

Shipley Area Links Advocacy Service

The Advocacy and Befriending Service is a partnership between The HALE Project and Community Action Bradford & District, funded by the Big Lottery Fund.

What people who accessed the Advocacy service have said:

"I felt empowered in the meeting, knowing someone was there for me"

"You have been patient, you're not in my face pushing me like some people do"



To speak to an Advocate
contact:

**Baildon, Shipley, Windhill,
Wrose, Nab Wood and
Frizinghall**

**Helen Jillings
Advocate
The HALE Project,
1 Westgate,
Shipley, BD18 3QX**



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Email: helen.jillings@haleproject.org.uk
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**Bingley, Crossflatts,
Cottingley, Eldwick,
Gilstead and Cullingworth**

**Roman Suchyj
Advocate
Community Action Bradford & District
Cardigan House,
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Advocacy



**Reaching out to
empower older people
to make their voice heard**



Charity No. 1123542



Charity No. 1090036

Who is it for?

Individuals aged 50 and above who access the services of Community Action Bradford and District and Hale Project in the Shipley and Bingley areas.



People who want to make their voice heard because they feel they are not being listened to, lack confidence, or don't have the right information to help themselves.



"You have spent time with me and I can speak to you openly"

What is Advocacy?

"Advocacy is taking action to help people:

- **say what they want**
- **secure their rights**
- **represent their interests**
- **obtain services they need**

Advocates and advocacy schemes work in partnership with the people they support and take their side.

Advocacy promotes social inclusion, equality and social justice."

The Advocacy Charter 2002

We can help with issues about understanding your rights, health, housing, social care, finances, getting information or accessing services and activities in the community.

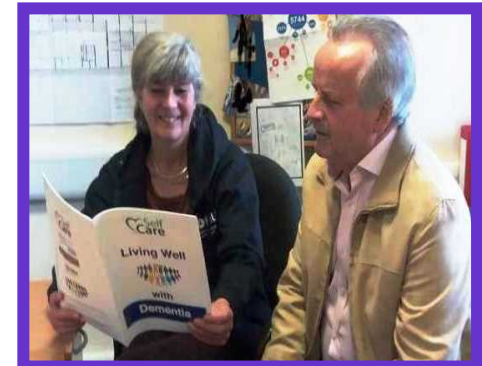
"Thank you so much. I have got so much done and I couldn't do it without you."

Our Aim

To enable you to:
feel **independent, empowered** and confident, and to **access** new services, information and **resources**.

The Advocacy Service is:

Free
Independent
Confidential
On your side



What's the next step?

We are able to meet you to plan and discuss what you would like from the service. Our contact details can be found on the back page.