



demelza

extraordinary care for extraordinary children



Advocacy

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Advocacy services

- **Local council** www.nhs.uk/service-search/other-health-services/local-authority-adult-social-care
Contact social care services at your local council and ask about advocacy services.
- **POhWER** www.pohwer.net/
A charity that provide information, advice, support and advocacy to people who experience disability, vulnerability, distress and social exclusion. Call POhWER's support centre on 0300 456 2370 for advice.
- **The Advocacy People** www.theadvocacypeople.org.uk/
A charity that helps you access mental health services, NHS complaints or social care services. Call 0330 440 9000 for advice or text PEOPLE to 80800 and someone will get back to you.
- **VoiceAbility** www.voiceability.org/
Provide advocacy and involvement services so that people are heard in decisions about their health, care and wellbeing. Call their helpline on 0300 303 1660 for advice or use VoiceAbility's online referral form.
- **Skiggle** www.skiggle.co.uk/
A registered charity providing help and support to disabled people, their families and carers. They have an online marketplace with the aim of rehoming much-needed supplies (care products/equipment).

Carer's assessment

If you care for someone, you can have an assessment to see what might help make your life easier.

- **Kent** www.kent.gov.uk/social-care-and-health/adult-social-care/care-and-support/caring-for-other-people/support-for-carers#tab-1
- **East Sussex** www.eastsussex.gov.uk/social-care/carers/support/carers-assessment
- **Royal Greenwich**
www.royalgreenwich.gov.uk/info/200274/carers/763/carers_assessments
- **Bexley** carehub.bexley.gov.uk/web/portal/pages/carersform
- **Bromley** www.bromley.gov.uk/carers/carers-assessments
- **Lewisham** lewisham.gov.uk/myservices/socialcare/carers/carer-assessment
- **Croydon** www.croydon.gov.uk/adult-health-and-social-care/carers-family-and-friends/carers/carers-assessments
- **Lambeth** www.lambeth.gov.uk/adult-social-care-and-health/carers
- **Southwark** www.southwarkcarers.org.uk/enabling/signposting/