

# The difference Dorset Advocacy makes...

*"You're the first person that makes me feel that I am not mad. I remember you as you're the one who actually listened to me."* Christine, North Dorset

*"A very big thank you to you and your team. It is quite evident that this wouldn't have happened without you."* Parent, Poole

*"With the help of Sam, I have been able to understand this complex world by just knowing that there was an independent person to whom I could discuss matters and this has proved a huge benefit to me. I could not have managed without her."* Mavis, Bournemouth

*"Thank you for all your hard work, patience, understanding and empathy. Your particular dedication and support was very much appreciated, you are a credit to your job."* Lin, Weymouth



## Discover Advocacy Services in Your Area

### Dorset Advocacy

For advocacy for disabled people, older people, carers, long term conditions, Continuing Health Care and those with learning difficulties.

Call 01305 251033

#### Are you a parent or carer?

Help and Care  
0300 111 3303  
[www.helpandcare.org.uk](http://www.helpandcare.org.uk)  
Carers Direct  
0808 802 0202  
[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)  
Disabled Parents Network  
0300 3300 639  
[www.disabledparentsnetwork.org.uk](http://www.disabledparentsnetwork.org.uk)

#### Other Advocacy Organisations

Bournemouth People First  
01202 303765  
[www.bournemouthpeoplefirst.co.uk](http://www.bournemouthpeoplefirst.co.uk)  
People First Dorset  
01305 257600  
[www.peoplefirstdorset.org.uk](http://www.peoplefirstdorset.org.uk)  
Poole Forum  
01202 746040  
[www.pooleforum.co.uk](http://www.pooleforum.co.uk)  
Dorset Mental Health Forum  
01305 257172  
[www.dorsetmentalhealthforum.org.uk](http://www.dorsetmentalhealthforum.org.uk)

#### Learn more about advocacy

Action for Advocacy  
020 7921 4395  
[www.actionforadvocacy.org.uk](http://www.actionforadvocacy.org.uk)  
Older Peoples Advocacy Alliance (OPAAL)  
01782844036  
[www.opaal.org.uk](http://www.opaal.org.uk)  
SWAN Advocacy (Wiltshire)  
01722341851  
[www.swanadvocacy.org.uk](http://www.swanadvocacy.org.uk)  
Advocacy in Somerset  
01458253053  
[www.advocacyinsomerset.org.uk](http://www.advocacyinsomerset.org.uk)

*"It's so nice to finally be listened to."*

Disabled person, Weymouth

*"Since you started helping me deal with my problems the quality of my life has improved. Thank you very much for your help."*

Peter, Blandford

*"I personally feel that advocacy should be taught in schools and should be present in all industries. I would like to see independent advocacy funded for the next 50 years because of the difference you make to people's lives."*

Housing Project Co-ordinator, Moving On Project

*"I was very pleased with the work completed by the IMCA and that she went out of her way to gain information. She showed that at the root of all her work was the client's welfare and views."*

Social Worker, Poole

**Advocates represent people who are at risk of disadvantage or harm!**

## Creating Choice and Change Together

Contact Us: Tel. 01305 251033

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