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.





Age UK Nottingham and Nottinghamshire is a registered charity number 1067881 and a company limited by guarantee, registered in England and Wales number 3455485. Registered office 12 Shakespeare Street, Nottingham NG1 4FQ.

Royal Patron HRH: The Prince of Wales KG KT GCB. ID9869 11/10











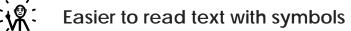




Issue: Feb 2012

Your Voice, Your Choice

Access to Information and Advocacy services across Nottingham and Nottinghamshire











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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