

Independent Mental Health Advocacy

*Do you know your rights?
Are your choices being respected?
Are your concerns and wishes being listened to?
Would you like support in making your voice heard?*

Advocates from the Information & Advocacy team work alongside people using mental health services in the community to ensure that their voices are heard. Our team of advocates include staff and volunteers, all of which are fully trained. We offer a free, independent and confidential service. We can tell you about your rights, support you in meetings with professionals, and provide unbiased information to help you to explore your options.

We visit wards at the Warneford and Littlemore Hospitals weekly to provide advocacy for inpatients:

Phoenix:	Tuesday	2pm – 2:45pm
Kingfisher:	Tuesday	3pm – 3:30pm
Kestrel:	Tuesday	3:30pm – 4pm
Kennet:	Wednesday	1:45pm – 2:30pm
Glyme:	Wednesday (alt.)	2:30pm – 3pm
Wenric:	Wednesday (alt.)	2:30pm – 3pm
Ashurst:	Wednesday	3:15pm – 4pm
Allen:	Thursday	1:45pm – 3:15pm
Wintle:	Thursday	3:15pm – 4:45pm
Vaughn	Thursday	3:15pm – 4:45pm
Thomas:		

We also have drop-ins in these areas in the community:

Banbury - Katrina

The Elms

Phone: 01295 819022
(Extension 59520)

Mind in Banbury

Phone: 01295 271064

Katrina visits Mind in Banbury the first Wednesday of each month, and has a drop-in at the Elms all other Wednesdays

Bicester - Kat

The Causeway Centre - Mind

Phone: 01869 249864

Julier Centre - CMHT

Phone: 01869 602400

Kat visits the Causeway Centre the first Friday of each month 2:30pm - 6:30pm. Kat has a drop-in at the Julier Centre the second Thursday of each month 1:30pm - 4pm

Didcot - Susan & Tony

May Tree

Phone: 01235 516220

Restore Didcot

Phone: 01235 817215

An advocate will be at Restore for drop-in every Tuesday.

Black & Minority Ethnic Issues - Bushra

Asian Cultural Centre

Phone: 01865 425000

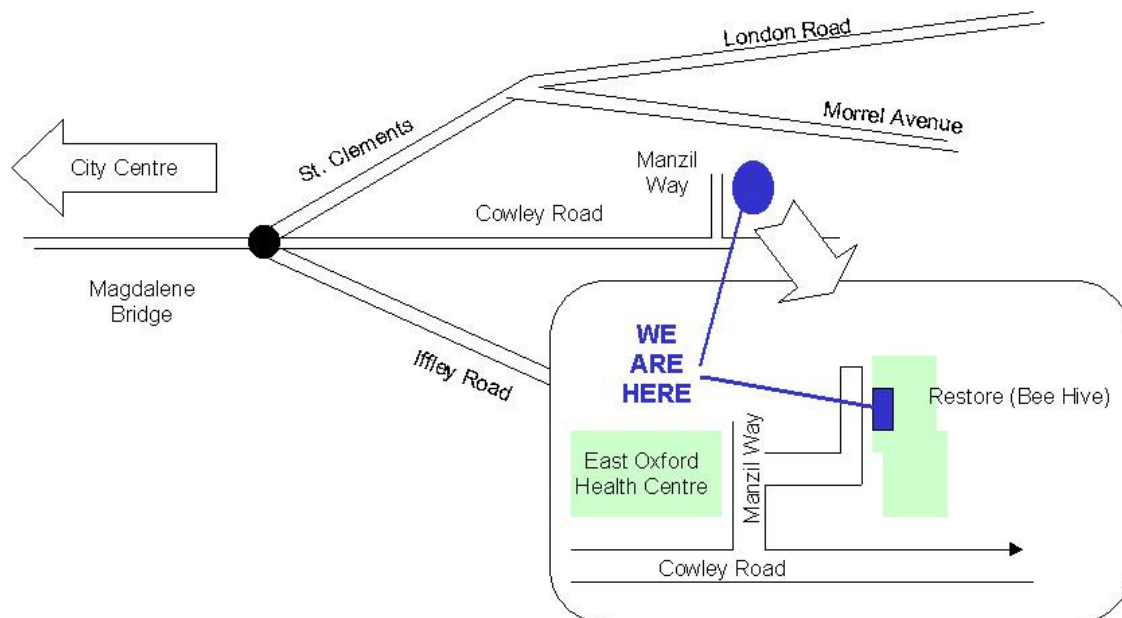
Bushra visits the Asian Cultural Centre every Monday 12pm - 2pm

To request an advocate in these areas or for more information including specific dates and times for the sessions please ring 01865 728981 and speak to the named member of staff.

How to find us

- **Oxford, Manzil Way**

This is the main base for our Information and Advocacy Service, located on Manzil Way off Cowley Road. We now have our own area on the same site as Restore (painted dark blue, with the entrance in the car park opposite the large new Health Centre). To find on 'multimap', use the post code OX4 1YH (although our full postal address is PO Box 1476, Oxford OX4 9DG).



- **Didcot, Restore**

Sandringham Road Fleet Meadow Didcot OX11 8TP

- **Didcot, Maytree House***

May Tree House Mereland Road Didcot, OX11 8AS

- **Banbury, The Elms Clinic***

The Elms Centre, Oxford Road, Banbury Oxfordshire, OX16 9AL

- **Banbury, Mind In Banbury (Midway)**

St Paul's Church Hall, Warwick Road, Banbury, OX16 2AN

- **Asylum Welcome**

Cowley Road, Oxford OX4 1UR

- **Asian Cultural Centre**

Manzil Way, Oxford OX4 1GH

- **Kennet, Glyme, Wenric and Phoenix Wards***

Littlemore Mental Health Centre, 33 Sandford Road, Littlemore OXFORD, OX4 4XN

- **Allen, Vaughan Thomas and Wintle Wards, Runis Unit***

Warneford Lane, Old Road Headington OXFORD, OX3 7JX

* These sites belong to Oxfordshire and Buckinghamshire Mental Healthcare Partnership NHS Trust, and are also used to deliver statutory mental health services.