

Contact information

We hold regular advocacy visits at:

- Prospect Park Hospital
- Wexham Park Hospital
- Heatherwood Hospital
- Sunrise, Slough
- New Horizons, Bracknell
- Wokingham Community Resource Centre
- Reading Resource
- Re-think, Maidenhead (Highview)
- CMHT Bracknell
- Eight Bells for mental health, Newbury

and we can visit other establishments and individuals by appointment.

If you need to see an advocate please call us to make an appointment, or to check on clinic timings.

Our service is free of charge and an advocate will not divulge any information without your consent unless breach of law or danger to life is involved.

Mental Health Advocacy

West Berkshire & Slough

Pingemead House,
Pingemead Business Estate
Pingewood, Reading RG30 3UR

Phone: 0118 975 4517

Fax: 0118 931 4145

Email: wberks&slough.mha@seap.org.uk

East Berkshire

Bracknell, Windsor, Ascot & Maidenhead

Advocacy Office, King Edward VII Hospital,
St. Leonards Road, Windsor, SL4 3DP

Phone: 01753 636 336

E-mail: eberks.mha@seap.org.uk

Useful local numbers

- Overnight Crisis Service (West Berks)
out-of-hours community mental health service for people in crisis
0800 783 9505
- Crisis Response Team (East Berks)
out-of-hours community mental health service for people in crisis
01753 625 900
- Wokingham & West Berkshire Mental Health Assoc.- Crisis House
0118 979 2620

DAY CENTRES / DROP-IN CENTRES

- **Community Resource Service**
Wokingham 0118 989 2653
- **Together at Resource**
Reading 0118 958 0722
- **Sunrise Day Centre**
Slough 01753 477050
- **Re-think**
Bracknell 01344 429 139
Maidenhead 01628 781644

MENTAL HEALTH SERVICE USER GROUP

There is a group held every month. If you wish to join, contact the number below—they will direct you to the service user group in your area.

- **Berkshire Mental Health User Group**
0118 960 5027 (all of county)

Mental Health Advocacy



Mental Health Advocacy

West Berkshire & Slough

Main Office
0118 975 4517

Prospect Park Hospital
0118 960 5189

Slough
01753 63 53 63

East Berkshire
Main Office
01753 63 63 36

www.seap.org.uk

What is an Advocate?

- An advocate will support and represent another person in a variety of situations in which they feel unable to represent their own interests
- Advocates are independent of statutory health and social services
- Advocates support their clients' views without considering what others may consider as their best interest
- Advocates will try to make sure that clients have all of the information required to make informed choices

An Advocate will

- Spend time with a client to get to know their views and wishes
- Express a client's views and wishes
- Act on their behalf
- Ask questions and find information on behalf of a client
- Inform a person of their rights and how to claim them

An Advocate will not

- Offer advice, opinions or judgments about what is best for a person
- Act as a substitute for therapeutic support
- Act as a substitute for the person being assessed

Advocates can represent and support at:

- Out-Patient appointments
- Ward rounds
- Care Programme Approach Reviews
- Section 117 meetings
- Case conferences

Examples of issues

- Treatment concerns and choices
- Negotiation of care plan
- Service quality

At the present time this service is only able to support clients with issues regarding their mental health care and treatment