



**WOULD YOU LIKE HELP TO ACCESS SOCIAL SERVICES, OR HELP TO EXPLAIN TO YOUR SOCIAL WORKER THE THINGS THAT ARE IMPORTANT TO YOU?**

**IF YOU FEEL YOU MIGHT FIND IT DIFFICULT TO SAY WHAT YOU WOULD LIKE IN TERMS OF YOUR SUPPORT, THERE IS A SERVICE THAT CAN SUPPORT YOU WITH THAT.**

**IT'S CALLED THE INDEPENDENT PROFESSIONAL ADVOCACY SERVICE. IN CARMARTHENSHIRE, PEMBROKESHIRE & CEREDIGION THE SERVICE IS CALLED [THE THREE COUNTY INDEPENDENT PROFESSIONAL ADVOCACY SERVICE \(3CIPA\)](#).**

**THE SERVICE IS FREE AND YOU MAY HAVE A LEGAL RIGHT TO GET THIS SUPPORT.**

**IT IS PROVIDED BY PEOPLE TRAINED TO HELP PEOPLE HAVE THEIR VOICE HEARD AND INCREASE CONTROL OVER HOW THEIR SUPPORT SERVICES ARE PLANNED AND DELIVERED.**

**IF YOU FEEL THIS SERVICE WOULD BE HELPFUL:**

**SPEAK WITH YOUR SOCIAL WORKER, OR OTHER PERSON INVOLVED IN YOUR SUPPORT, ABOUT A REFERRAL, OR**

**SPEAK DIRECTLY TO THE SERVICE YOURSELF OR ASK SOMEONE YOU KNOW TO CONTACT THE TEAM.**

**[PLEASE RING FREEPHONE 0800 206 1387](tel:08002061387)**

**[OR EMAIL INFO@CIPAWALES.ORG.UK](mailto:info@cipawales.org.uk)**