

Who provides Independent Advocacy in Lothian?

CAPS Independent Advocacy

CAPS provide independent individual and collective advocacy in East Lothian and Midlothian for people who use, or have used, mental health services. They also host several Lothian wide collective advocacy projects, led by people with experience of mental health issues e.g. LEARN.

Old Stables, Eskmills Park, Musselburgh, EH21 7PQ
Tel: 0131 273 5116 or 5118

Email: contact@capsadvocacy.org
www.capsadvocacy.org

MHAP (Mental Health and Advocacy Project)

MHAP provide independent individual and collective advocacy for people with mental health 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 EH52 5LH
Tel: 01506 857 230

Email: admin@mhap.org.uk www.mhapwl.org

Partners in Advocacy

Partners in Advocacy provide independent individual advocacy for adults with a learning disability and/or autism in Edinburgh, East Lothian and Midlothian. They also provide independent individual advocacy for adults with a physical disability and older people (65+) in Edinburgh. Additionally, they provide collective advocacy for older people and those with a physical disability in Edinburgh. Partners in Advocacy also provide independent advocacy for children and young people with additional support needs in Edinburgh and the Lothians.

G1 Links House, 15 Links Place, Edinburgh EH6 7EZ .
Tel: 0131 478 7723

Email: edinburgh@partnersinadvocacy.org.uk
www.partnersinadvocacy.org.uk

People First (Scotland)

People First provide independent collective advocacy for people with learning disabilities in Scotland. They also have projects specific to both parents and offenders with learning disabilities.

77-79 Easter Road
Edinburgh EH7 5PW
0131 478 7707

Email: admin@peoplefirstscotland.org
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 EH10 5HF
0131 537 6462

Email: info@rehpatientscouncil.org.uk
www.rehpatientscouncil.org.uk

Who Cares? Scotland

Who Cares? Scotland provide advocacy for care experienced children and young people in Edinburgh up to the age of 18. In Midlothian, West Lothian and East Lothian, advocacy is provided for care experienced children and young people aged up to 26.

Oswald Chambers
5 Oswald Street
Glasgow G14QR
0141 226 4441

Email: reception@whocaresscotland.org
www.whocaresscotland.org



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Independent Advocacy?

Independent Advocacy is a way to help people have more influence and as much control as possible over their own lives.

There are a number 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.

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.

www.advocacyinlothian.org

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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 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 in Edinburgh prison.

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

EARS Advocacy Service

EARS provides independent individual and collective 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. There is also a Lothian-wide service for people of any age who have survived a stroke, as well as one in West Lothian for people with learning disabilities and autistic spectrum disorder, including Asperger's.

14 Ashley Place, Edinburgh EH6 5PX
0131 478 8866
28 Heatherbank, Ladywell, Livingston EH54 6EE. 01506 205840
info@ears-advocacy.org.uk
www.ears-advocacy.org.uk

Edinburgh Carers Council

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

14 Links Place, Edinburgh EH6 7EZ. 0131 322 8480
info@edinburghcarerscouncil.co.uk
www.edinburghcarerscouncil.co.uk