

How to contact us....

You can call us on:

03003 038 037

Lots more information is available online at:

www.bestlife.org.uk

You can email us at:

bestlife@peoplefirstcumbria.co.uk



Workington

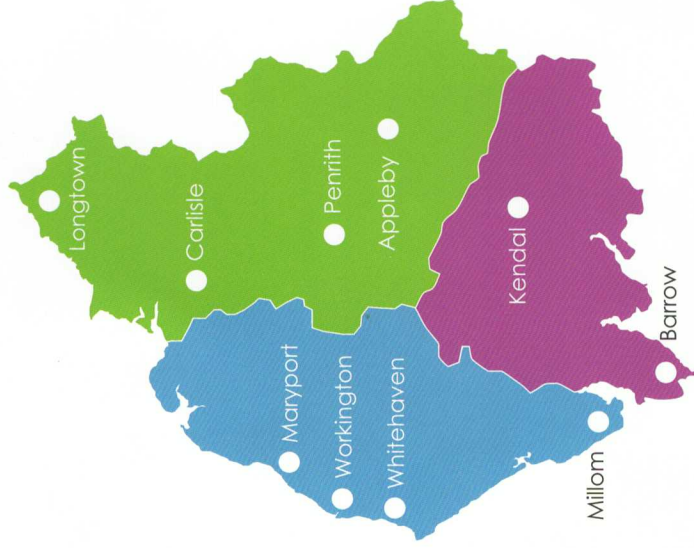
The Best Life Building,
4-8 Oxford Street, Workington,
Cumbria CA14 2AH

Carlisle

The Best Life Building,
123-127 Botchergate,
Carlisle, Cumbria CA1 1RZ

Barrow

The Best Life Building,
12 Duke Street,
Barrow-in-Furness
Cumbria LA14 1LF



Best Life Independent Advocacy is a project run by People First.

BL007 - July 2013

BestLife

INDEPENDENT ADVOCACY



We're here for you.





Best Life Independent Advocacy is run by People First in Cumbria.

We are an independent organisation which means we are not run or controlled by any other service.

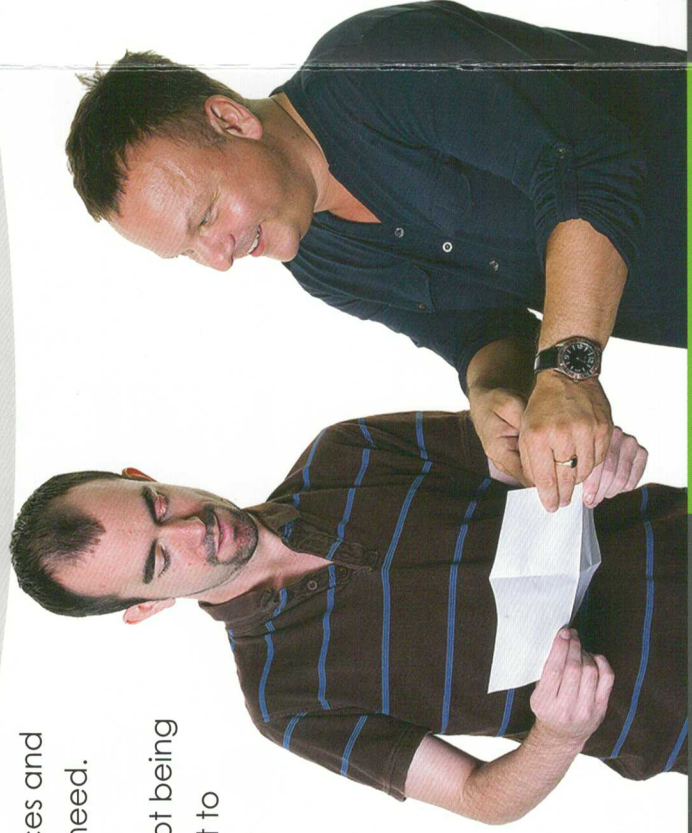
We work to provide people in Cumbria with advocacy to help them make a difference in their lives.

Best Life Advocacy is a free, confidential and independent scheme.

Advocacy is taking action to help you:

- Speak up for yourself
- Express your feelings and wishes
- Have your voice heard
- Have your rights and choices respected
- Explore your choices and options
- Access the services and information you need.

If you feel you are not being listened to and want to find out more about how advocacy can help you then please get in touch.



We're here
for you.