



# Community Advocacy in East Sussex



## Easy Read Guide





## Do you need support? SWAN can help if:



- You are finding it difficult to explain your wishes and feelings. You feel you are not being listened to.



- You want to make choices about your life.



- You feel vulnerable or that you could be at risk of abuse.



**You can use this service if:**



- You have a learning, physical or sensory disability. Or a long-term condition or mental health need.



- Or you are an older person aged 65 years or over.



**You must also be a user of any adult social care service.**



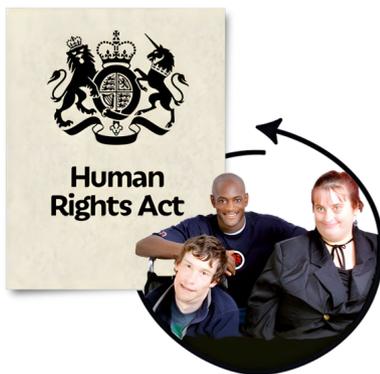
# How can your advocate support you?



Communicate with you in a way that meets your needs.



They can help to say what you want at meetings.



Help you to have your rights and choices and help you to have your voice heard.



Support you to access information and signpost you to other services where required.



Contact us:



Call us on:  
**0800 862 0995**



Send us an email to:  
**[eastsussex@swanadvocacy.org.uk](mailto:eastsussex@swanadvocacy.org.uk)**



Send us letters to:  
**SWAN, Hi Point, Thomas Street,  
Taunton, Somerset, TA2 6HB**



Visit our website:  
**[www.swanadvocacy.org.uk/eastsussex](http://www.swanadvocacy.org.uk/eastsussex)**