



# Speaking up for myself - easy read

Information about your human rights and speaking up for yourself



**Everyone** has the same human rights - that is the law.



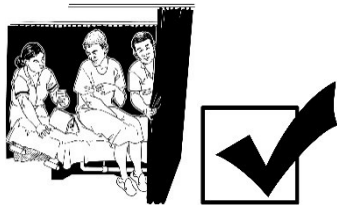
You have the right to **be involved** in your care



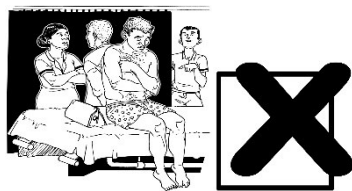
You have the right to **information** in a way you can understand



You have the right to be **safe, clean and well cared for**



You have the right to **tell us if we are doing things well**



You have the right to **tell us if we are doing things wrong**



You have the right to **make sure we are keeping your information safe**



You have the right to **help and support to get well again**

## If you are unhappy about our services...



Please tell a member of staff.

**Freephone** 0800 052 0219 or

**Email** [tewv.pals@nhs.net](mailto:tewv.pals@nhs.net)

## Feedback



We'd like to know if you thought this information was

- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.

Let a member of your care team know.

Staff can find this information at: Trustwide shared drive > Patient and Carer Information > Trustwide

Patients and carers: go to our website [www.tewv.nhs.uk](http://www.tewv.nhs.uk) and search: Speaking up for myself