



If you or someone you support would like to find out about our services please contact us at our Grays office or visit our website.



**The Beehive Centre, West Street,  
Grays, Essex, RM17 6XP**



**01375 389869**



**[www.batias.com](http://www.batias.com)**



**We are always  
looking for new  
Volunteers -  
contact us for an  
application form**



Registered Charity No: 1016226 Company No: 2776330



# How BATIAS can Support You



**We listen so you can  
find your voice**

**Empowering people to lead a full and  
active life that reflects personal choice**

# How we Support you

This leaflet is about **BATIAS** and how it can help you.  
**BATIAS** supports people with disabilities through  
**advocacy**

## What is Advocacy?

Advocacy is when a person helps you to be heard and listened to. An advocate can help you find out information, make sure you are given time to think about your choices and help you to say what you want. You can use some or all of the services when you feel that you need support.

Advocates can help you understand your rights and the choices you have. They can also assist you to speak up about the care you receive.

You may get an advocate if you find it very hard to:

- Understand what is happening and the choices that you have;
- Decide what care and support you need;
- Tell people what you want.



## Formal Advocacy

If you are worried or concerned about something that is happening in your life you can talk to a formal advocate. They will come and see you, the advocate will always try to find out from you what you want; they will ask questions and maybe find out information for you that could help you make choices.

## Self Advocacy

Self advocacy groups are great places to meet new people, to share your experiences and concerns. Some groups meet once a week to talk about lots of different things, other groups meet to do some special things such as sport, or talk about a certain topic such as keeping safe.

## Citizen Advocacy

A citizen advocate is a volunteer who will support you to do more social things such as go to the pub, football, the shops or the cinema or any activity which you enjoy.

