- Advocates can help you to have your say, they can speak on your behalf or help you prepare and speak up for yourself
- Advocates will only speak up for you if you ask them to
- Advocates are independent from other services and supports

## You can access advocacy from Circles Network if you have:

- A learning disability
- A mental health issue
- A diagnosis of autism spectrum condition
- Dementia
- Been considered by the local authority to be 'a vulnerable adult'



## You need to be aged 16 or over to be eligible for this service.

To gain support, you can contact Circles Advocacy or ask your health and social care practitioner to make an introduction on your behalf.

We will give priority to people who are subject to legal interventions, for example, anyone detained in hospital in accordance with the Mental Health Care and Treatment Act, Adult Protection or Adults with Incapacity proceedings.

If we cannot support you, we will assist in signposting you to someone who can.

- ✓ Do you feel overwhelmed or frustrated by decisions being made about your care and treatment?
- ✓ Do you feel unheard?
- ✓ Do you find it hard to speak up in meetings about your health and care?
- ✓ Do you think that your rights are not being upheld or respected?



## Get in touch:

**Telephone:** 01546 733 019

**Email:** [argyllandbute@circlesnetwork.org.uk](mailto:argyllandbute@circlesnetwork.org.uk)

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

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