

seAp's Military Advocacy Service (mAs) supports veterans, reservists, and their families, who find themselves facing a range of health, housing, financial, family and social problems.

A military advocate works on a one-to-one basis to:

- identify what individuals need to improve their situation
- establish how to access services or practical help needed
- support people to speak up about what they want
- support GP/patient relationships on issues specific to those with military backgrounds
- support and empower individuals to have their voice heard in decisions affecting their care and treatment
- provide family support where veterans are not coping with life outside the military
- build people's confidence to continue feeling empowered once their advocacy support has ended
- provide credible, accessible and timely Information
- signpost appropriately to other services

HOW TO GET IN TOUCH

Telephone: 0330 440 9000
 Text: SEAP to 80800 followed by your message
 Email: military@seap.org.uk
 Website: seap.org.uk/services/mAs
 Social Networking: facebook.com/seApmAs
 Online referrals: spartan.seap.org.uk

Opening hours:
 Monday – Friday: 9am – 5pm
 Thursday: 9am – 7pm

We aim to respond to answerphone messages within 1 working day



seAp Military Advocacy Services are part funded by the Chancellor using LIBOR funds.

Plymouth mAs is also part funded through the Armed Forces Covenant Fund.

SUPPORTING VETERANS AND THEIR FAMILIES



Your voice | Your rights | Your choice



“It had been going on for three years. They said I was fit for work and I wasn't. My advocate helped me by coming to the benefits tribunal with me.”

“It would be difficult to face all those people sitting there without my advocate there. I'm more confident about it”

“They've lost my RAF medical records - 12 years of them. My advocate's been helping me to get them back”

What is Advocacy?

Advocacy gives you a voice where it may be difficult for you to say what you want. This might be because you are too emotionally involved, or you feel intimidated by other people involved, or you don't think you'll be listened to.

We ensure your needs and rights are not ignored and you receive the support you require to deal with your life issues, access services and get your life back on track.

An advocate will only act with your agreement and decision.

How can Military Advocacy help you?

The service supports individuals to express what they need, explore their options and empower them to come up with their own solutions to their issues. We can help you to gain the skills and confidence you need to improve your situation.

Our service works to uphold the promise of the MOD Armed Forces Covenant and aims to ensure that veterans receive the recognition and fair treatment they deserve without disadvantage.

Above all, we try to build a relationship with you so we can try to achieve your aims. We will not advise you or try to change your mind.

Empowering you to make lasting change

When military personnel are discharged from the armed forces they can find it hard to access the services and support they need to begin and maintain a new life in the civilian community.

Our specialist service is fully understanding of the distinct challenges and needs of those with a military background, delivered by staff with direct experience of the armed forces.

This Independent, free service is open to anyone with a military background and their close family members or partners who need support. It does not matter how long you spent in service, or how long ago it was.

An advocate will support you in getting your voice heard when trying to access services to improve your quality of life. We will represent your interests and defend and promote your rights.

Military advocacy can also support veterans who are in prison or detained under the Mental Health Act.

Your advocate can...

- spend time with you to get to know your views and wishes
- support you to express those views and wishes
- act on your behalf if you are unable to
- ask questions and find information for you
- let you know about your rights and how to implement them
- support you with an assessment

Your advocate will *not*...

- offer advice, opinions or judgements about what is best for you
- provide counselling or therapy
- make decisions or choices on your behalf

Want to help us to help your peers?

We are always looking to take on volunteers to learn about advocacy so that you too can support your ex-colleagues.

With your experience of military life, peer advocates can understand the needs of their fellow service men and women like no-one else.

We can provide advocacy training, support and supervision to help get you started. Please contact us if you'd like more details.