

If you would like an advocate, please contact our Referrals team on **0345 310 1812**



## Advocacy is FREE

It will not cost you anything.

## Advocacy is INDEPENDENT

It is not part of social services or the NHS.



**advocacy**  
for CROYDON



## Learning Disability Advocacy

### For:

- people over **18**
- people who lead **independent** lives
- people with a **learning disability**
- people who get little or no support from **services**
- people who live in **the London Borough of Croydon**

## Contact us

☎ 0345 310 1812 option 1

✉ [referrals@advocacyforall.org.uk](mailto:referrals@advocacyforall.org.uk)

🌐 [www.advocacyforcroydon.org](http://www.advocacyforcroydon.org)

📍 Advocacy for All, The Civic Centre,  
St Mary's Road, Swanley, Kent BR8 7BU



## Advocacy is about...



- making sure **people listen** to what you say
- having someone on your side to **speak up** for you
- helping you find **information** that you can understand



## How can an advocate help me?

- we can help you if you are having trouble with **a particular issue**. For example, housing or employment
- we can go to **meetings** about your issue with you and help you understand
- we can **signpost** you to other services that might be able to help you

## Advocacy is not...

- support work or care work
- 'Us against Them'
- friendship or advice

