

About Forth Valley Advocacy

We provide a free independent advocacy service for people living in the Forth Valley Area.

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We do not work for health or social work and are not influenced by our funders.

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We provide advocacy for older people

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We provide advocacy for people of all ages with mental health issues.

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We are here to protect you and your rights.

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We will give you the options available so you can make *informed* choices about your life.

Our service is contracted to.....



.....But independent from

What our clients say about our service

“helps with anxiety and gives me mental clarity”

“I’ve seen that the power balance can be shifted in my favour”

“I have been empowered to do most tasks myself”

“without advocacy I wouldn’t turn up to appointments”

How to contact us



1 The Bungalows
Larbert FK5 4SZ



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FV-UHB.FVAdvocacy@nhs.net



Forth Valley Advocacy

Do you sometimes need help keeping all the pieces together?

YOU'RE NOT ALONE

WE CAN HELP YOU

- When talking to health or social work staff
- Get your views across
- Understand your rights
- Prepare for meetings

We work across Forth Valley with Older People & people of all ages with Mental Health issues

Getting YOUR voice heard

What is Advocacy?

Advocacy is about standing up for people.

It's about supporting you and helping you with issues that affect you.

It's about being on your side and standing alongside you when you feel no-one else is.

It's about protecting your rights and views.

It's about using YOUR words for you when you feel you can't.

It's about you being supported by someone who is on your side.

It's about being independent and not being influenced by funders or professionals.

How can Advocacy help?

We can support you when you attend meetings including Social Work, Doctors appointments or Children's hearings.

We can help you speak to professionals and get your voice heard.

We can help and support you at mental health tribunals.

We can help you prepare for meetings.

We can support you to make a complaint.

We can support you at lawyers meetings.

We will help you to know and understand your rights.

Who is Advocacy for?

Older People

Advocacy is for anyone over 65 who needs help in the community, at home, in residential care, in nursing homes or in a ward.

Advocacy can help you have a say in where you live.

Younger People

Advocacy is for anyone under 18 who feels depressed, stressed or anxious at home, school, college or wherever.

People with Mental Health issues

Advocacy prioritises for people detained under the Mental Health (Care & Treatment) (Scotland) Act 2003

Advocacy workers frequently visit hospital wards to ensure people understand their rights and receive support.

Getting YOUR voice heard