



## PEER ADVOCACY PROJECT

# VOLUNTEERS NEEDED

We are looking to recruit volunteers with **lived experience** of alcohol and drug issues for a new project.

The project will aim to provide **peer advocacy** to people affected by alcohol and drug issues in hard to reach communities in **Inverness, Caithness** and **Sutherland**.

FOR MORE INFO, PLEASE CONTACT MAYA UDDIN -

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## WHAT IS ADVOCACY?

### INDEPENDENT ADVOCACY -

Independent advocacy helps people to speak up about certain issues in their lives. Advocates provide support to people to help them represent their own views. They stay on their side throughout the issue, and don't offer personal opinions or advice.

Advocacy is about everyone having the right to a voice. It helps to address barriers and imbalances of power, and ensures that people's human rights are recognised, respected, and secured.

FOR MORE INFORMATION ON INDEPENDENT ADVOCACY, VISIT -

[HTTPS://WWW.SIAA.ORG.UK/WHAT-IS-INDEPENDENT-ADVOCACY/](https://www.siaa.org.uk/what-is-independent-advocacy/)



## WHAT IS PEER ADVOCACY?

### PEER ADVOCACY -

Peer advocates share significant life experiences with the people that they support. This is beneficial, because peer advocates can use their own knowledge and experiences to better understand the person that they are supporting.

By providing practical support to people with similar experiences, peer advocacy aims to help people speak up for themselves, increase their confidence levels, and increase their ability to exercise their own rights and choices.

IN THIS PROJECT, WE ARE LOOKING FOR VOLUNTEERS WITH LIVED EXPERIENCE OF ALCOHOL OR DRUG ISSUES, TO HELP SUPPORT OTHERS WHO ARE STRUGGLING WITH THESE ISSUES IN HARD TO REACH COMMUNITIES.



## WHY VOLUNTEER?

- You will have the opportunity to learn new skills and find hidden talents.
- You will find it very rewarding and self satisfying.
- You can help to change somebody's life.
- Great addition to your CV.
- Flexible hours.
- Opportunities to make new friends and become part of a team.
- Regular support with ongoing training.
- Expenses are paid.

SO, IF YOU -  
· HAVE LIVED EXPERIENCE OF ALCOHOL OR DRUG ISSUES  
· LIVE WITHIN INVERNESS, CAITHNESS OR SUTHERLAND  
· WOULD LIKE TO MAKE A DIFFERENCE WITHIN YOUR COMMUNITY

PLEASE DO NOT HESITATE TO GET IN TOUCH TODAY!

