



We can help.

Our Wellbeing Advocacy Service can

- Make your voice heard on issues that are important to you;
- Defend and safeguard your rights;
- Have your views and wishes genuinely considered when decisions are being made about your life or those you care about.

Advocacy is a process of supporting and enabling people to: -

- Express their views and concerns;
- Access information and services;
- Defend and promote their rights and responsibilities;
- Explore choices and options.

The service is FREE and CONFIDENTIAL.

Contact: -

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Men's Sheds Cymru Wellbeing Advocacy Service.

Are you having trouble expressing your views or getting your voice heard? Sometimes people and organisations don't listen to what you want to do or take the time to understand your views.

'The availability of this service has helped some of the shed community with their mental health and reduced stress with things that they may not have felt able to address themselves.

For example, we have been able to advocate on matters such as accommodation, debt and medical issues, either by making contact with agencies on behalf of, or with the individual, or attending meetings with them, such as with their GP or social worker'.

We can help speak up on

their behalf or support them through the meeting process. The issues can be quite complex e.g. several debt concerns, or relatively straight forward such as finding a service, although for many, what may be simple to one person can be daunting to others. 'If someone is unsure whether we can help them, just ask – we are only a phone call away'.

If you think you or there is someone in your community who could benefit from advocacy support, you can enquire with us or tell them about us.

Advocacy is about the individual – we can help you with looking for information and options, but the way forward is always your choice to make.

