

Do you need an advocate?

An advocate is a person who gives their time and commitment to another person who needs help and support.

An advocate is prepared to stand alongside a person when they face major changes or difficult choices or need help in dealing with issues.

Hambleton and Richmondshire Advocacy is an independent organisation so we can offer an impartial service.

FREE CONFIDENTIAL INDEPENDENT

Perhaps you need someone to assist you with writing letters or completing forms.

Would you like an advocate to go with you to a meeting or help you make phone calls?

Do you need support in dealing with people in authority?

Do you need assistance to get the right information?

Our Aims and Philosophy

Individuals should be able to:-

- Live a full life in the community with equal rights and equal opportunities
- Have a valued place in the community and be respected
- Make decisions about their lives
- Have their cultural, ethnic, religious and emotional needs respected
- Have clear information about their rights, what services are available and how things happen
- Have a person to speak or act on their behalf when necessary
- Enjoy confidentiality in all respects
- Comment, challenge or complain about services or service delivery

The logo for Hambleton & Richmondshire Advocacy (HRA) consists of the letters 'HRA' in a large, bold, blue, sans-serif font.

Hambleton & Richmondshire *Advocacy*

**Helping People Speak
up for Themselves**