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Annual Report 2024 – 2025

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Chair's Welcome



It is an absolute privilege to become Chair of this wonderful Organisation this year. I step into the role following the remarkable leadership of my predecessor, Lesley Donnelly, who guided our Trustee Board with dedication for twelve years. Thanks to her commitment, she leaves the Organisation in a position of real strength.

Alongside our CEO, Dave
Bradshaw, an experienced and
passionate team of staff and
volunteers continue to provide
support and a strong voice for
those who are not always able to
speak for themselves. Together, we
build on more than thirty years of
work, which has established us as
a trusted advocate for those who
need us most.

Our dedicated team delivers a wide range of activities, offering person-centred, one-to-one support to many of our beneficiaries. They meet people where they are, understand their individual journeys, and walk alongside them as they take steps towards their goals. As you read through this report, you will see the real difference this approach makes to the lives of those we serve.

We are proud to work in partnership with many organisations, including our commissioners and funders, whose support enables us to continue this vital work. Their contributions, along with the tireless efforts of our staff, volunteers, and trustees, are what make our mission possible, and I am deeply grateful for each and every one of them.

This year, I have had the privilege of seeing first-hand the passion, dedication, and care with which our people conduct their roles. It is inspiring to witness their commitment to supporting others and to see how much impact their work has.

At some point in our lives, we all need a helping hand. That is why supporting an Organisation like ours, one that gives a voice to



those who may not currently have one, is so important. The case studies you will read here show the difference we make. I hope these stories resonate with you and perhaps even inspire you to get involved - whether through volunteering, supporting our projects, or helping us spread the word.

Looking ahead, I am excited to see how we continue to grow, sustain, and strengthen our work, building solid foundations so that more people can move forward and thrive in their life choices.

Gurdeep Hanspaul Chair of Trustees

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Chief Executive Officer's Review



The period from April 2024 to March 2025 was another busy and impactful year for Sandwell Advocacy. Our Board of Trustees continued to support staff and volunteers in delivering essential independent advocacy to those most in need in our community. We are also proud to have entered our 31st year of providing advocacy across Sandwell, a milestone that reflects our ongoing commitment to ensuring people's voices are heard and their rights protected.

This year brought a significant change in leadership. After 16 years of dedicated service, including more than a decade as Chair, Lesley Donnelly stepped down from the Board. Her commitment has been truly remarkable, and we are deeply grateful for her contribution. We were delighted to welcome Gurdeep Hanspaul as our new Chair, who will continue to champion our vision and drive forward vital advocacy projects.

Our Advocacy Project for Young Carers, funded by Sandwell Children's Trust, continued to provide vital support to children, young people, and their families. Alongside one-to-one support delivered by Senior Independent Advocate Helen Charles and Independent Advocate Sharon

Wilson, we organised group activities and worked closely with our User Engagement Group to ensure young carers' voices were heard. We also invested in staff development, with Helen Charles gaining her qualification in Independent Advocacy in Child Protection and Family Courts and leading safeguarding training for the wider team.

The Sandwell Advocacy Voice and Empowerment (SAVE)
Project, supported by trusts and foundations, continued to empower children and young people experiencing poor mental health or behavioural challenges. Helen and Sharon delivered person-centred advocacy, ensuring young people's rights and wishes were upheld.

This year marked the final stage of our Voices and Choices project, funded by the Albert Gubay Foundation, which received steady referrals from Adult Social Care, Social Prescribers, the Community Offer, and families.

The Parents Advocacy, Guidance and Empowerment (PAGE) Project, funded by the National Lottery, supported parents with a learning disability and/or autism who are at risk of intervention from Children's Services. Delivered in partnership with Ideal for All, the project focused on ensuring parents remain central to decisionmaking. For most of the year the project was delivered by Independent Advocate Kirsty Kemp, who moved on in March 2025, with Helen Charles stepping in on an interim basis to ensure continuity of support.

Our Advocacy Feedback Support Service, funded by Sandwell MBC, continued to give residents in Nursing, Residential, Extra Care, and Day Centre settings a voice in shaping their care. Delivered by Advocacy Support Officer Carol Turley, the project also benefited from the recruitment of new volunteers, who completed training and shadowing before beginning to work independently with ongoing support.

Our Birmingham Bereavement and Wellbeing Service, funded by Birmingham City Council and delivered as part of the Communities in Sync consortium, continued to provide crucial support to carers experiencing loss and bereavement. Led by Helen Charles in her role as Senior Bereavement Officer, the service experienced high demand, reflecting its importance to the community.

The Sandwell Together telephone befriending service, coordinated by Louise Jones, reached an important milestone with its 400th referral since launching in 2020. With an increase in volunteer befrienders this year, the service was able to reach more lonely and isolated residents across Sandwell. In October 2024 we introduced a Volunteer Peer Support Group to strengthen volunteer support and cohesion, and in June we once again celebrated National Volunteers Week, hosting a well-attended afternoon tea at Langley Lodge.

Behind the scenes, our work has been supported by Sharon Jenkins, our Business Support Officer, who remains a vital first point of contact for callers and visitors. Her skills and adaptability continue to add immense value to the organisation. Our strategic direction is shaped by consultation with stakeholders and expressed through a three-year Business Plan. A key milestone this year was our Development Away Day in October 2024, held at Sandwell Valley Visitor Centre and facilitated by Steph Vidal-Hall of Making Meetings Matter. The day focused on exploring sustainability and setting future goals.

We also strengthened our communications by outsourcing our digital marketing strategy to Brand Creative Media, ensuring a coherent, impactful, and wellresourced digital presence. In addition, a working group undertook a full review of our equality, diversity, and inclusion practices. This led to the introduction of LGBTQ+, gender, and trans awareness dates in our social media calendar; updates to volunteer equal opportunities monitoring and documentation; new guidance on pronouns in the Volunteer Handbook and training; and an inclusion statement on our website.

None of our work would be possible without the dedication and generosity of our volunteers, who freely give their time, skills, and expertise to help us deliver our services and support our mission. We are proud to recognise their contribution and the meaningful impact they have on individuals and the wider community.

Looking ahead, we remain steadfast in our mission to make advocacy accessible to those experiencing exclusion or marginalisation. At the heart of our work is a deep commitment to amplifying voices that might otherwise go unheard. This principle continues to guide everything we do and will remain central to our values in the years ahead.

Dave Bradshaw
Chief Executive Officer.



Parent's Advocacy, Guidance & Empowerment



The Parent's, Advocacy, Guidance and Empowerment (PAGE) project was established in October 2022 with funding from the National Lottery Community Fund. The project exists to ensure that parents with learning difficulties and/or Autism whose children are or likely to be known to children service intervention, are given fair access to support, advocacy, and practical guidance so that they can participate fully in decisions that affect their families. At the heart of our work is a simple but powerful belief: with the right support, every parent deserves the opportunity to show they can provide a safe, loving home for their children.

Too often, these parents face barriers in understanding complex processes, navigating meetings with professionals, and demonstrating their ability to provide safe and loving homes. As a result, they are often disempowered, unheard, and at greater risk of having their children removed.

At the centre of the project are two key roles:

Independent Advocate – works alongside parents to ensure their voices are heard and respected in all decision-making processes. This includes supporting them to understand professional reports, prepare for and attend meetings,

and communicate their views clearly and confidently. The advocate ensures parents are not passive recipients of decisions but active participants in shaping the future of their families.

Living Skills Officer – provides practical guidance and coaching in everyday parenting and household skills. Support is tailored to each family and may include routines for getting children to school, budgeting, cooking healthy meals, managing appointments, and maintaining a safe home environment. By breaking tasks down into achievable steps, the Living Skills Officer helps parents build confidence and independence.

Jackie's story.

Jackie, a mother of three children. was referred to the service by the social worker assigned to her case. Jackie struggled to maintain the family home and get her children to school. She had been known to services following a history of domestic abuse and was on a child protection plan. Jackie had lived in fear from her partner and now from services she thought were there to take her children from her. The living skills officer worked closely with her to build her confidence and self-esteem. She introduced small steps such as using a checklist for morning routines and showing her and the children how to organise and clean by doing one room at a time.

At the same time, Jackie's advocate supported her with the child protection process. This included meeting with her regularly and helping her understand the reports

written about her, preparing for meetings, and making sure her voice was heard clearly by professionals. With advocacy support, Jackie was able to understand child protection procedures and expectations. In the meetings she explained what changes she had made, and highlight what further support she felt would help her family.

Over time, Jackie grew in confidence. The children started getting to school on time, the home environment improved, and professionals recognised her progress. Most importantly, Jackie felt she had been listened to and understood.

"Before, I thought they only saw the bad," she told us. "Now they can see how hard I'm trying."

Names have been changed to protect anonymity.



Advocacy for Young Carers



Overview

A young carer is anyone under 18 who provides care for a family member or friend affected by disability, illness, mental health challenges, or addiction. Their responsibilities vary daily and may include emotional support, household tasks, assistance with dressing, and managing medication.

Key Objectives

This year, our primary focus has been to engage with as many young carers as possible while providing a safe, supportive environment where they can share their worries, concerns, and aspirations and, most importantly, have their voices heard.

Particular attention has been given to those who find it challenging to express themselves in stressful situations, experience low confidence or self-esteem, or are affected by poor mental health.

To mitigate the social impact of these challenges, including difficulty attending social events or maintaining friendships, we have promoted and facilitated peer-support activities that help build connections and foster a sense of belonging.

Impact & Feedback

Young Carer:

"You let me express my feelings and talk about home, which helped me a lot. Without Sandwell Advocacy it would have taken longer to reach my goals. I'm going out more now."

Young Carer:

"When I am talking to you, I get stuff off my mind, so I don't have to worry about it anymore. I feel I can go home and not take those feelings with me "

We strengthened outreach and awareness through school events, parents' evenings, and community activities, enabling us to hear carers' views, address issues, and facilitate access to mental health services and support.

We have also worked to reduce barriers in schools and colleges.

Family member:

"I can't thank you enough for the support you gave us. Social services closed the case, but you didn't stop helping, and you were right to continue. You saved her and our family. We can move forward confidently thanks to your time, patience, and understanding."

Partnership Working

We recognise that lasting impact is never achieved in isolation. That is why we place advocacy and partnership working at the heart of all we do. By collaborating with schools, CAMHS, Connexions, and youth forums, we have been able to identify young carers earlier, gather vital insights into their needs, and ensure they have access to the right support at the right time.



Through these partnerships, we are not only providing services that enrich the lives of young carers but also raising awareness of their challenges and championing their voices within the wider community. Together, we are creating stronger networks of support, where young carers feel seen, heard, and empowered to thrive.

Young Carer:

"You were there to listen and help me and my family, supporting me when I was low and helping me make the right choices. Thank you for believing in me."

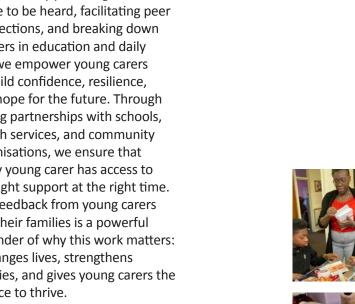
Summary

Sandwell Advocacy has expanded its reach to provide dedicated support for young carers, ensuring that their voices are heard and their mental health and wellbeing remain a priority. Feedback from young carers and their families consistently highlights the organisation's vital role in offering emotional support, breaking down barriers to education, and promoting a family-centred approach that recognises the needs of the whole household.

Sandwell Advocacy's work with young carers demonstrates the transformative power of listening,

supporting, and championing those whose responsibilities often go unseen. By providing a safe space to be heard, facilitating peer connections, and breaking down barriers in education and daily life, we empower young carers to build confidence, resilience. and hope for the future. Through strong partnerships with schools, health services, and community organisations, we ensure that every young carer has access to the right support at the right time. The feedback from young carers and their families is a powerful reminder of why this work matters: it changes lives, strengthens families, and gives young carers the chance to thrive.

Sharon Wilson Independent Advocate











Advocacy Feedback Support Service



The Advocacy Feedback Support Service provides the opportunity for adults in the Sandwell area to provide feedback regarding their care and support services. The service has been commissioned by Sandwell Metropolitan Borough Council since 2013, and forms part of their monitoring of standards of care. The information is collated and reported as feedback to the Quality and Safety Team at Sandwell Council.

It has been another active year of engaging with adults across care homes, extra care housing schemes, and day centres throughout the Sandwell area. Through our visits, service users are supported to complete a questionnaire covering all aspects of their care, providing a platform for their views to be heard. By ensuring people can express their opinions confidently and confidentially, we empower them to influence the services they receive, reinforcing the principle that every individual has a right to be listened to and to shape the care that affects their lives.

During this year, the service:

- Visited 45 service providers across care homes, extra care housing schemes, and day centres.
- Supported 283 adults to complete a questionnaire, giving them a confidential platform to share their views and influence the services they receive.
- In addition, over 100 adults have chosen to complete a questionnaire themselves, or with the support of family and friends, further ensuring their voices are heard and their views influence the services they receive.

Voices of Service Users

They shared their perspectives on the value of our work:

"Surveys should be done more regularly."

"Independent look at things."

"If something comes out of it, we've done something good."

"I think it's very important."

"If they don't know how the customer feels they can't adjust it."

"The only way it's going to improve."

These reflections highlight the importance of regular feedback, independent oversight, and meaningful action, reinforcing our commitment to ensuring that every voice is heard and has the power to influence change.

During our visits, we not only gather feedback but also provide information, signpost to relevant services, and make referrals when needed. We follow up on any issues raised, which can include escalating concerns to the appropriate adult social care department as part of our safeguarding responsibilities.

This ensures that service users are supported, their concerns are addressed, and their rights and wellbeing remain at the centre of our advocacy work.

We are delighted to welcome two new volunteers to the project this year. Following their training and DBS checks, they have quickly become invaluable members of the team, actively supporting many of our visits. Volunteers are at the heart of the Advocacy Feedback Support Service, bringing their skills, dedication, and unique perspectives to every interaction, helping ensure that beneficiaries are heard, supported, and empowered.

Many of the people we speak with are not only satisfied with their services but also value the opportunity to share their positive experiences with an independent listener. The feedback we receive highlights how valued and heard individuals feel, with many expressing how much they appreciate the chance to talk openly and be listened to. These conversations reinforce the importance of independent advocacy in giving people a safe space to express themselves and have their voices recognised.

Carol Turley Advocacy Support Officer

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Sandwell Together



The Sandwell Together telephone befriending service was established in response to the COVID-19 pandemic, when many people found themselves experiencing loneliness and social isolation. Working in partnership with Sandwell MBC and SCVO (Sandwell Council for Voluntary Organisations), we set up and delivered a service to support some of the most vulnerable and isolated residents in the borough.

Although the pandemic has passed, loneliness and social isolation sadly remain significant challenges for many people, and are unlikely to disappear in the foreseeable future. Sandwell Advocacy is committed to continuing the Sandwell Together service, ensuring this vital lifeline remains in place for those who need it most.

Between April 2024 and March 2025, we continued to receive referrals from a wide range of local health and social care professionals, as well as self-referrals. Those accessing the service came from diverse age groups and social circumstances, although the majority were older people. The service is delivered by a dedicated team of trained volunteers, who provide ongoing contact and support tailored to each individual's needs.

The main aim of Sandwell Together is to provide regular, friendly telephone calls, usually once a week, to those who need them. These conversations offer emotional support, giving people the chance to talk openly and helping to ease the effects of social isolation, such as loneliness, anxiety, and low mood. Many of the people we support are housebound for different reasons and tell us that the service is a lifeline, keeping them connected to the outside world. They value having someone to talk to each week, whether that's about personal challenges, current events, television, or simply everyday life.

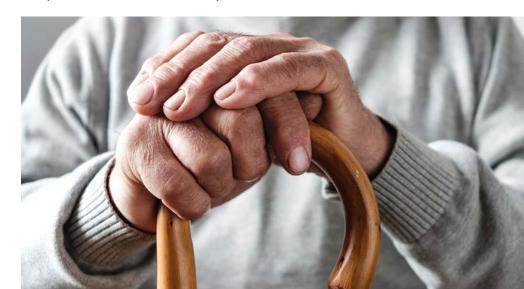
Sandwell Together would not be possible without its amazing volunteers, many of whom have supported the service since its inception. Their dedication provides invaluable support to those they befriend and is greatly appreciated both by the people they call and by our team.

This year, we were fortunate to recruit several new volunteers. many of whom are already making a positive impact in their befriending roles. During Volunteers Week (3rd-9th June), we celebrated their contributions with a Volunteer Afternoon Tea at Langley Park Lodge on 4th June, which was a great success with over 20 volunteers and staff in attendance. In addition, we hold quarterly Peer Support Coffee Mornings at our offices, giving volunteers the opportunity to meet, share experiences, and receive guidance or support for their roles.

The Sandwell Together service complements our wider advocacy

work by helping people build the confidence, trust, and connections they need to have their voices heard. For some, a regular befriending call is the first step in opening up about the challenges they face and the support they require. Through these conversations, our volunteers often identify when someone may benefit from formal advocacy for example, support to access health or social care services, understand their rights, or ensure their views are properly considered in decisions that affect them.

In this way, Sandwell Together not only tackles loneliness and social isolation but also acts as a pathway into advocacy, ensuring people receive the right help at the right time and are empowered to shape the support they receive.



We have received wonderful feedback from those who use the service, including:

"My caller is a lovely lady who really makes a difference to my day-to-day life."

"Although I have some family, it's nice to have a regular call from a mate."

"My caller has been a godsend and helped me through my darkest period. She has now become a friendly voice at the end of the phone."

"I have a speech impediment and my caller's calls make a real difference, as I am very socially isolated. I feel comfortable with my caller and really enjoy our conversations."

"I feel that a friendship has developed over the years. The calls are a real lifeline."

"I am very isolated and the calls make a real difference. I feel that I have found a friend, more than just a service."

"My caller is lovely and I feel we have a lot in common. The calls make me feel less lonely."

Louise Jones Volunteer Co-ordinator.





Sandwell Advocacy Voice Empowerment



The Sandwell Advocacy Voice Empowerment (SAVE) Project has been running successfully for six years, supporting children and young people aged 5–18 who may experience poor mental health, low school attendance, behavioural difficulties, or academic challenges.

Our Core Belief

At the heart of the project is the belief that every young person deserves to have their voice heard, their concerns recognised, and their aspirations supported. Independent advocates provide a safe, supportive space for young people to share their worries, fears, and goals. They also attend key meetings to ensure that each young person's best interests are fully represented and that they receive the appropriate support tailored to their needs.



Case Study

Background

'B' was referred to the project due to anxiety, panic attacks, poor behaviour, repeated sanctions at school, and the risk of exclusion. Initially unsure about advocacy support, B chose to engage.

Process

Through regular sessions, B was able to talk openly about her feelings and actions. She described feeling overwhelmed by her workload, struggling to focus, and finding it difficult to ask for help, leading to angry outbursts and arguments with teachers and peers.

With the advocate's support, B met with her head of department to explain her concerns and suggest practical solutions, such as:

- Receiving worksheets and tasks in smaller quantities.
- Being allowed to leave class with a pass when feeling anxious or unable to concentrate.

Outcome

"My attitude to education and learning has changed. I passed maths I didn't think I would. Now I'm in the higher set. My plan is to focus on my coursework to achieve my end goal of becoming a paramedic." — B





Engagement and Communication

To ensure that children and young people can communicate openly and have their voices heard, our advocates use a variety of flexible and accessible methods, including:

- Social media
- Face-to-face meetings
- Home visits
- Text messaging
- School visits
- Meetings at Sandwell Advocacy

These approaches are designed to meet young people where they are, making it easier for them to express their concerns, share their experiences, and actively participate in decisions that affect their lives. By providing multiple channels for communication, we empower young people to engage on their terms and ensure their perspectives are fully represented.

Feedback Highlights the Impact

The feedback we receive from families and young people demonstrates the difference independent advocacy makes:

Parent:

"The work you do is outstanding. It really helps her to know that you are not part of the school... She doesn't have much trust in adults and feels they are all trying to get her in trouble or me into trouble."

Young Person:

"I told school I would only talk to you. Why do they get me so angry and then call you to come? If they did it first, it would stop all this hassle. They don't know how to speak to me like you do." These comments highlight the importance of independent, trusted relationships in advocacy, giving young people a safe space to express themselves, feel heard, and work towards positive solutions.

Conclusion

The SAVE Project empowers children and young people to have a voice, overcome challenges, and work toward their aspirations. Through independent advocacy, tailored support, and flexible ways to engage, SAVE enables young people to build confidence, improve their mental health, and achieve meaningful outcomes. Success stories, such as B's journey from the brink of exclusion to thriving academically and planning a future career, exemplify the transformative impact of advocacy and the difference it makes in young lives.

Sharon Wilson Independent Advocate

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Voices and Choices



The voices of older people with long term health conditions, particularly those who are most vulnerable, are too often lost in conversations about their care and living arrangement. Decisions can be made quickly by family and professionals on behalf of older people rather than with them. Our independent advocates make sure this does not happen. We support individuals to understand assessments, take part in meetings with professionals and family members and make sure information is provided that is clear and accessible.

Margaret's Story

Margaret is cared for by her husband and family following a stroke. Her family referred her to our service because they felt that professionals were not taking her needs and wishes into account. The family were clear that Margaret wanted to remain at home, rather than be placed into a care home.

Professionals, however, believed that Margaret's needs were too complex and as she was unable to understand or communicate her views, they would make the decision for her. The family disagreed and with the support of the advocate, Margaret was given time to express herself in ways that worked for her. The advocate used simple language and direct

questioning when communicating with her. Margaret was able to blink and gently shake or nod her head to the questions asked.

Although there were many challenges, the outcome was positive. Professionals agreed Margaret could remain at home with her family and continue to be supported by a package of care. Professionals will remain supporting the family and oversee the care being provided.

Her daughter later told us:

"Without the advocate, Mum's views would not have been listened to. They thought they could make the decisions for her and not find a way to communicate with her. Now she's where she wants to be, and we feel reassured knowing her wishes were respected."

Birmingham Bereavement & Wellbeing Service

Birmingham
Bereavement &
Wellbeing Service

The service was established to address the emotional, social, and practical challenges faced by people following a bereavement, recognising that grief can deeply affect mental health, relationships, and daily life. It is funded by Birmingham City Council Prevention and Communities Grant.

Bereavement can impact people in many different ways, often leaving individuals feeling overwhelmed, isolated, or unable to cope. BBWS was created to ensure that adults across Birmingham have access to timely, compassionate, and culturally sensitive support. Grief is a natural process, but for many, it can be overwhelming. Bereavement may lead to poor mental health, difficulties at work, relationship strain, and even physical health problems. Left unsupported, some people may experience prolonged or complicated grief that severely impacts their wellbeing. BBWS provides a lifeline, offering a safe, non-judgemental space where people can talk openly about their feelings and experiences.

BBWS provides a variety of support options tailored to individual needs:

- One-to-one emotional support: Trained bereavement officers work with people over a 12week period, listening, offering reassurance, and helping individuals navigate the grieving process at their own pace.
- Specialist signposting: If a person needs more specialist or clinical intervention, BBWS can connect them to relevant mental health or specialist bereavement organisations.
- Creative support: The 'Living Memory Project' helps individuals or families create a keepsake booklet of memories, photographs, and stories, celebrating the life of the person who has died.

Case Study: Support in Later Life

George, a 78-year-old widower, lost his wife of over fifty years to cancer. After her death, he found himself living alone for the first time in his life. His two adult children lived far away and were only able to visit occasionally. George began to feel lonely, struggled with cooking for one, and noticed that he had little motivation to leave the house. He was worried about becoming a burden to his children and kept much of his grief to himself.

A neighbour, who noticed George withdrawing from community activities he had once enjoyed, suggested the Birmingham Bereavement & Wellbeing Service. With support, George agreed to be referred and was quickly contacted by a Bereavement Officer.

The service provided weekly contact over a 12-week period, allowing George to talk openly about his wife and the challenges

of adjusting to life without her. The Bereavement Officer encouraged him to share stories about their life together, validating his feelings of sadness and loneliness.

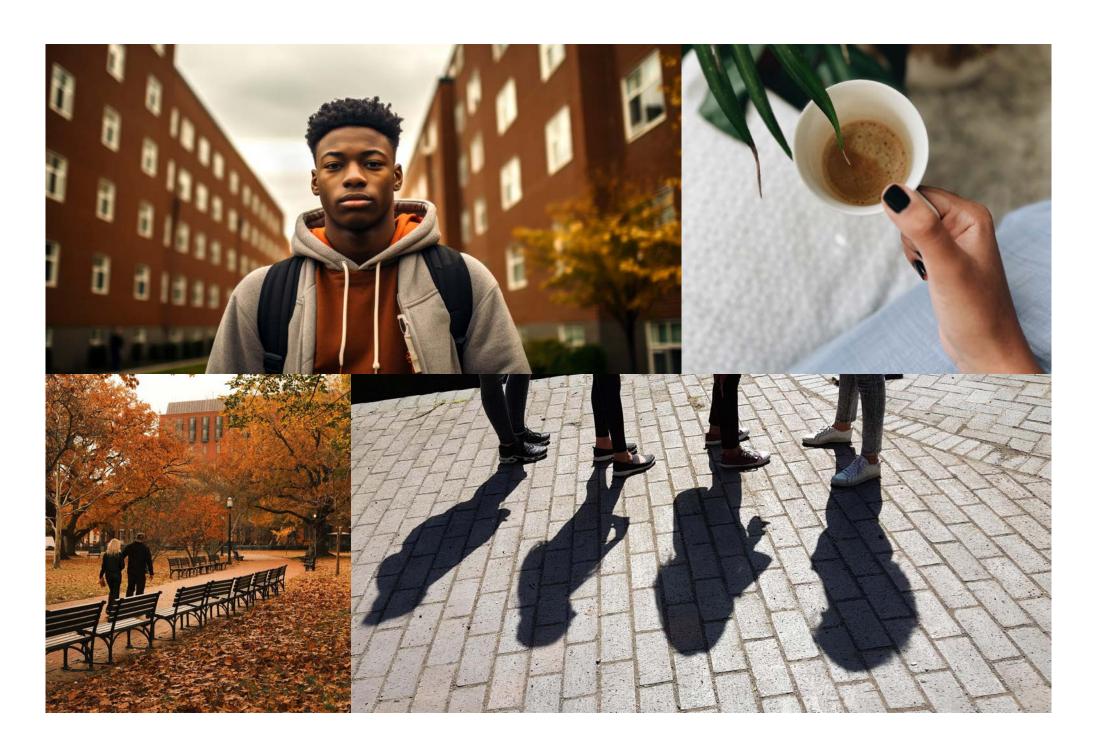
BBWS provided George and neighbour to a local group where older people meet regularly for coffee mornings and gentle activities. This gave George the opportunity to make new social connections and rebuild a sense of community.

George engaged with the Living Memory Project, working with his children and grandchildren to create a memory booklet filled with photos and stories of his wife. This process helped bring the family closer together, even across distances, as everyone contributed memories and messages.

"At my age, I thought I'd just have to cope alone, but this service showed me I didn't have to. The booklet brought us all together and reminded me how loved my wife was."

Names have been changed to protect anonymity.

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Funding and Finance

We gratefully acknowledge the financial contribution received from a variety of sources throughout 2024/2025, without which our valuable work could not be delivered or sustained. Funding, grants and donations were most gratefully received from the following:

- Sandwell Children's Trust
- Sandwell Metropolitan Borough Council
- **■** Birmingham City Council
- National Lottery Community Fund
- **Tipton Civic Society**
- **■** The Albert Gubay Charitable Foundation
- Baron Davenports Charity
- The Roger and Douglas Turner Trust
- Heart of England Community Foundation
 (Birmingham and Black Country Community Fund)
- **■** The Eveson Trust
- The Tipton and Coseley Building Society Charitable Foundation

| Sandwell Advocacy Financial Summary 2024/2025 | |
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| Income for the year: | £230,097 |
| Expenditure for the year: | £207,734 |
| Fund balance at 31/3/24: | £174,110 |

Sandwell Advocacy

28 Wood Street Tipton West Midlands DY4 9BQ

Tel: 0121 520 8070

Email: sandwell advocacy @bt connect.com

Website: sandwelladvocacy.org X: @YCadvocacy @SandwellSCOPA Instagram: @advocatesinsandwell

Registered Charity No.1019779

Sandwell Advocacy provides independent advocacy throughout Sandwell, promoting rights, voice and empowerment















