

# ASK<sub>4</sub> ADVOCACY



**My name is .....  
and I am your advocate**

**In partnership Touchstone & Advonet**





I help people speak up for themselves and help you put your point across



I am independent from adult social care, NHS and family



I don't judge and I am on your side



I won't share what you say unless you say I can or I am worried about your safety.



I help you know your rights



You don't have to pay.  
Advocacy is free



It is your choice if you would like  
advocacy



Do people listen to you?

# Contact us



**01924 460211**



[advocacy@touchstonesupport.org.uk](mailto:advocacy@touchstonesupport.org.uk)



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Opening times: **Monday-Friday, 9am-5pm**

Funded by:

