



Learning Disability Advocacy Services in Camden



Do you need help to...

- make choices about your life?
- understand your rights?
- be treated as equal?
- be heard?

We can help you with...

One to one advocacy

We can help you to...



- say what you want



- be heard



- understand your rights



- have choice and control in your life



- choose who supports you



- get information and advice

What is an Advocate?



- an advocate is someone who helps you to speak up for yourself.



- they can also speak for you if you find it hard to do this yourself.



- You can speak to an advocate if you are not happy about something.

Our service is free, confidential
and independent.

How to contact us:



telephone - 0300 456 2370 (charged at local rate)



minicom - 0300 456 2364



text - send the word 'pohwer' with your name and number to 81025



email - pohwer@pohwer.net



Skype - [pohwer.advocacy](https://www.skype.com/people/pohwer.advocacy)
(8am to 6pm Monday to Friday)



fax - 0300 4546 2365



post - PO Box 14043, Birmingham, B6 9BL

website - www.pohwer.net



Follow us on Twitter @POhWERadvocacy

Access to information

- We provide leaflets and information in a variety of languages and formats, Easy Read, audio and DVDs
- We have access to translation and interpreting services
- We use communication toolkits, Makaton and other signing techniques

