



Action for Family Carers

Carers' Advocacy
**Maldon, Chelmsford,
Brentwood and
Uttlesford**



“The advocate helped me put my views across so we achieved a better result than I hoped for!”

01621 851640

www.essexadvocacy.org.uk

www.affc.org.uk



carerstrust
a Network Partner

 **actionforfamilycarers**

 **@Action4Carers**



Advocacy

Our professional advocate can help you to get what you are entitled to and make sure people listen to you. The service is totally free and independent. We also support and encourage peer, self and citizen advocacy.

The advocate can help you with:

- **YOUR RIGHTS UNDER THE CARE ACT 2014**
 - Speaking to social care or health professionals in person or on the phone
 - Preparing for meetings, reviews and assessments
 - Writing letters ● Accessing information

Is advocacy for you?

Our advocate covers Maldon, Brentwood, Chelmsford and Uttlesford. The advocate will help anyone over 18 who cares, without payment, for another adult.

If you are unsure whether an advocate would be the right person to help you please call any member of the Adult Carer Support team on 01621 851640 and they will be able to talk to you about the help we can offer.

To refer yourself for advocacy go to

www.essexadvocacy.org.uk or contact SEAP on 0300 34 35 736



Affiliated to
CARERS UK
the voice of carers

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