

Contact Us

If you would like to arrange an appointment with an advocate or want more information about the services we offer, please contact us using one of the methods below:

Address: 152 Bridge Road, Grays, Essex RM17 6DB

Telephone: 01375 659 175

Text phone: 07977531670

Fax: 01375 389793

Email: info@thurrockadvocacy.org.uk

Website: www.thurrockadvocacy.org.uk

Office Hours: 9am to 5pm Monday to Friday

We help you to find a voice, and give you the support and assistance to make sure your voice is heard.

Thurrock Advocacy Service

Thurrock Centre for Independent Living is a Company Limited by Guarantee & a Charity.

Registered in England & Wales.

Registration No. 03855994 Registered Charity No. 1081271

Registered Office: The Beehive, West Street, Grays, Essex, RM17 6XP

Thurrock Mind is a Company Limited by Guarantee & a Charity.

Registered in England and Wales

Registration No: 5256793, Registered Charity Number 1106452

Registered Office: 152 Bridge Road, Grays, Essex, RM17 6DB

Mind is an affiliated Local Association



The AQS Standard means that the service we offer is easily accessible, effectively managed, and we employ staff with the skills and knowledge to meet the needs of the people we support.

Thurrock Advocacy Service

01375 659 175



EMPOWERING, ENABLING, SUPPORTING

Providing Advocacy in Thurrock



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Please note:

If you require this document in an alternative format, i.e. easy read, large text, audio, braille or a community language, please contact:
01375 659 175
07977531670 (Textphone calls welcome)
Or Email: info@thurrockadvocacy.org.uk
And we will be happy to assist.



Thurrock Advocacy Service
Empowering, enabling, supporting

Types of Advocacy that we offer [continued]

Citizen Advocacy



Citizen Advocacy involves Volunteers supporting people and speaking up for them. This is a partnership between two people. Often one is usually called the advocacy partner, and one the citizen advocate.

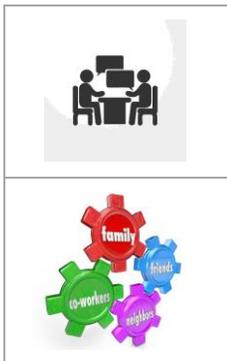
Peer Support



Peer Support occurs when people provide knowledge, experience, and emotional, social or practical help to each other. It involves trained supporters, and can take a number of forms such as peer mentoring & listening.

Types of Advocacy that we offer

Individual Advocacy



There are two common forms of individual advocacy - informal and formal advocacy. When people like parents, friends, family members or agencies speak out and advocate for vulnerable people this is termed informal advocacy. Formal advocacy more frequently involves organisations that pay and train their staff to advocate for someone or for a group of individuals.

Self-Advocacy



Self-advocacy is the ability to speak-up for yourself and the things that are important to you. Self-advocacy means you are able to ask for what you need and want and tell people about your thoughts and feelings.

Self-advocacy means you know your rights and responsibilities, you speak-up for your rights, and you are able to make choices and decisions that affect your life. The goal of self-advocacy is for YOU to decide what you want then develop and carry out a plan to help you get it. It means that you are responsible for the choices you make.

Overview of Thurrock Advocacy Service

What is Advocacy?



Advocacy is about making sure that a person has as much control as possible over their life. Advocacy helps people understand information, say what they want and what they need.

Is Advocacy for me?

Thurrock Advocacy Service is available to individuals aged 18 and over, specifically:

1. Individuals with Learning Difficulty
2. Individuals with Mental Health conditions
3. Individuals with Sensory Impairments
4. Individuals with Acquired brain injury
5. Individuals who have Substantial Difficulty understanding relevant information, remembering information, using information to help them be involved in making decisions or communicating their views, wishes and feelings
6. Individuals with Dementia
7. Individuals who would otherwise not be able to participate in decision making due to the effects of Drugs / alcohol
8. Carers of people in categories 1-5 above

Using Thurrock Advocacy Service

How we can help

Advocates support people so that their views are heard and their rights upheld.

Advocates help people to put their feelings and views across when decisions are being made about their life.

Advocates give support which will enable a person to make choices.

Advocates enable the person to speak for themselves or in some situations speak on a person's behalf

Advocates act for the person making links with other people and organisations as appropriate.

Advocates work on a one-to-one basis with the person to develop that person's confidence, where ever possible, whilst trying to ensure that the person feels as empowered as possible to take control of their own life

What we offer

A Thurrock-based advocacy service, with local knowledge. We combine advocacy with active support such as help with forms, making phone calls and signposting.

We deliver local solutions by facilitating peer advocacy and self-advocacy, by empowering people to speak up for themselves and to build support networks for the individual so advocacy support is used appropriately.

We support people to build confidence and resilience through peer and citizen advocacy and provide support to people attending local groups and forums.

We also offer Advocacy under the Care Act 2014. This means that we provide support to people to help with understanding Direct Payments/ social care assessments / reviews / Safeguarding in situations where a person has substantial difficulty and where there isn't an appropriate person.

Helping you to speak up

Empowering, Enabling, Supporting



Empowerment

We help you to find a voice, and give you the support and assistance to make sure your voice is heard.

Confidentiality

We do not share information with other organisations without your prior permission. There are exceptions to this which can be discussed with your advocate if necessary.



Equal opportunities

Thurrock Advocacy Service works to promote equal opportunities and fair treatment in the running of the Service without discrimination, in accordance with the Protected Characteristics of any individual as provided for under the Equality Act 2010.

