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## How do I find out more?

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For more information about the new advocacy scheme please contact Anne Dawson  
E-mail : [anne@edenmind.org.uk](mailto:anne@edenmind.org.uk)  
Tel: 01768 899002

44-45 Castlegate  
Penrith  
Cumbria  
CA11 7JD

To access advocacy support phone:

Carlisle District:

Tara Quinn - 01228 543111

Eden:

Jim Rhodes - 01768 840566

West Cumbria:

Chris Rodgers - 01900 66518

(An advocate will shortly be appointed in South Cumbria. In the meantime please phone 01768 899002)

**This information is available on request in other formats including large font, cassette tape, CD, or Braille.**

The six Cumbria local Mind associations (based in Barrow, Carlisle, Eden, South Lakeland, Ulverston and West Cumbria) have set up an independent advocacy reference group, and have received funding from Comic Relief to set up a county-wide mental health advocacy scheme. Existing advocacy Workers working for Minds in North Cumbria now belong to the same team, and an advocacy scheme manager began work in October 2007.

An advocacy worker will shortly be appointed to the team in South Cumbria.

As well as providing one-to-one advocacy to individuals, the scheme will also be recruiting **volunteer advocates** (some of whom will have used mental health services themselves), and setting up **self advocacy/empowerment groups** with the aim of training people with experience of mental health problems in the skills they need to assert their own views.

## Feeling ignored?

“I want someone with me when I go and sort things out”

“I’m not happy with my treatment”

“I’d feel stronger if I wasn’t on my own”

“I want to complain but I’m not sure how to”

“No-one will listen to me”

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If this applies to you, a Mind Advocate may be able to help

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## What is Advocacy?

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- **Advocacy is speaking or acting on behalf of someone or supporting someone to speak for themselves.**
- **Advocacy aims to ensure people are listened to.**



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## What is an Advocate?

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**An Advocate is someone who can**

- **Listen to you**
- **Get to know you and your circumstances**
- **Explain your rights to you**
- **Tell you about**
  - **Your treatment**
  - **Services available to you**
- **Represent you at meetings**
- **Help you find information**
- **Provide resources**
- **Meet with you at home, at work or in hospital, wherever you are.**

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## Why use Advocacy?

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**People who use mental health services often feel that they have to accept what they are told**

**Sometimes they feel they are not in a position to disagree, complain., or even question.**

**Advocacy will provide support in making your views heard—perhaps to a mental health service, or to a landlord, to a benefits agency or to your employer.**

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