

Are you struggling with an issue on your own?

Do you need support with a situation?

If so, contact Age UK Sunderland's Advocacy Service which offers general advocacy together with specialist support including transitions in retirement, finding residential accommodation, support on leaving hospital and bereavement.



**A free service  
supporting independence  
across the city**

As a local charity Age UK Sunderland aims to support older people across the city to love later life.

### **Advocacy is:**

- Listening to your problem to help you find a solution.
- Encouraging you to identify your own needs.
- Ensure that you have all the information you need to make an informed choice or decision.
- Taking up an issue or complaint on behalf of you.
- Supporting you to get your voice heard if you are not able to speak for yourself
- Empowering you to have control and giving you support to do so

### **Outcomes of the Advocacy service:**

- Improve independence
- Improve mental health
- Improve confidence and control
- Improve emotional health
- Improve physical health
- Improve psychological wellbeing

### **Who can access the service?**

If you are over 50 and live within the boundaries of the City of Sunderland we can support you.

We welcome enquires from individuals, relatives, friends and we also accept referrals from other organisations.

*The Advocacy Service is not a legal advice service.*



Should you require any assistance please call us on **0191 565 9045 / 0191 567 0378** or alternatively provide your name, address and telephone number below and return the completed form to: **Advocacy Service**

Bradbury Centre  
Stockton Road  
Sunderland  
SR2 7AQ

**We will contact you to arrange an appointment.**

Title:	Initials:	Surname:
Address:		
Postcode:		
Tel:	Date:	



You can also contact us via email:  
**[advocacy@ageuksunderland.org.uk](mailto:advocacy@ageuksunderland.org.uk)**

**[www.ageuksunderland.org.uk](http://www.ageuksunderland.org.uk)**

