

Who Provides Independent Advocacy in Lothian?

MHAP (Mental Health and Advocacy Project)

MHAP provide independent individual and collective advocacy for people with mental health and/or addiction issues in West Lothian. MHAP also provide advocacy services for residents in HMP Addiewell.

Mental Health Resource Centre
Strathbrock Partnership Centre
189a West Main Street
Broxburn, West Lothian
EH525LH
Tel: 01506857230
Email: admin@mhap.org.uk
www.mhapwl.org

Partners in Advocacy

Partners in Advocacy provide independent individual advocacy for adults with learning disabilities in Edinburgh, East Lothian and Midlothian. They also provide independent individual advocacy for older people and adults with physical disabilities in Edinburgh. Partners in Advocacy also provide independent advocacy for children and young people with additional support needs in Edinburgh and the Lothians.

2nd Floor, Beaverhall House
27/5 Beaverhall Road
Edinburgh EH74JE
Tel: 0131 478 7723
Email: Edinburgh@partnersinadvocacy.org.uk
www.partnersinadvocacy.org.uk

People First (Scotland)

People First provide independent collective advocacy for people in Scotland with learning difficulties. They also provide collective and individual advocacy for parents with learning difficulties.

77-79 Easter Road
Edinburgh EH7 5PW
Tel: 0131 478 7707
Email: Peoplefirst1@btconnect.com
www.peoplefirstscotland.org

Royal Edinburgh Hospital Patients' Council

The Royal Edinburgh Hospital Patients' Council provide independent collective advocacy for people who use, or have used, mental health services at the Royal Edinburgh Hospital.

Royal Edinburgh Hospital
Morningside Place
Edinburgh EH105HF Tel:
0131 537 6462
Email: info@rehpatientscouncil.org.uk
www.rehpatientscouncil.org.uk

Who Cares? Scotland

Who Cares? Scotland provide independent individual and collective advocacy for children and young people across Lothian (up to 25) who have experience of being in care.

Oswald Chambers
5 Oswald Street
Glasgow G14QR
Tel: 0141 226 4441
Email: l.ray@whocaresscotland.org
www.whocaresscotland.org

www.advocacyinlothian.org

This leaflet was produced by the Lothian Independent Advocacy Steering Group which has representatives from NHS Lothian, City of Edinburgh Council, East Lothian Council, Midlothian Council, West Lothian Council and Independent Advocacy Providers.



Independent
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There are lots of organisations in Lothian that provide Independent Advocacy, in different ways and for different groups of people. This leaflet explains what Independent Advocacy is and lists organisations in Lothian who provide Independent Advocacy that you can get in touch with.

What is Independent Advocacy?

Independent Advocacy is "independent" because Independent Advocacy organisations only provide advocacy – they do not do anything else. Independent advocates and advocacy groups do not work for hospitals, social work services or any voluntary organisations that provide social care or support services.

Why might you want Independent Advocacy?

Many people sometimes feel that they would like support to make sure their views are heard - especially when it comes to important decisions about them and their future. Independent Advocacy can help make sure your views and opinions are heard.

Who can access Independent Advocacy in Lothian?

At the moment there are organisations in Lothian providing Independent Advocacy to children and young people, older people, people in prisons, carers, people using mental health services, people with learning disabilities and people with physical disabilities. For more information please see the list of organisations later in this leaflet.

There are lots of different types of Independent Advocacy available, including Independent Individual Advocacy and Independent Collective/Group Advocacy.

Independent Individual Advocacy

Individual Independent Advocacy is provided one to one by advocacy workers, who can be paid or unpaid. It aims to:

- support people to represent their own interests
- represent the views of individuals if the person is unable to do this themselves
- provide advocacy support on specific issues
- provide information not advice so people can understand situations and make informed choices and decisions



Independent Advocacy supports people who want a stronger voice by helping them to express their own needs and make their own decisions.

Independent Collective/ Group Advocacy

Collective advocacy happens when a group of people with similar issues or experiences get together to support each other. Together they can raise issues and try to change things.

Some people find raising a difficult issue is easier with the support of a group. A group can have a stronger, louder voice than one person in taking forward shared issues, making groups more difficult to ignore.

The four main principles of Independent Advocacy are:

- Independent Advocacy *puts the people who use it first.*
- Independent Advocacy *is accountable.*
- Independent Advocacy *is as free as it can be from conflicts of interest.*
- Independent Advocacy *is accessible.*

You can read more about these on the Scottish Independent Advocacy Alliance website - www.siaa.org.uk

Who provides Independent Advocacy in Lothian?

AdvoCard

AdvoCard provide independent individual and collective advocacy for people who use, or have used, mental health services in Edinburgh. AdvoCard also provides individual advocacy within Edinburgh prison.

332 Leith Walk
Edinburgh EH6 5BR
Tel: 0131 554 5307
Email: advocacy@advocard.org.uk
www.advocard.org.uk

EARS Advocacy Service

EARS Advocacy Service provides independent individual and collective (group) advocacy to older people in West Lothian, East Lothian and Midlothian; adults (16+) with physical disabilities and/or acquired brain injury in West Lothian and Midlothian. EARS have a new Lothian-wide service working with people of any age who have survived a stroke. There is also another new West Lothian advocacy service - Learning Disabilities and Autistic Spectrum, including Asperger's.

14 Ashley Place
Edinburgh EH6 5PX
Telephone: 0131 478 8866
We now also have an office in Livingston:
28 Heatherbank, Ladywell
Livingston EH54 6EE.
Telephone: 01506 205840
Email: info@ears-advocacy.org.uk
www.ears-advocacy.org.uk

CAPS Independent Advocacy

CAPS Independent Advocacy provides independent individual and collective advocacy in East Lothian and Midlothian for people who use, or have used, mental health services. They also support several experience led advocacy projects, relating to mental health across Lothian.

Old Stables
Eskmills Parks
Musselburgh
East Lothian EH21 7PQ
Tel: 0131 2735116
Individual Advocacy: 0131 273 5118
Email: contact@capsadvocacy.org
www.capsadvocacy.org

Edinburgh Carers Council

The Edinburgh Carers Council provide independent individual and collective advocacy for carers supporting someone with mental health difficulties, a learning disability, dementia and/or acquired brain injury.

The Canonmills
1-3 Canon Street
Edinburgh EH3 5HE
Tel: 0131 270 6087
Email: info@edinburghcarerscouncil.co.uk
www.edinburghcarerscouncil.co.uk