

## What is advocacy?

Advocacy is about:

- Safeguarding people who are in situations where they may be vulnerable
- Speaking up for, or standing alongside people who may not to be heard - supporting them to express their views and make their own decisions and contributions
- Enabling people to make informed choices about, and remain in control of, their own social and health care

This is a professional and independent advocacy service, providing issue-based individual and collective advocacy support.



## CONTACT

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Moray

# Circles Advocacy

Do you need help to speak up?  
Would it help you to have an independent person explain things to you or to speak up for you?

Circles Advocacy helps people to:

- Have a say about the services they receive
- Understand their rights
- Get the right information to help them make choices
- Raise issues they are worried about
- Safeguarding people who are in situations where they are vulnerable

Circles Advocacy in Moray supports people who are experiencing issues relating to health and social care, who are also aged 18 and over, whose circumstances may include, but are not restricted to:

- Mental health issues
- Learning disabilities
- Personality disorders
- Physical disabilities
- Acquired brain injury
- Dementia
- Autistic spectrum disorders
- Chronic illness
- Adults with drug and alcohol issues
- Those who are unable to safeguard their own wellbeing, rights, care or other interests



## How we work with you

We will meet you to talk about how we can help. We will listen to the concerns you have and tell you if we can help. We will agree a plan of how we will help you. We can support you with one or more problems.

## A Confidential Service

We will keep what you say to us confidential. Your advocate will talk to you about our confidentiality policy.

## We support isolated and excluded adults by:

- Promoting informed choice and opportunities.
- Challenging barriers to progress in modern Mental Health Care.
- Advocating for people without judgment and according to their expressed need.
- Acting in a safeguarding capacity for people's rights where issues of incapacity or communication difficulties arise.

We can provide you with support in communication with all relevant agencies and at:

- Tribunals
- Meetings
- Reviews
- CPAs
- Legal Proceedings

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Examples of how we can help:

- We can help you find out more about your rights.
- We can go with you to meetings and help you raise any issues that are worrying you.
- We can help you to raise issues if you are not happy with a service you are receiving.

Circles Advocacy acts according to Advocacy Principles and Standards.