

# Community Advocacy



**Birmingham Advocacy Hub**

**Tel:** 0300 456 2370

**Email:** [pohwer@pohwer.net](mailto:pohwer@pohwer.net)

**Web:** [www.pohwer.net](http://www.pohwer.net)

# Community Advocacy Service

**This service is for people who need support to deal with an issue they are facing.**

**You can use this service if you:**

- Are finding it difficult to put your views across or don't feel you are being listened to
- Are in a situation where you feel vulnerable or that you could be at risk of abuse
- Need help to access services relating to your health, lifestyle, or independence
- Are struggling with an issue and feel you would benefit from some support

This service is delivered by POhWER in partnership with Advocacy Matters, DeafPLUS and East Birmingham Collective.

Our independent advocates can help you understand your rights and choices and help you to get your voice heard.

**This service is available to residents of Birmingham who are over the age of 18 and use health/community services.**

# Help Hubs

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**Our Help Hub is open every working day, providing telephone information, advice and support to access a wide range of services.**

We work with you to understand your needs and provide information and advice in the right format for you.

This service is available to anyone who needs information, advice, signposting to other services or a referral to one of our advocacy services.

Our service is free, confidential and independent.



# How to get in touch

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**Email** - [pohwer@pohwer.net](mailto:pohwer@pohwer.net)



**Telephone** - 0300 456 2370 (charged at local rate)



**Minicom** - 0300 456 2364



**Text** - send the word 'pohwer' with your name and number to 81025



**Skype** - [pohwer.advocacy](https://www.skype.com/pohwer.advocacy) (8am to 6pm Monday to Friday)



**Fax** - 0300 456 2365



**Post** - PO Box 14043, Birmingham, B6 9BL



**Website** - [www.pohwer.net](http://www.pohwer.net)



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## Access to information

- We provide leaflets and information in a variety of languages and formats including Easy Read, audio and DVDs
- We have access to translation and interpreting services
- We use communication toolkits, Makaton and other signing techniques

