

If you think you or someone you know could benefit from any of our services please get in touch. A supportive person is waiting to help.

We would love to hear from people who are interested in supporting Onside through volunteering as well as potential partner organisations.

We look forward to speaking to you.

## How can I contact Onside?

### By Email

[info@onside-advocacy.org.uk](mailto:info@onside-advocacy.org.uk)

### By Telephone

01905 27525

0844 248 9248

### By Fax

01905 28554

### Web

[www.onside-advocacy.org.uk](http://www.onside-advocacy.org.uk)

### By Post

Onside Independent Advocacy  
Williamson House  
14 Charles Street, Worcester  
WR1 2AQ

### Follow us on



/OnsideIndependentAdvocacy



@OnsideAdvocacy



Registered Charity No. 1102022

Company No. 4923990

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Empower  
Support

Respect

Listen

Nurture  
Inspire

Believe

Engage  
Care

Welcome

Calm

Onside  
we believe in  
people



Making a difference  
to the lives of over  
**3000 People**  
a year...



## Onside we believe in people

Onside is your local charity working across Worcestershire and Herefordshire to support people and their families to live better lives.

People who may be vulnerable, isolated or disadvantaged as a result of a disability, learning disabilities, mental ill health or age related illnesses as well as people who have responsibilities as carers.

Our experienced team genuinely care and want to help people make long-lasting improvements to the quality of their lives. We take the time to listen and understand the often complex issues people are facing.

Our services help people to resolve their problems and overcome barriers to living well, giving people opportunities to build confidence, achieve their goals and be part of their communities.

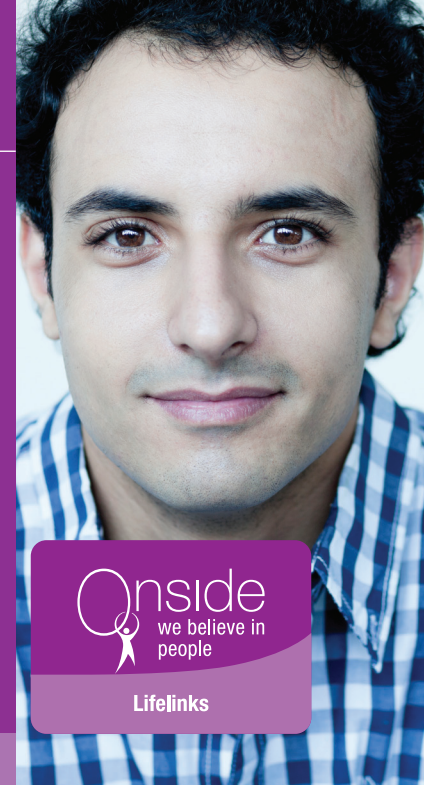
## LIFELINKS

Onside Lifelinks aims to build communities and support individuals to gain confidence and belief that they can move on with their lives and reconnect with their communities.

It is generally acknowledged that social links and the friendships and networks we have within our communities play a key role in maintaining health and wellbeing as well as improving our quality of life.

For many reasons people can find themselves isolated from their communities and may face very real barriers to making changes.

Through skilled mentoring and facilitating peer support Onside can help people overcome these barriers; move forward and make new friends; develop or re discover skills and interests and feel part of their community.



Onside  
we believe in  
people

Lifelinks



## ADVOCACY

Onside provides a range of independent advocacy support to ensure that people who may be vulnerable or disadvantaged are treated fairly, with respect and are not subject to abuse or exploitation.

Advocacy helps individuals to express their views and ensure their voice is heard.

Our advocacy team are experienced and skilled at listening and understanding individuals' wishes. They help people make effective use of professional advice and information, provide support to enable people to understand choices, make decisions, and express their views and needs. Where necessary speaking on someone's behalf to ensure their rights and interests are being respected.

Other advocacy services include IMHA, IMCA and ICAS as well as Appropriate Adult and Independent Visitor.

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people

Advocacy

## VOLUNTEERING

Volunteers are at the heart of Onside helping us to do more and support more people, bringing a wealth of skills, experience and knowledge; keeping us truly connected to the communities we work in.

Onside recruits volunteers from a wide range of backgrounds each united with a passion and desire to make a difference. Some volunteers have experienced ill health and disability themselves and can offer their unique insight and empathy; others bring experience from work and family settings.

Onside provides free training, ongoing support and the opportunity to meet new people, learn new skills as well as enhancing their own lives through meeting and helping local people.



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people

Volunteering