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Themes: Advocacy, Children's Mental Health, Domestic Abuse, Learning Disabilities, Mental Health, Sexual Abuse

Aimed at: All People

POhWER delivers information, advice, support and advocacy services throughout England. We aim to support people who face difficult issues and want to make their voice heard. All POhWER's services are free, independent and confidential.

POhWER is a charity and membership organisation. We provide information, advice, support and advocacy to people who experience disability, vulnerability, distress and social exclusion.

POhWER was set up in 1996 by service users who, tired of others making assumptions about their capabilities and views, wanted equal access to information and a voice of their own.

There is a film in which our a group of our members talk about how POhWER came about and what the organisation means to them. You can watch this on our YouTube Channel.

Our values are our core principles, the qualities and beliefs that drive all of our work. These have evolved over the years and can now be restated to ensure we put people at the heart of everything we do.

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