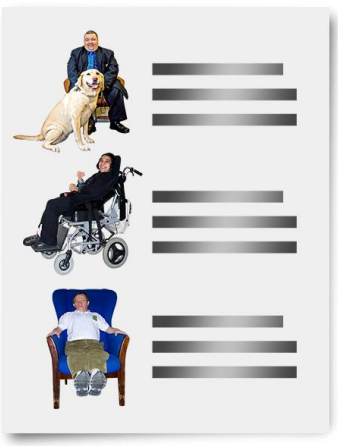
What is an Advocate?

At Sheffield Advocacy Hub, we have trained advocates. An **advocate** is someone who is here to **help you.**



This leaflet is about **what they do.**

They can **meet you** to tell you how they can help. They can help you with some problems, but **not all problems.**

They can help you when you have a problem with your **health or social care.**

This means they can help you to stay **happy and healthy.**

How can an advocate help me?

They can help you with things that are **important to you.**

It is their job to make sure you can **say what you want.**

They **can**:

- Tell you what your **rights** are**.**
- Give you **information.**

They **cannot:**

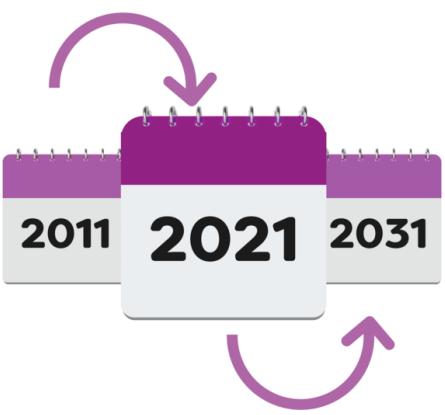
- Make any **choices** for you.
- Tell you **what to do**
- **Solve** the problem

How long can an advocate work with me?

You might have to wait until an advocate is **free** to work with you.

An advocate works with you until the problem has **gone away** or until there is **nothing else** they can do.

Then they **stop** working with you.



You can **come back** in the future if you have another problem.

Contact Us

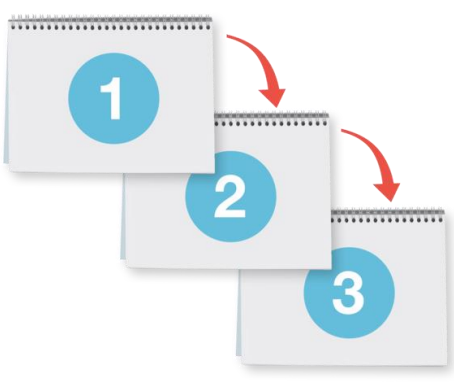
You can find out **more information** about the job of advocates.

For more information or if you want to work with an advocate, call **Sheffield Advocacy Hub** on:

0800 0350396

Or email:

referrals2@sheffieldadvocacyhub.org.uk



You will be told the **next steps** to work with an advocate.