

Personal Health Budget Advocates

- Offer free, confidential support
- Speak alongside you
- Provide information
- Remain independent

Personal Health Budgets

A Personal Health Budget (PHB) is money to support your identified healthcare and wellbeing needs, planned and agreed between you or your representative, and your local NHS team.

Sefton Carers Centre and Sefton Advocacy are working in partnership to support you through your Personal Health Budget (PHB) journey.

This partnership is called the Personal Health Budget Support Service (PHBSS).

Independent advocacy can support you by:

- Providing one to one support, by listening and talking with you.
- Supporting you to understand your rights.
- Providing you with relevant information to make informed decisions.
- Supporting you or speaking on your behalf at meetings, reviews, or appointments.
- Supporting you to have your voice heard by professionals.
- Putting you in contact with agencies that may offer other types of support.
- Peer support networks/forums



“Using the Sefton PHB Advocacy Service helped level the playing field and free me up to focus more on caring

for my daughter. I’m hugely grateful and would highly recommend this service.”

(Family member)

PHB advocates provide a free, independent and confidential service for Sefton residents receiving a PHB.

“Experience has shown that having the right support in the early stages can make a long-term difference to the success of your PHB”

(peoplehub.org.uk)

Get in touch

SEFTON ADVOCACY

01704 500500

(Ask for the PHB advocates)

www.seftonadvocacy.org

E-mail: **info@seftonadvocacy.org**

PHB ADVISERS

Sefton Carers Centre 0151 288 6060

For people who require general advocacy support not related to PHBs Sefton Advocacy may be able to help.

You can contact us on 01704 500500

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