



Sussex Community
NHS Foundation Trust

Advocacy in Sussex

Helping you to have your voice
heard and your wishes considered



What is advocacy?

Advocacy seeks to ensure that people, particularly those who are most vulnerable in society, are able to:

- Have their voice heard on issues that are important to them.
- Defend and safeguard their rights.
- Have their views and wishes genuinely considered when decisions are being made about their lives.

Advocacy is the process of supporting and enabling people to:

- Express their views and concerns.
- Access information and services.
- Defend and promote their rights and responsibilities.
- Explore choices and options.

Our approach

It is important that people in need of an advocate find a person that can best meet their needs, and there are many ways of accessing an advocate.

We direct people in need of an advocate to a number of established agencies that can either provide their own appropriate advocacy service and/or signpost people to the most appropriate advocacy services.

This process avoids duplication and minimises the risk of providing out-of-date information.

Advocacy in Brighton & Hove

Brighton & Hove City Council

Tel: 01273 290000

www.brighton-hove.gov.uk

Healthwatch Brighton & Hove

Helping local people to get the best out of their local health and social care services.

Tel: 01273 234041

Email: office@healthwatchbrightonandhove.co.uk

www.healthwatchbrightonandhove.co.uk

Brighton & Hove Youth Advocacy Project

Tel: 01273 295510

Email: help@bhyap.org.uk

www.bhyap.org.uk

Advocacy for older people

Age UK Brighton and Hove

Tel: 01273 720603

Email: info@agueuk-bh.org.uk

www.ageuk.org.uk/brightonandhove

Advocacy in East Sussex

East Sussex County Council

Tel: 01273 336000

www.eastsussex.gov.uk

Healthwatch East Sussex

Helping local people to get the best out of their local health and social care services.

Tel: 0333 101 4007

Email: enquiries@healthwatcheastsussex.co.uk

www.healthwatcheastsussex.co.uk

Advocacy for older people

Age UK East Sussex

Tel: 01273 476704

Email: customerservices@ageukeastsussex.org.uk

www.ageuk.org.uk/eastsussex

Advocacy in West Sussex

West Sussex County Council

Tel: 01243 777100

www.westsussex.gov.uk

Healthwatch West Sussex

Helping local people to get the best out of their local health and social care services.

Tel: 0300 012 0122

Email: helpdesk@healthwatchwestsussex.co.uk

www.healthwatchwestsussex.co.uk

Advocacy for older people

Age UK West Sussex

Tel: 0800 019 1310

Email: admin@ageukwestsussex.org.uk

www.ageuk.org.uk/westsussex

National organisations

Advocacy for people with a disability

Scope

Tel: 0808 800 3333

Email: helpline@scope.org.uk

www.scope.org.uk

Advocacy for people living with alzheimers/dementia

Alzheimer's Society

Tel: 0300 222 11 22

www.alzheimers.org.uk

Advocacy for people living with Parkinson's

Tel: 0808 800 0303

Email: hello@parkinsons.org.uk

www.parkinsons.org.uk

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Advocacy for young people

Coram Voice

Tel: 0808 800 5792

Email: info@coramvoice.org.uk

www.coramvoice.org.uk

Citizens Advice

National body providing free, independent, confidential, impartial advice to everyone on their rights and responsibilities.

Tel: 03444 111444

www.citizensadvice.org.uk

Cruse Bereavement Care

National body providing support, advice and information to children, young people and adults when someone dies.

Tel: 0808 808 1677

www.cruse.org.uk

Support, Power, Advocate, Promote (SEAP)

National body providing independent advocacy services to help resolve issues or concerns you may have about your health and wellbeing or your health and social care services.

Tel: 0330 440 9000

Email: info@seap.org.uk

www.seap.org.uk

Advocacy with regard to mental capacity

Provided by a national advocacy organisation called POHWER.

Tel: 0300 456 2370

Email: pohwer@pohwer.net

www.pohwer.net

Advocacy with regard to mental health

The Independent Mental Health Advocacy (IMHA) (service is provided by Mind).

Tel: 01273 666950

Email: info@mindcharity.co.uk

www.mindcharity.co.uk

Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:



PALS, Sussex Community NHS
Foundation Trust, Brighton General
Hospital, Elm Grove, Brighton BN2 3EW



01273 242292



sc-tr.pals@nhs.net



*Excellent care at the
heart of the community*