

Derbyshire Healthcare NHS Foundation Trust

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NHS

Derbyshire Healthcare  
NHS Foundation Trust

# Advocacy

Who can help make sure  
your voice is heard?



 Better  
together

# Advocacy and You

Advocacy is about making sure that someone gets their views heard. Most people are able to speak up for themselves, but sometimes we all need some help. An advocate does not tell you what they would do: they help you to decide what you want. Advocates respect your views, work together with you and do not judge your choices.

You can access different types of advocacy support, this may depend on where you live or what you need help with. This leaflet explains who you can contact to get the right help.

## Independent specialist advocacy

Some people who experience mental health problems are detained under the **Mental Health Act**. People who are sectioned can use the services of a specialist advocate called an **IMHA (Independent Mental Health Advocate)**. The IMHA service is free and every area has to provide the service. Information on how to contact an IMHA should be given to you if you are sectioned, admitted or accepted into guardianship or placed on a community treatment order.

### Support for people who do not have capacity to make their own decisions

Some people may lack the capacity to take decisions in certain specific, important situations. They may also be particularly vulnerable because they have no close relative or friends, or any other person to protect their interests. **IMCAs (Independent Mental Capacity Advocates)** are instructed by the Local Authority or NHS Body where a person has been assessed as lacking capacity in relation to a specific decision and they have no-one in their lives other than paid carers who can be involved in the decision making.

IMCAs are involved in specific decisions around **Long Term Accommodation Moves and Serious Medical Treatment**.

IMCAs are also instructed by the Local Authority to support people subject to the Deprivation of Liberty Safeguards (DOLS).

For help with Advocacy...

- if you live in the county of Derbyshire contact **Derbyshire MIND** on 01332 623732 or email [advocacy@derbyshiremind.org.uk](mailto:advocacy@derbyshiremind.org.uk)
- if you live in Derby City contact **ONE Advocacy** on 01332 228748 or email [support@oneadvocacyderby.org](mailto:support@oneadvocacyderby.org)

## NHS independent complaints advocacy

If you wish to make a complaint about an NHS funded service, either regarding your own treatment or that of a family member, child or carer then you can use the NHS Complaints Advocacy Service. This service is free and confidential and it can help you understand your rights, assist with complaints, applications and support people at meetings.

For help with Advocacy if you live in the County of Derbyshire contact **Derbyshire MIND** on 01332 623732 or email [advocacy@derbyshiremind.org.uk](mailto:advocacy@derbyshiremind.org.uk)

For help with Advocacy if you live in Derby City contact **ONE Advocacy** on 01332 228748 or email [support@oneadvocacyderby.org](mailto:support@oneadvocacyderby.org)

## Independent community advocacy

### Advocacy rights under the Care Act 2014

In April 2015 the Care Act became law. This places a new requirement on Local Authorities with statutory responsibility for social care. The act requires Local Authorities to ensure that people are fully involved in their assessments, reviews and the development of their support plans, safeguarding enquiries and reviews. If someone is likely to have 'substantial difficulty' in being involved, and if they do not have an 'appropriate person' to support and represent them, then the Local Authority has a duty to arrange independent advocacy.

### Non-statutory advocacy

Some people may not be eligible for specialist advocacy but may still require support to have their voice heard when important decisions are being made about their lives or to overcome issues that are impacting on their health and wellbeing.

If you live in the County of Derbyshire contact **Derbyshire Independent Community Advocacy Service** on 01332 623732 or email [enquiries@derbyshireindependentcommunityadvocacy.org.uk](mailto:enquiries@derbyshireindependentcommunityadvocacy.org.uk)

If you live in Derby City contact **ONE Advocacy** on 01332 228748 or email [support@oneadvocacyderby.org](mailto:support@oneadvocacyderby.org)