



Advocacy Highland Autumn Newsletter

NOV 2020

Welcome to the **Autumn 2020** edition of our newsletter!

As may be expected, at Advocacy Highland, we are still adapting and changing the ways in which we deliver our advocacy support due to the COVID-19 pandemic.

Currently, face-to-face advocacy meetings are limited due to current circumstances, and appropriate safety measures are in place, with PPE being used.

We are still providing the majority of our advocacy support over the phone, by email, and through online video chat. As lockdown measures in Scotland and the Highlands continue changing, we will continue to adapt the ways in which we provide our advocacy support to stay in line with these safety measures.

Thank you, again, to our advocacy partners, to our volunteers, and to all of our staff for their patience and support during this time.

Advocacy Highland is saddened to announce that **Sheilis Mackay** will be retiring from her role as CEO this year.

(More on the next page.)

We are delighted to announce that a familiar face will be filling the role of CEO...

Congratulations to **Maya Uddin!**

Maya became interim CEO on the 19th of October.



Advocacy Highland
2 Seafield Road
INVERNESS
IV1 1SG

Tel: 01463 233460
Mobile: 077177 04638
Email: info@advocacy-highland.org.uk
www.advocacy-highland.org.uk

What's New?

Our thanks to Sheilis

As mentioned on the front page of this newsletter, our current CEO, Sheilis Mackay, is retiring from her position at Advocacy Highland this year. Sheilis has been with Advocacy Highland from its inception 18 years ago, and her significant contributions have helped to steer the direction of the organisation, allowing it to become what it is today.

The news is somewhat bittersweet to us all at Advocacy Highland, because while we are all deeply sad to see Sheilis retire, we are beyond happy for her moving forwards after so many years of dedication to the organisation. We wish her all the best for what lies ahead.

Extracted from our Annual Report 2020, this is a quote from Advocacy Highland's Chairman, Shirley Bannister:

"On behalf of the Board, all staff members and volunteers, I would like to record our gratitude and heartfelt thanks to Sheilis Mackay who will be retiring this year after 18 years dedicated service. Sheilis was instrumental in developing Advocacy Highland as an organisation promoting a quality Advocacy service throughout the Highlands. The stability of the organisation and staff is testament to the commitment and continued focus of Sheilis in providing such a high quality service.

Thank you Sheilis."

As of 2nd of November,
Val Bremner will be acting
Deputy Manager.

New Proposed Project

This autumn at Advocacy Highland, we've started the process of launching a brand new project, Young People's Advocacy (Under 16s), and have started to apply for funding.

Over the years of working throughout the Highlands, we've become increasingly aware of the need for specifically independent advocacy support for young people in our communities.

If we are successful in securing funding, we hope to launch this project in 2021.

Do you think that this project would be beneficial to you or your local area? Let us know by filling out our survey (linked on our Facebook!).



Volunteer Recruitment

Below is the new flyer we've created to recruit a Member for our Board of Directors:

Volunteer With Us!

Role: Board of Directors

We are looking to recruit a new Member for our Board of Directors. If this sounds like something you might be interested in, keep on reading below to find out more!

At Advocacy Highland, we believe that every person...

- Is of equal value.
- Has the same civil and political rights.
- Has the right to be included in society.
- Has the right to be involved with the choices being made about their lives.



We are looking for someone who...

- Shares our values.
- Represents the diversity of our communities – we recruit from a range of backgrounds and experience
- Is passionate and knowledgeable about advocacy, and is from a financial background.



The importance of independence!

We provide independent advocacy, so it is important to us that the person who volunteers for this role is totally independent from any other organisation or service.



For more information, or to volunteer, please contact:
info@advocacy-highland.org.uk

WANTED

Volunteer Advocates

Highland-wide

Volunteer Board Members

Especially from Ross & Cromarty and Skye & Lochalsh

For **more information** about
advocacy **support**, about becoming a
volunteer advocate or a **board member**,
or if you would like
someone to give a **talk to your group**,
please get in touch -

Telephone: 01463 233460 or

Email: info@advocacy-highland.org.uk

If you want to stay up-to-date with changes, or just want a daily dose of
Advocacy Highland, follow us on our social media pages -

Facebook: Search 'Advocacy Highland'

Instagram: @advocacyhighland

Twitter: @AdvocacyHi



Advocacy is...

- ◆ Having your voice heard
- ◆ Standing up for and sticking with a person and being on their side
- ◆ Standing alongside people who are in danger of being pushed to the margins of society
- ◆ Being safeguarded when you are unable to do this for yourself due to incapacity
- ◆ Being listened to
- ◆ Offering support to have your views taken into account
- ◆ Offering support to consider the choices people have and what the consequences might be
- ◆ Being treated as an equal
- ◆ Empowering

Advocacy is Not...

- ◆ Counselling
- ◆ Befriending
- ◆ Making decisions for someone
- ◆ Advising or telling someone what to do
- ◆ Speaking for someone when they are able to speak for themselves and able to express a view
- ◆ Mediation
- ◆ Care and support work
- ◆ Persuading people to do what services want
- ◆ Solving all someone's problems for them
- ◆ Filling all the gaps in someone's life
- ◆ Acting in a way that benefits other people more than the person you are advocating for
- ◆ Agreeing with everything a person says and doing anything a person asks you to do
- ◆ Knowing everything
- ◆ Imposing your views/values



CONTACT US

Central Office— 01463 233460

Sheilis:	CEO	Tel: 01463 233460
Maya:	Interim CEO	Tel: 07917 327714
Clare:	Administrator	Tel: 01463 233460
Eleanor:	Assistant Fundraiser	Tel: 07767 100532

Area Co-ordinators—

Linda:	(Inverness, Nairn, Badenoch & Strathspey)	Tel: 07717 704636
Allison:	(Caithness & Sutherland)	Tel: 07717 704639
Judy:	(Skye & Lochalsh)	Tel: 07717 730865
Joanne:	(Ross & Cromarty)	Tel: 07717 704640
Val:	(Lochaber)	Tel: 07717 704635

Mental Health Advocates—

Maya:	(Inverness)	Tel: 07917 327714
Dawn:	(Inverness)	Tel: 07917 327716

Advocates—

Rachel:	(Lochaber)	Tel: 07741 261656
Hazel:	(Caithness & Sutherland)	Tel: 07919 602617
Mel:	(Caithness & Sutherland)	Tel: 07771 225742
Maggs:	(Ross & Cromarty)	Tel: 07771 226384

Copies of our policies regarding privacy and data protection are available on our website at www.advocacy-highland.org.uk or you can request copies by contacting us at info@advocacy-highland.org.uk or writing to us at 2 Seafield Road, Inverness, IV1 1SG.



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