



Community Advocacy

For people over 18 with a **learning difficulty, ADHD and autism**

advocacy is about...



- making sure **people listen** to what you say
- having someone on your side to **speak up** for you
- helping you find **information** that you can understand

how can an advocate help me?



- Meet in **person** or **online**
- find out about **housing**
- find out about **further education** and **work**
- help you know your **rights**
- go to **meetings** with you
- **signpost** you to other agencies

for more information please contact us



referrals@advocacyforall.org.uk



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