



Training

Ceartas can deliver bespoke training on advocacy, dementia and community care legislation. Ceartas has delivered training in a variety of settings and to a number of different groups including: potential service users and carers, nursing and social work students and care providers.

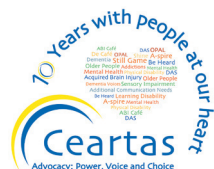
Get Involved

If you are interested in the work that Ceartas does then you can become more involved by volunteering. There are a number of opportunities for you that will directly assist the organisation. If you want to find out more then please get in touch.

Become a Member

Becoming a member ensures that we are kept informed of the views of our service users and those with an interest in the work that we do. It also enables us to demonstrate to potential funders that we are truly representing the views of the people of East Dunbartonshire.

If you support the work that Ceartas delivers, you can help to ensure that we carry on doing it well by becoming a member.



(pronounced Kier-tis) is a Gaelic word for equality, fairness and justice.

This is what we wish to achieve and promote as we support and represent individuals in East Dunbartonshire.



Get in Touch...

By Letter
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Ceartas Advocacy

A Guide to Advocacy for Adults in East Dunbartonshire





WHAT IS INDEPENDENT ADVOCACY?

Independent advocacy is a way to help you to make your voice stronger and to have as much control as possible over your life. Advocacy Workers do not make decisions on your behalf and they will not put words in your mouth. We can help you get the information you need to make choices, and assist you to express your views to others.

Our advocacy is independent as we do not work for health, social work or other services. You do not have to pay for advocacy.

Ceartas Advocacy workers are not qualified in Law. If you need legal representation, we will be happy to help you find a lawyer.

Ceartas works with adults (over the age of 16) in East Dunbartonshire. Priority is given to:

- Older people
- People with dementia
- People with mental health issues
- People with learning disabilities
- People with physical disabilities
- People with sensory impairment
- People with acquired brain injury
- People with additional communication needs
- People with addiction issues

WHAT ELSE DO WE OFFER?

Information

Ceartas can help you access information on a range of issues including: planning for the future, relevant legislation or any other community care issues. We provide a specialist dementia and older people information service to assist with issues that older people or people affected by dementia might face, for example benefit entitlement, power of attorney, access to support services etc.

Ceartas can arrange an appropriate time to visit you at your home or if you prefer we can arrange an office visit. The dementia information service is also available at some local GP surgeries and across areas of East Dunbartonshire in partnership with the Dementia Advisory Clinics.

Group Work

We run a number of groups, some in partnership with other agencies. Our groups provide the opportunity to get information in an informal setting over a welcomed cup of tea or coffee. Our groups are open to new members on a drop in basis.



Our De Café groups are for people affected by dementia and their carers. They run at various times and venues throughout the month, they are staffed by people with a knowledge of dementia issues and information on where support is available.



ABI café is for people with an acquired brain injury and their carers. The group meets on the first Thursday of every month and has regular speakers and discussion topics.

User Involvement

We believe that the people who use our service are the experts when it comes to shaping the work that we do.



Still Game is a group of people who have used Ceartas' services. They meet monthly to discuss things that they would like to see changed or developed within Ceartas. They also have influence on social care services across East Dunbartonshire through presentations and publicity.