

Contact US

- call 020 7001 2175
- text 079 0037 6781
- email local-link@real.org.uk

Nine different organisations provide this service in Tower Hamlets



Local Link

One stop for information, advice and advocacy support



Providing free information, advice and advocacy to people in Tower Hamlets

This leaflet is for people who are over the age of 14 and use Social Care Services in Tower Hamlets.

Information and Advice

We can provide you with **information** and **advice** on issues including:



- Getting information you need to make choices



- Learning about your rights



- Benefits



- Where you live



- Finding a job or learning



- Help at home



- Sports and leisure

Advocacy

We can support you to speak up and be heard.

What is advocacy?

Advocacy



- Speaking up for yourself



- Being listened to and being heard



- Making your own choices



- Say when you are not happy about something



- Being independent