

Free support in Bassingbourn for Carers, and Adults or Parents with a Disability

Speaking Up are an independent advocacy organisation, based around Cambridgeshire and offer free advocacy services to help you with understanding your rights or helping you to make informed decisions. Advocacy is supporting people to speak up about the things they want. As an independent organisation Speaking Up can work with people to put their views forward without the constraints often imposed by statutory organisations such as Social Services. Advocates do not tell their clients what to do, they work with people to explore options/possibilities and support them in the choices they make.



Carers Advocacy

It is thought that 1 in 10 people in Cambridgeshire are unpaid carers. Many people don't even realise that they are carers; it's just something that they do in their daily lives. Looking after elderly relatives or friends who need help can be extremely rewarding, but many unpaid carers do not realise that they also have rights and can access a support network themselves.

“There is a need for carers’ advocacy as I often feel alone and isolated as a carer and unable to get my feelings and thoughts across to others”.
(Carer in Cambridge)

Speaking Up can talk with you about your rights, to show you how to access support services in your caring role or talk through decision that may affect the level of support you or the person you care for receive. The service is independent, confidential and completely free.



Community Advocacy

Speaking Up's Community Advocates support people with learning, physical or sensory disabilities to have their say and get their views heard.

They can provide support with issues such as housing, care, health and complaints as well as general queries on your rights and support options.

“Having someone to listen is like having the light at the end of the tunnel”. (One of Community clients)

If you would like an advocate, Speaking Up advocacy services can be contacted on:

Tel: 01223 555800
Email: info@speakingup.org
Address: Mount Pleasant House
Cambridge
CB3 0RN



Family Advocacy

Our Speaking Up for Families Advocates work with parents with a learning difficulty to ensure they are aware of their rights and get the right support to perform their parenting role.

“We are providing much needed support to parents with learning difficulties who can come to us for information on parenting, accessing parenting networks or for help at meetings concerning their children, leading to a fuller understanding of their rights”. (Rachel Mason, Advocate for Speaking Up for Families)

“Speaking Up for Families has been great for me. I felt very supported when my advocate came to meetings about my children with me”.
(Sharon Nisbet, mum of three and user of the service)