

# Independent Advocacy



This easy read document tells you about “independent advocacy” which can help you to understand your rights.



Advocacy helps people understand their rights.



It makes sure you are listened to.



It is about getting help to speak up.

## What does an Advocate do?



They listen to you and what you have to say.



They help you to look at your options.





They help you to make your own decisions.



They help you tell people like your family, staff and social workers what you want.



They help you make a complaint if you are unhappy with a service or the way you are treated.

## How do I get an advocate?



Independent advocacy in Nottinghamshire is provided by POhWER – Your Voice, Your Choice.



You can email them:

[y.yourchoice@pohwer.net](mailto:y.yourchoice@pohwer.net).



You can visit [their website](#).

We have information on [our website](#).





These websites are not in easy read format.  
If you need help to use the websites, please ask someone who supports you.

## Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.

There are several ways to contact them, including:



**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80



**Relay UK**

**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through



the [Relay UK app](#).



## **Sign Video**

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

## **Links in this document**

### **POhWER – Your Voice, Your Choice**

[pohwer.net/Nottinghamshire](http://pohwer.net/Nottinghamshire)

### **Nottinghamshire County Council - Advocacy Information**

[nottinghamshire.gov.uk/care/adult-social-care/advocacy](http://nottinghamshire.gov.uk/care/adult-social-care/advocacy)

### **Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](http://nottinghamshire.gov.uk/contactform)

### **Relay UK app**

[relayuk.bt.com/how-to-use-relay-uk/download-app.html](http://relayuk.bt.com/how-to-use-relay-uk/download-app.html)

### **SignVideo app**

[signvideo.co.uk/download](http://signvideo.co.uk/download)



For plain English web page version of this information, go to:

[Advocacy \(Nottinghamshire County Council\)](#)

[nottinghamshire.gov.uk/care/adult-social-care/advocacy](https://nottinghamshire.gov.uk/care/adult-social-care/advocacy)

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