

You or a friend can contact us to

find out more by:



**Telephone:**

01753 415299

**Text:**

07713 711999



**Email:**

[info@advocacyinlough.org.uk](mailto:info@advocacyinlough.org.uk)



**Website:**

[www.advocacyinlough.org.uk](http://www.advocacyinlough.org.uk)

Working together with:



# Advocacy in Slough

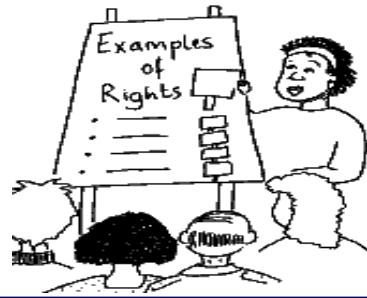
## A guide



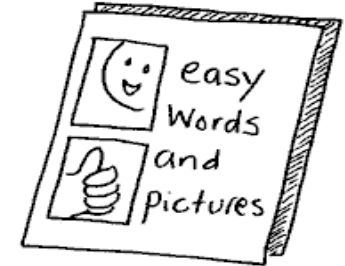


# Advocacy can help you

**Understand your rights**



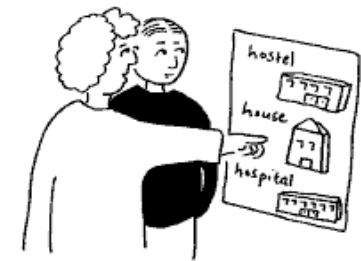
**Understand information**



**Speak up for yourself  
and be heard**



**Change your services  
if you want**



**Talk with  
professionals**



**Make a complaint**



**Advocacy is free, confidential and independent**