



Support to help you say what you want

Advocacy in Fife

Fife Advocacy Forum

Supporting & Developing Advocacy Across Fife



Easy Read Version
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I need support to say what I want

How can advocacy support me?



What is advocacy?



Advocacy is about your voice being heard.

What is an Advocate?



- An advocate is a person who will support you to have your views heard.



- An advocate is matched with you by the advocacy organisation.



- An adult might want/require an advocate because they would like support to look after themselves or the things they own.



- You can ask for an advocate yourself or you can ask someone to support you to do this.

What does an advocate do?



An advocate can support you to:

- Understand what is happening
- Understand your choices and make your own decisions



- Tell others your views and feelings and what you want



- Understand your rights



An advocate won't tell anyone else what you have said unless:

- You want them to
- They are worried about your safety
- They are worried about other people's safety or
- The law is being broken or is going to be broken.





When can an advocate offer support?

- When you want to change things in your life.



- When you want to speak to a person about care or support services.



- When you are not being listened to.



- When you need information but do not know how to find it.



Advocacy is:

- Free.



- Confidential (keeping things private).



- Independent.

This means that advocates do not work for the Council, NHS or any other care provider.

WHO CAN GET AN ADVOCATE?

Due to Fife's changing population we expect demand for advocacy services to grow. This will place pressure on organisations to prioritise who is eligible to receive advocacy support.



Priority will be given to:

- Adults (age 16 or older) can get an advocate if they have a disability or serious illness.
- Frail Older People including those with dementia/learning disability.
- People with long term conditions.
- Unpaid Carers.
- Adults who meet the criteria in the Adult Support and Protection (Scotland) Act 2007.

Children and Young People (under 18) can get an advocate if:

- They are a 'looked after' child. This means they are in care.
- They are between 5 and 18 and supported by Child Protection.
- They have a mental health issue and/or a learning disability.
- They are a young carer.



WHAT KIND OF ADVOCACY IS THE RIGHT ONE FOR ME?

There are different kinds of advocacy.

The rest of this booklet explains what they are and how to get in touch with the organisations that can get you an advocate.

PROFESSIONAL (ISSUE BASED) ADVOCACY



A professional advocate will help you with a difficult issue, when you need an advocate straightaway.

The advocate will support you to:

- Understand what choices you have and who can help



- Express your views at meetings



- Talk to Fife Council or NHS Fife staff



- Deal with formal meetings, for example a Mental Health Tribunal or Child Protection Conference.



Once the issue has been sorted, contact with the advocate will end.

The advocate will support you to contact other organisations if you need to.

You can ask for support from a professional advocate again if you need to.

PROFESSIONAL ADVOCACY ORGANISATION



Circles Network in Fife

Advocacy for children, young people and adults.

There are two Circles Network offices in Fife:

Ore Valley Business Centre, 93 Main Street, Lochgelly, Fife, KY5 9AF

Phone: 01592 786 729

New Volunteer House, 16 East Fergus Place, Kirkcaldy, Fife, KY1 1XT

Phone: 01592 645360

E-mail: info.fife@circlesnetwork.org.uk

Fife Forum



Fife Forum

Advocacy for people over 65 who are in hospital or care homes in Fife.

Office 1 -2 Fraser Buildings, Millie Street, Kirkcaldy, Fife, KY1 2NL

Phone: 01592 643743

E-mail: info@fifeforum.org.uk



Fife Women's Aid

Advocacy for women who are experiencing, or have experienced, domestic abuse.

Domestic abuse is when you are hurt, bullied or frightened by your husband, wife, girlfriend, boyfriend, or ex someone who used to be your partner



Suite 1, First Floor, Saltire House, Pentland Park, Glenrothes, Fife, KY6 2AL

Phone: 0808 802 5555

E-mail: info@fifewomensaid.org.uk



Kindred (Fife)

Advocacy for parents and carers of children with additional support needs.

Evans Business Centre, 15 Pitreavie Court, Dunfermline, Fife, KY11 2YB.

Phone: 01383 745651

E-mail: Fifeenquiries@kindred-scotland.org



CITIZEN ADVOCACY



A Citizen Advocate is someone who:

- Builds a trusting relationship with you
- Helps you understand what is happening to you
- Helps you speak up about how you feel
- Can support you for a long time
- Can support you for a short time for one issue



There are three Citizen Advocacy organisations in Fife. Choose the one that is nearest to where you live.



Dunfermline Advocacy (Dunfermline and West Fife)

Phone: 01383 624382

E-mail: enquiries@dunfermlineadvocacy.org

Website: www.dunfermlineadvocacy.org



Equal Voice (Kirkcaldy & Central Fife)

Phone: 01592 653754

E-mail: info@equal-voice.org.uk

Website: www.equalvoice.org.uk



IncludeME! (North East Fife)

Phone: 01334 656242

E-mail: contact@includeme.org.uk

Website: www.includeme.org.uk

GROUP ADVOCACY



Group advocacy supports people to:

- support each other
- work together on things that are important to them
- Campaign to make things better for people with learning disabilities.



If Fife, group advocacy is provided by People First (Scotland) and is run by and for people with learning disabilities.



There are People First groups all over Fife including a women only group, a men only group and a group for people who stay in Mayfield at Lynebank.

The People First team will work with you to find the right group for you.



People First (Scotland)

Unit 17a, Dunfermline Business Centre, Izatt Avenue,
Dunfermline, Fife, KY11 3BZ

Phone: 01383 624885 or 07834 328821

E-mail: kate.croft@peoplefirstscotland.org

Website: www.peoplefirstscotland.org



ADVOCACY FOR CHILDREN & YOUNG PEOPLE

Children and young people can contact one of these organisations, or someone involved in their care can do this for them.



Believe in children



Barnardo's

Barnardo's Children's Rights and Advocacy Service, Fife.

For children and young people (up to 18).



Phone: 01592 651482

E-mail: fifeservices@barnardos.org.uk



Who Cares?

Advocacy for young people (up to 25) who live, or have lived in Fife's residential homes.



Phone: 07712 872096

E-mail: rdearden@whocaresScotland.org



Circles Network in Fife

Advocacy for children subject to compulsory measures under the Mental Health (Care and Treatment) Act.



Phone: 01592 645360

E-mail: info.fife@circlesnetwork.org.uk

ADVOCACY FOR UNPAID CARERS

Carers in Fife play an increasing role in our communities. Some carers need help and these two organisations can provide specialist support to help carers meet their personal support needs.



Fife Carers Centre

Fife Carers Centre offers support, including advocacy, to support carers in their unpaid caring role. They give information and the means to use it to carers on a wide range of topics from applying for benefits to learning more about the condition affecting the person they care for.

Fife Carers Centre, 157 Commercial Street, Kirkcaldy, Fife, KY1 2NS

Phone: 01592 205472

E-mail: centre@fifecarers.co.uk

Website: www.fifecarerscentre.org



Fife Young Carers

Support to children and young people (up to 25) who carers.

Ore Valley Business Centre, 93 Main Street, Lochgelly, Fife, KY5 9AF

Phone: 01592 786717

E-mail: admin@fifeyoungcarers.co.uk

Website: www.fifeyoungcarers.co.uk



Advocacy in Fife

There is more information on the Fife Advocacy Forum website:

www.fifeadvocacyforum.org.uk

or email admin@fifeadvocacyforum.org.uk



If you or someone you know is at risk of harm or neglect,
call the Adult Protection Phone Line on 01383 602200

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Supporting & Developing Advocacy Across Fife



www.fifeadvocacyforum.org.uk

supported by



Fife Health
& Social Care
Partnership



Supporting the people of Fife together

