



SHEP
CAPACITY FOR CHANGE



Cork Advocacy Service

INDEPENDENT, CONFIDENTIAL & FREE

ADVOCACY

is standing beside another person or group, supporting people to speak up for themselves and speaking in support of people when necessary.

CORK ADVOCACY SERVICE CAN HELP

if through difficulties of health, disability or ageing you

- are struggling to get your voice heard
- want information about your rights and entitlements
- want help to raise your concerns about support or services
- experience difficulty in speaking up for yourself

CORK ADVOCACY SERVICE

- has a small team of trained advocates who can provide advocacy support to you
- will give time to listen to your concerns and work out with you how advocacy might support you
- will then work alongside you to achieve your aims





Family members, friends and people who work to support others e.g. residential staff, social workers, doctors, community workers, can make an enquiry about advocacy on behalf of another if

- they are concerned about a person who may not be able to speak up for themselves
- a person has requested that they make contact on their behalf, or
- they are enquiring about independent advocacy facilitation for self-advocacy groups

The advocacy service will not take any action unless it is clear this is what the person wants.

SPEAKING UP

There may be situations when it may be very difficult for a person to speak up where his/her rights are not being upheld. Advocates will work to ensure that in these situations, a person's rights are upheld.

You can find out more about how we do this by speaking with our Advocacy Development Worker, Deirdre Lillis.

IF YOU THINK YOU MAY NEED THE SUPPORT OF AN ADVOCATE

Call us on **021 46 66 180** or **087 187 39 04**
and ask for Cork Advocacy Service
or email deirdre.lillis@socialandhealth.com

We will agree with you what happens next.
It may be that we

- provide the information that you need
- arrange for an advocate to meet with you.

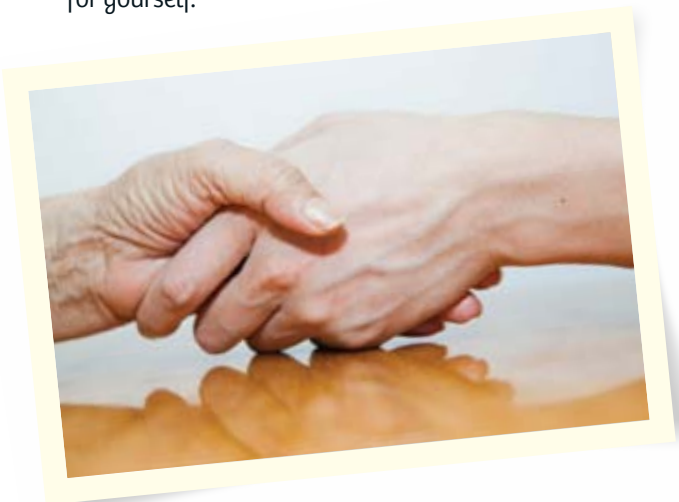
One of our advocates will:

- listen carefully, and
- make an advocacy plan with you if required.

The plan may include helping you to write letters, make phone calls, prepare for meetings.

The plan may also mean

- going to meetings with you
- speaking for you as a representative if you wish
- speaking for you if it is very difficult for you to speak for yourself.





CORK ADVOCACY SERVICE ADVOCATES ARE

- trained
- receive regular supervision and support
- work within a code of practice
- have undergone Garda clearance
- offer one-to-one advocacy support
- offer independent advocacy facilitation for self-advocacy groups



HOW TO CONTACT CORK ADVOCACY SERVICE

Deirdre Lillis

Advocacy Development Worker
Cork Advocacy Service (CAS)

The Social & Health Education Project (SHEP)

The Village Centre

Station Road

Ballincollig

Co. Cork

Tel: **021-4666180**

Mobile: **087-1873904**

Email: deirdre.lillis@socialandhealth.com

Cork Advocacy Service offers information and advocacy in good faith and with due care and attention.

In the event that you wish to complain about this service we have a clear and simple complaints procedure. You should contact the Advocacy Development Worker in the first instance, or if appropriate, the SHEP Director.

Supported by



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive