

What does an Advocate do?

An advocate works in partnership with the client and is always directed by the person at all times. The advocate is always on the person's side. Advocates don't do things or talk to people without their advocacy partner's consent. Advocates do not withhold information that others have shared. Advocates support people to get the information they need to consider their options. Advocates support people to be listened to, respected and understood.

**Swindon Advocacy
Movement
Sanford House
Sanford Street
Swindon
SN1 1HE**

Phone: 01793 542575

Email:

info@swindonadvocacy.org.uk

**To make a referral please email
secure@swindonadvocacy.co.uk**

Registered Charity Number 1070038
Registered Company Number 3388017



Independent Community Mental Health Advocacy

Providing an independent accessible free advocacy service for adults who:

Would like someone independent to talk to and to explore options regarding their mental health support

OR

Are making a transition from institutional care to living in the community



Who is it for?

To access the Independent Community Mental Health Advocacy you will be:

- *Aged 18+*
- *Living in Swindon*
- *Making a transition from inpatient mental health services to living independently in the community.*
- *Moving on from or having a reduction in Community Mental Health support*

How do I make a referral?

You can contact Swindon Advocacy Movement on any of the contact details overleaf for an initial conversation and to request a referral form.

You can also download a referral form from

www.swindonadvocacy.org.uk

Or email us on secure@swindonadvocacy.org.uk

Self referrals are welcome.

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What happens then?

If the person meets the projects criteria we will offer:

- *An independent advocate to work with people giving consistent support as they plan for their discharge and to make a smooth transition from inpatient mental health services to settle into life in the community.*
- *Remain working with individuals for up to six months living in the community as they experience a reduction in Community Mental Health Support.*
- *Enable individuals to develop self-esteem and confidence as they feel empowered and in control of their own lives.*
- *Enable individuals to reduce loneliness and isolation as they settle into the community and increase their health and well-being.*