

**MY NAME IS ERICA JACOBS  
I WORK AS A CARERS  
ADVOCATE FOR  
BROMLEY ADVOCACY  
PROJECT.**

I can act as an independent voice for  
carers of people with mental health  
difficulties

I can meet with you at my office in  
Bromley or at the Cotmandene  
Community Resource Centre in St Paul's  
Cray.

Due to funding I currently offer support  
to carers who live in the  
ORPINGTON AREA of London  
Borough of Bromley only

September 2008-March 2009

How to contact me

You can telephone me yourself or ask  
a member of staff to contact me

Telephone Erica Jacobs on  
**020—8313—0139**

**Mobile:**  
**07972 180 689**

If I am not there you can leave a  
message

I work part time and will return your  
call as soon as possible.

Our office is based at

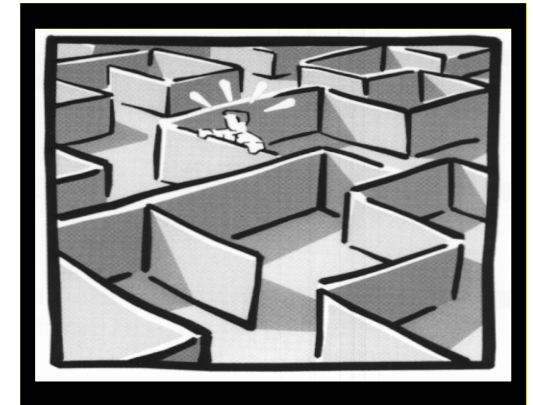
61 College Road  
Bromley  
Kent BR1 3QG

Registered Charity No 1052509

**BROMLEY ADVOCACY  
PROJECT**

**CARERS  
ADVOCACY SUPPORT**

**FOR CARERS IN THE  
ORPINGTON AREA**



An independent voice  
for carers of people with  
mental health difficulties

A carer is someone who looks after a relative or friend without payment.

### **Is this you?**

There may be times when you would like someone independent to talk to or to support you in your caring role.

I could help by:

- Helping you to find information around a specific issue
- Talking to you privately about your concerns
- Offering you moral support—perhaps by attending a meeting with you
- Supporting you to put forward your views to someone if you are finding it difficult to do this or feel that you are not being listened to
- Speaking on your behalf to the people involved in your caring role to put forward your views

As an Advocate, I:

- **will not** make judgements about you or your situation.
- **cannot** make decisions for you and will not tell you what you should or shouldn't do

**But.....**

- **will** listen to you and offer moral support
- **will** offer you support and information to enable you to make your own choices and decisions around your caring role
- **will** help you to say what you want to say about your caring role.

**I can** support you on a short term basis to help with specific issues. Once the support has been given around the issue I would not be involved any further. I can give you information on other organisations who provide this role.

### **Confidentiality**

**I will not** discuss with anyone what we or you have said without your permission.

**I will only** seek information with your permission and any information I find will be shared with you in full.

**I will only** breach confidentiality if you express an intent to cause harm to yourself or others. In this situation **I will** notify a member of staff but will continue to support you if you wish.

### **Notes**

**I will** keep a basic record of the support I give to you. These notes are kept in a locked cabinet in the office and only the carers advocate and the Advocacy Manager have access to them. **You can see them at any time if you wish.**