

Your Voice, Your Choice

How to contact us:



telephone - 0300 456 2370 (charged at local rate)



minicom - 0300 456 2364



text - send your name and number to 81025



email - pohwer@pohwer.net

Skype - pohwer.advocacy



Fax - 0300 456 2365



Post - PO Box 14043, Birmingham, B6 9BL

Please visit our website - www.pohwer.net

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

POhWER
advocacy, making your voice heard

Nottingham &
Nottinghamshire
ageUK

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Your Voice, Your Choice

Access to Information and Advocacy services across Nottingham and Nottinghamshire



Easier to read text with symbols



Free, Independent & Confidential

Your Voice, Your Choice



We are a new service giving people advice, information and advocacy.

Information, Advice and Advocacy Support



You can phone us on any weekday (not Saturday or Sunday). We can give you information and advice.



We can help you find the support and services you need.



We can help you get an advocate if you need one.



We will give you information that you can understand.



Advocacy Service

It is important that people respect you and your rights.



An advocate helps to make sure people listen to your ideas and choices.



This service is for people aged 18 or over who live in Nottingham or Nottinghamshire.



For more information about our services, please call

0300 456 2370

Delivered in partnership by **POhWER** and **Age UK Nottingham & Nottinghamshire.**

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