

Citizen advocates:

are volunteers who support people with a learning disability in the Inverness area to speak out, be heard and take control of their lives.

Strong Together:

recruit, train and support all volunteers, making sure they are matched with someone with similar interests.

For more information
contact

Strong Together

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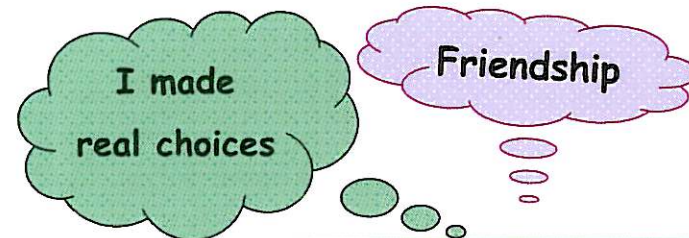
www.advocacy-highland.org.uk

Being an advocate is simple but really important

Charity No. SC035363

Company No. SC265395

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Advocacy
for people with a
learning disability



Having an advocate ...

“I didn't have much to do before, I just sat at home ”

“I feel more relaxed than before I had an advocate”

“I love having a friend who makes me laugh”

“Get out and go places like you want to”

Why be a citizen advocate?

Help change someone's life



Discover hidden talents



Make new friends



Be part of a team, with regular support



Can you help?

Being an advocate ...

“Something anyone can do and be some help in life; easy enough for even me”

“It fitted in with something I was already doing”

“Catalyst to get involved in new things”

“I look forward to seeing my advocacy partner and seeing him smile”