

How to contact us:

By Phone:

0191 232 7445
(and ask for the Advocacy
Centre)

Ring or Text:

07769 592222 or
07796 992321

Email:

advocacy@cvsnewcastle.org.uk

Or write to us at:

Newcastle Advocacy Centre
NCVS
MEA House
Ellison Place
Newcastle upon Tyne
NE1 8XS

Newcastle Advocacy Centre provides:

- * Citizen advocacy for vulnerable adults in Newcastle.
- * Case advocacy for people with mental health problems.
- * Case advocacy for people from Black & Minority Ethnic Communities.
- * Support to Advocacy Network Newcastle (ANN) which is open to individuals and groups with an interest in advocacy.

We are often looking for volunteer advocates.



NEWCASTLE
ADVOCACY
CENTRE



NEWCASTLE
COUNCIL FOR
VOLUNTARY
SERVICE
Registered Charity No. 226263

NCVS, MEA House, Ellison Place,
Newcastle upon Tyne, NE1 8XS.
Tel : 0191 232 7445 Fax : 0191 230 5640
E-mail : advocacy@cvsnewcastle.org.uk
www.cvsnewcastle.org.uk

Newcastle Advocacy Centre is part of NCVS

Case Advocacy For Mental Health



We all deserve to be valued,
to have our voices heard and
our rights protected

NEWCASTLE ADVOCACY
CENTRE

Could Case Advocacy help you ?

If you live in Newcastle and have a mental health need, you could get support from Newcastle Advocacy Centre.

We will listen to you and will support you to try and get the outcome that you want, whether that involves writing letters, making telephone calls or attending meetings with you.

If there was someone there to support you, would it be easier to say what you need to at meetings or appointments?

Are there problems that you need some help to sort out?

Do you feel that no-one is listening to you?

An advocate may be able to help.



An advocate is someone who is independent, on your side and can:

- * Help you find information.
- * Talk things through with you to find out what you want to say.
- * Support you at meetings and appointments to help you say what you want.
- * Help you talk to professionals.

What kind of things could an advocate help with?

Some examples are:

- * Negotiating your care plan, a review, case conference or tribunal.
- * If you are unhappy with your care and treatment or disagree with decisions made about you.
- * Information about your rights.

These are examples, in most circumstances an advocate can help with other health and social care issues to help you get your views across.