



The law says you should be fully involved in getting the care and support you need wherever you live.

How we can help



We will talk to you to find out what you want and how you feel.

We will listen to you.



We will find information to help you make choices and decisions.

We can talk to other people or groups for you.



We can support you to speak or speak for you.

Safeguarding



Sometimes we are asked to talk to you when you or someone you know feel you are not safe.

This is called safeguarding.



We do not work for social services or the NHS.



We will ask you if you want our help.

It is OK to say yes or no.



We will only talk to other people

- when you want us to
- or if you or someone you know might get hurt
- when the law says we have to



If you have a question

you or someone you know can get in touch



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