

## Contact information

We hold regular Advocacy clinics at

- Woodlands at Conquest Hospital
- Department of Psychiatry at Eastbourne District General Hospital
- Southview / Ashen Hill Forensic Psychiatry units, Hellingly
- The Priory Grange Clinic, Heathfield
- Lewes Prison

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 completely confidential

Mental Health Advocacy

**The Advocacy Centre  
42 Robertson Street  
Hastings  
TN341HL**

**Phone:** 01424 441597

**Fax:** 01424 204687

**Email:** [mentalhealth.advocacy@virgin.net](mailto:mentalhealth.advocacy@virgin.net)

## TRAINING and VOLUNTEERING

- Peer Advocacy Training - We offer training and volunteering opportunities for those in recovery to learn to advocate for their peers
- We also offer a Mental Health from the inside Training for various settings

## Useful local numbers

- Focus on Mental Health, the Hastings and Rother service user support group  
Call 01424 442435 for information
- Hastings Advice and Representation Centre  
01424 428375
- Lewes District and Wealden Mind and UserQ  
01273 488660
- Shelter Housing Action for Hastings and Rother  
01424 438075
- Seaview Housing Floating Support Teams, Eastbourne and Hastings  
01424 717980

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**The Advocacy Centre  
42 Robertson Street  
Hastings TN34 1HL**

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Mental Health Advocacy is part of  
South of England Advocacy Projects  
Registered charity No.1080679

## 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 judgements about what is best for a person
- Act as a substitute for therapeutic support
- Act as a substitute for the person being assessed

### Advocates represent and support at

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

### Examples of issues

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