



ADVOCACY SERVICE

Your Advocate's Name is

.....

You can call me on

.....

SEAP CHARITY NO. 1080679

WHAT WILL AN ADVOCATE DO?

- Listen to you
- Help you to explore your options and their possible outcomes
- Support you in your choices
- Provide you with information to help you make decisions about your life
- Be honest with you

CONFIDENTIAL STUFF

- Xpress has a rule about the confidential stuff that you share with your Advocate.
- It will stay with your Advocate and their supervisor unless your or someone else's life is in danger.
- If Xpress does have to talk to someone else they will always try to contact you first & try to give you choices about what happens next.

COMPLAINTS/COMPLIMENTS

If you feel happy or unhappy with the service you receive from Xpress we would like to know, as this will help us to improve. If you want to make a complaint or compliment call us or write to:

County Manager
XPRESS
FREEPOST SEA 2335
HASTINGS TN34 1BR
**Tel: 0800 454424/
01424 440118**

WHAT??

It's for anyone who wants to help Xpress with ideas about how we work & tell us about what is important to you. You can also be more involved in working on the magazine in many different ways.

MORE INFO NEEDED?
Speak to Kim or Ed on:
01424 440118
or Alison on:
01323 733111

INDEPENDENT VISITOR SCHEME

- If you are looked after and have little or no contact with your family, you are entitled to an Independent Visitor
- How can I get one of those and what do they do?
They are someone who will meet up with you & do things like go to the pictures, shopping or bowling.
Speak to Xpress or your social worker.

You can ring the

HELPLINE

0800 454424

if you want information about your rights, or feel you are not being listened to.

**Mon, Tues & Wed
6.30pm - 9pm**
Or daytime
**Mon - Fri
01424 440118**

OTHER STUFF XPRESS DOES!

Do you want to be involved?

- You could:**
- Help with interviewing
 - Learn new skills
 - Become a volunteer
 - Help with the 'Xpress Yourself' magazine

JUST CALL OR WRITE

FOR MORE INFO!