



We're here
for you.





Best Life Independent Advocacy is a scheme run by People First.

People First is an independent organisation. This means we are not run or controlled by any other service.

We work to provide Adults in Cumbria with advocacy. We work all over Cumbria and have Best Life Buildings in Barrow, Workington and Carlisle.

What is advocacy?

Advocacy is taking action to help you to:

- Express your views and wishes;
- Secure your rights;
- Have your interests represented;
- Access information and services; and
- Explore choices and options.

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Advocacy promotes equality, social justice and social inclusion.

It can empower you to speak up for yourself.

Advocacy can help you become more aware of your own rights, to exercise those rights and be involved in and influence decisions that are being made about your future.

If you are unable to communicate your views in a way we can understand, we may still need to represent you. We will uphold your rights and ensure you are treated equally. This is called non-instructed advocacy.

Who can we help:

Anyone who needs support to:

- Make changes and take control of your life;
- Be valued and included in your community; and
- Be listened to and understood.



This is a free scheme

What is an advocate?

- An advocate is someone who supports you to have your views heard and make sure your rights are upheld.
- Advocates can help you to put your views and feelings across when decisions are being made about your life.
- Advocates can give support which will enable you to make choices and inform you of your rights.
- An advocate will support you to speak up for yourself or, in some situations, will speak on your behalf.
- Advocates are independent. They are not connected to the carers or to the services which provide your support.
- An advocate works with you to develop your confidence wherever possible and will try to ensure that you feel as empowered as possible to take control of your own life.

How to contact us....

You can refer yourself using our phoneline,
or ask for some more information by
calling us on:

03003 038 037

Lots more information is
available online at:

www.bestlife.org.uk

You can email us at:

bestlife@peoplefirstcumbria.co.uk



Workington

The Best Life Building,
4-6 Oxford Street, Workington,
Cumbria CA14 2AH

Carlisle

The Best Life Building,
123-127 Botchergate,
Carlisle, Cumbria CA1 1RZ

Barrow

The Best Life Building,
Unit 9, Furness House
Barrow-in-Furness
Cumbria LA14 1ZR



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