



Disabled people
working together
for real choices



Real is the registered working name of Real DPO Ltd (Charity: 1061671, Company: 03213172)

Advocacy

Get support to solve a problem

Real's Advocacy Service is a free, independent and confidential service, which offers one-to-one and group support for disabled people living and working in Tower Hamlets.

We can help you with a wide range of problems, including trouble with social care, housing, transport, employment and using the NHS.

Whatever problem you're facing, we can help you:

- say what you want or need
- think about your options and help you make decisions
- understand your rights
- complain if something is wrong or unfair
- provide you with information to enable you to access benefits and other services to help you resolve problems
- support you in meetings and assessments

We'll also make sure people don't treat you unfairly because of your disability, race, religion, beliefs, gender, gender identity or sexual orientation.

We help you solve your problems in the way you think is best. This means, we don't tell you what to do. Instead, we make sure you know what your options are and what might happen after you make your choice.

Is there anything an advocate cannot do?

- tell you what to do
- give counselling
- give legal advice
- look after your financial affairs
- develop personal relationships (befriending)

If there is something you need that we cannot provide, we will help you find the right service.

Who we can support

We can support anyone living, working or studying in Tower Hamlets who is disabled or who has a long-term health condition.