



This service is provided by
Advocacy for All



Sutton Touch Base Project



- **1-1 and groups advocacy**
- **for people with learning disabilities**
- **who have mental health difficulties or needs.**



The aim of this project is to support people to **manage their mental health better** before it becomes a crisis.

What is the service?



- **6 week of 1-1 advocacy**
- get support to look at problems, set goals and work towards them



- **Wellbeing groups**
- learn coping methods and wellbeing exercises in a safe supportive group



- **Drop ins**
- every fortnight, come for a cuppa and a chat and find out more about how we can help



- **Self advocacy groups**
- make friends and speak up about the important things in life

Who is it for?

You can use this service if



- you are an **adult (over 18)**
- you **live in the Sutton borough**
- you have a **learning disability and mental health needs**



You can't use this service if

- you are **in crisis**
- you need **clinical intervention**



- if you **feel unsafe and need urgent help**, please call **999**

What can an advocate do?



- **work in person or online** for **6 weeks**
- **talk about what troubles you and what you find hard**
- **help you focus on a goal and work towards it**
- **support you to do things yourself**

Referrals



Look on our website

www.advocacyforall.org.uk

- Click on 'make a referral'
- Scroll down to the Sutton section
- Click on Sutton Touchbase

Download the Referral Form, complete and email to:

groups@advocacyforall.org.uk



Or call us on 07711 590393 and make a referral.

If you need help with completing the referral form or if you have any questions, please do not hesitate to call our team.

Self referrals are welcome.

If you are referring someone else, please get their consent.

Contact us

 0345 310 1812 option 1 or 07711 590393

 groups@advocacyforall.org.uk

 www.advocacyforall.org.uk

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