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This process avoids duplication and minimises the risk of providing out-of-date information.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

Continued overleaf
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