

Advocacy is not new.

It is part of everyday life.

People advocate (or speak up) every day for themselves, for their children, for their relatives and for their friends.

If you need help to speak up, give our advocacy service a call.

We may be able to help.

0191 259 6662

info@iane.org.uk

www.iane.org.uk

## Contact Us

If you would like to speak to an advocate or would like more information

### Independent Advocacy North East

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Independent Advocacy  
North East

**For Free,  
Independent and  
Confidential Help**

**Tel: 0191 259 6662**



## Why Advocacy?

Sometimes basic rights are denied to vulnerable people. Advocacy is founded on the belief that people are of equal value regardless of ability, wealth or status and are therefore entitled to equal rights.

We should all be entitled to the following rights:

To make decisions about our lives

To receive the social and health services we need

To know our rights

To be treated with respect

Not to be discriminated against

To make a complaint when things go wrong

## Who do we help?

Not all of us are good at speaking up for ourselves. Sometimes we are not listened to.

We cannot help everyone, but we may be able to help people with:

**Mental health problems**

**Anxiety or depression**

**Physical disabilities**

**Learning disabilities**

**Communication difficulties**

**and**

**Dementia**



## Case Advocacy

We have a team of case workers who work with people on specific issues. They start with an initial chat to identify your need and any appropriate action required. Meetings can take place at our offices or in certain cases we may be able to visit you.

## Citizen Advocacy

We recruit volunteers to act as Citizen Advocates to protect the interests and rights of people who might otherwise face unfair treatment. This is a powerful way of helping people be listened to and valued. Citizen advocates are ordinary people from all walks of life. The advocate must complete our training and they must be free of any conflict of interest.

## Self-Advocacy

People sometimes need support to develop their knowledge, skills and confidence to speak up for themselves. We run self advocacy groups which support people to do this. One group member said *'it was good to talk about my problem to the group, they gave me the confidence to speak up and complain'*