

## Independent Health Complaints Advocacy (IHCA) Services

Check your county (administratively) with your postcode: <https://www.gov.uk/find-local-council>

County	Service Provider	Phone	Email & Web
[London] <b>Croydon</b>	<b>Advocacy For All</b> <i>Healthwatch: 0300 0120 235</i>	<b>0300 0120 235</b>	<a href="mailto:croydonnhscomplaints@advocacyforall.org.uk">croydonnhscomplaints@advocacyforall.org.uk</a> <a href="http://www.advocacyforall.org.uk">www.advocacyforall.org.uk</a>
[London] <b>Hounslow</b>	<b>POhWER</b> <i>Healthwatch: 0203 6032 438</i>	<b>0300 330 5471</b>	<a href="mailto:pohwer@pohwer.net">pohwer@pohwer.net</a> <a href="http://www.pohwer.net/hounslow">www.pohwer.net/hounslow</a>
[London] <b>Kingston</b>	<b>Healthwatch Kingston</b>	<b>0203 326 1255</b>	<a href="mailto:info@healthwatchkingston.org.uk">info@healthwatchkingston.org.uk</a> <a href="http://www.healthwatchkingston.org.uk">www.healthwatchkingston.org.uk</a>
[London] <b>Sutton</b>	<b>Advocacy For All</b> <i>Healthwatch: 0208 6419 540</i>	<b>0208 6419 540</b>	<a href="mailto:suttonnhscomplaints@advocacyforall.org.uk">suttonnhscomplaints@advocacyforall.org.uk</a> <a href="http://www.advocacyforall.org.uk">www.advocacyforall.org.uk</a>
[London] <b>Richmond</b>	<b>Rethink</b> <i>Healthwatch: 0208 099 5335</i>	<b>0300 7900 559</b>	<a href="mailto:advocacyreferralhub@rethink.org">advocacyreferralhub@rethink.org</a> <a href="https://www.rethinkadvocacy.org.uk/our-services/london-and-south-east/wandsworth-richmond-advocacy-advocacy-service/">https://www.rethinkadvocacy.org.uk/our-services/london-and-south-east/wandsworth-richmond-advocacy-advocacy-service/</a>
<b>Brighton and Hove</b>	<b>POhWER</b> <i>Healthwatch: 01273 234 040</i>	<b>0300 456 2370</b>	<a href="mailto:pohwer@pohwer.net">pohwer@pohwer.net</a> <a href="http://www.pohwer.net">www.pohwer.net</a>
<b>East Sussex</b> (excluding Brighton and Hove)	<b>Healthwatch East Sussex</b>	<b>0333 101 4007</b>	<a href="http://www.healthwatcheastsussex.co.uk">www.healthwatcheastsussex.co.uk</a> <a href="mailto:enquiries@healthwatcheastsussex.co.uk">enquiries@healthwatcheastsussex.co.uk</a>
<b>Essex</b>	<b>Healthwatch Essex</b>	<b>0300 500 1895</b>	<a href="http://www.healthwatchessex.org.uk">www.healthwatchessex.org.uk</a> <a href="mailto:enquiries@healthwatchessex.org.uk">enquiries@healthwatchessex.org.uk</a>
<b>Hampshire</b>	<b>VoiceAbility</b> <i>Healthwatch: 0196 2440 262</i>	<b>0300 303 1660</b>	<a href="mailto:helpline@voiceability.org">helpline@voiceability.org</a> <a href="http://www.voiceability.org">www.voiceability.org</a>
<b>Kent</b>	<b>The Advocacy People</b> <i>Healthwatch: 0808 801 0102</i>	<b>0330 440 9000</b>	<a href="mailto:info@theadvocacypeople.org.uk">info@theadvocacypeople.org.uk</a> <a href="http://www.theadvocacypeople.org.uk">www.theadvocacypeople.org.uk</a>
<b>Reading</b>	<b>The Advocacy People</b> <i>Healthwatch: 0118 214 5579</i>	<b>0330 440 9000</b>	<a href="mailto:info@theadvocacypeople.org.uk">info@theadvocacypeople.org.uk</a> <a href="http://www.theadvocacypeople.org.uk">www.theadvocacypeople.org.uk</a>
<b>Slough</b>	<b>Healthwatch Slough</b>	<b>0300 012 0184</b>	<a href="mailto:enquiries@healthwatchslough.co.uk">enquiries@healthwatchslough.co.uk</a> <a href="http://www.healthwatchslough.co.uk">www.healthwatchslough.co.uk</a>
<b>Surrey</b>	<b>Surrey Independent Living Charity (SILC)</b> <i>Healthwatch: 0303 303 0023</i>	<b>01483 310 500</b>	<a href="mailto:nhsadvocacy@surreyilc.org.uk">nhsadvocacy@surreyilc.org.uk</a> <a href="http://www.surreyilc.org.uk">www.surreyilc.org.uk</a>
<b>West Berkshire</b> Bracknell Forest, Windsor, Maidenhead, West Berkshire, Wokingham	<b>The Advocacy People</b> <i>Healthwatch: 01635 886 210</i>	<b>0330 440 9000</b>	<a href="mailto:info@theadvocacypeople.org.uk">info@theadvocacypeople.org.uk</a> <a href="http://www.theadvocacypeople.org.uk">www.theadvocacypeople.org.uk</a>
<b>West Sussex</b>	<b>Healthwatch West Sussex</b>	<b>0300 0120 122</b>	<a href="mailto:enquiries@healthwatchwestsussex.co.uk">enquiries@healthwatchwestsussex.co.uk</a> <a href="http://www.healthwatchwestsussex.co.uk">www.healthwatchwestsussex.co.uk</a>

If your county is not on this list, contact your local Healthwatch by [www.healthwatch.co.uk](http://www.healthwatch.co.uk) / 03000 683 000 who will either provide the advocacy service themselves, or be able to direct you to whoever provides the service on their behalf.