

## ShIPLEY Area Links Advocacy Service

The Advocacy and Befriending services are both a part of the SAL scheme.

For more information on our Befriending service please see our Befriending leaflet.

What our clients have said about SAL Advocacy:

“I felt empowered in the meeting, especially knowing someone was there for me”

“Thank you so much. I have got so much done and I couldn't do it without you.”

“It's been lovely knowing you, you have been patient, you're not in my face pushing me like some people do”



To speak to a Citizen Advocate, or for more information about the service, contact:

**Baildon, Shipley, Windhill,  
Wrose, Nab Wood and  
Frizinghall**

**Alima Begum**

HALE  
1 Westgate  
Shipley  
BD18 3QX



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**Mobile:** 07507 763593  
**Email:**  
alima.begum@haleproject.org.uk  
**Website:** www.haleproject.org.uk

**Bingley & Bingley rural,  
Crossflatts, Cottingley,  
Eldwick, Gilstead and  
Cullingworth**

**Shahleen Shaha**

SBVS  
Cardigan House,  
Ferncliffe Road,  
Bingley, BD16 2TA



**Tel:** 01274 781222  
**Mobile:** 07938380548  
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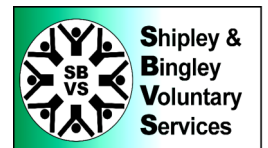
## ShIPLEY Area Links

# Advocacy Service

**Reaching out to  
empower older people  
to maintain  
independence**



Charity No. 1123542



Charity No. 1070852

## What is Citizen Advocacy?

Citizen Advocacy is an equal partnership between two people: an Advocate and a person who may need advocacy support to speak for themselves. This could be due to various reasons, for example lack of confidence or feeling they are not being listened to.

Advocacy is about taking action to help people voice their interests, secure rights, and access services they need and engage in their local community.



**This service is FREE**

## Who is it for?

The Advocacy service works in the Shipley and Bingley areas, with individuals aged 50 and above, who want to enhance their independence.

We are flexible and promote individual choices and decision making. We are able to meet you in your place of residence, to plan and discuss what you would like from the service.

Our Citizen Advocate will:

- listen to your needs
- explore options with you
- enable you to express your views or concerns
- enable you to exercise your rights and make important decisions about your life
- attend meetings and forums with you, and make sure your views are put forward

## Our Aim

Through the Advocacy service we aim to enable you to:

- access new services, information and resources
- take control of your affairs and be more independent

If an Advocate cannot provide what you need you will be signposted in the right direction.

**What's the next step?**



If you feel you could benefit from the support of an Advocate contact us and we will arrange a visit to see you.

Our contact details can be found overleaf.