



Advocacy Highland Autumn Newsletter

November 2022

Welcome to the **Autumn 2022** edition of our newsletter!

As the last few months have been extremely busy here at Advocacy Highland, our newsletter returns after a longer than usual interval.

Still having to change and adapt due to the Covid pandemic, moving offices, staff changes and an increasing workload have meant that 2022 has been a remarkably busy and challenging year.

Despite the difficulties the whole team have worked tirelessly to respond to the needs of people in delivering high quality advocacy support across Highland.

Going forward we hope to recruit more volunteers to support us to continue to provide our high standard of independent advocacy, so if you or anyone you know would be interested in volunteering with us, please get in touch!



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New Staff

We are delighted to announce that we have employed 3 new Independent Advocacy Workers.

A big welcome and lots of good wishes on becoming part of the Advocacy Highland team to

Mel Livings

and

Eilidh Matheson

who are based in Inverness

and to

Naomi Cain

who is based in Skye & Lochalsh.

Mel and Eilidh joined us a few months ago and have already provided advocacy support to lots of people. Eilidh is our new Mental Health Advocate and Mel is our Community Advocate both covering Inverness & Nairn area.

Naomi starts this November and we are all looking forward to working with her. Currently Naomi is undertaking her training and she will be able to advocate for people in the Skye & Lochalsh area very soon.

Welcome Aboard!

New Offices

In June 2022, Advocacy Highland moved offices to slightly smaller premises within Inverness Ice Centre. We are all enjoying our new office space and have acclimatised well, despite an initial problem with our phone lines. Thank you to everyone for your patience whilst we moved and settled in.

Thank you also to the staff at Inverness Ice Centre for making us feel welcome.

A small reminder that Advocacy Highland doesn't offer advocacy appointments from our office. If you would like to make an appointment to meet up with a member of the team, then please telephone and an advocate will arrange to meet you at a mutually convenient time and place.

For new referrals, please telephone the office on 01463 233460, or the Advocacy Area Co-ordinator for the area where you live.

Advocacy Highland's AGM

On Tuesday 27th September 2022 we held our Annual General Meeting via Microsoft Teams.

This year we tabled a special resolution to change our Articles of Association. This is our governing document and dictates how the organisation should be run. The changes were only to modernise and update the Articles and made no change to the core purpose and objective of Advocacy Highland. The AGM unanimously agreed to adopt the new Articles of Association.



Next year we hope to have a face-to-face AGM again and hope you can join us for this event, as we will also be celebrating our 20th birthday!

Fond Farewells!

Matt Blackhurst

Matt joined the team as a Mental Health Advocate in 2020 during the early stages of the pandemic. He brought with him a wealth of advocacy experience from his previous position, and he really did hit the ground running! Matt quickly became an important member of the team, and he will be missed by us all. Matt retired in March 2022, and we wish him all the best for his retirement.

Judy Footitt

Judy has been an Advocacy Co-ordinator with Advocacy Highland for many years. Covering the Skye & Lochalsh area, Judy is known to many as a kind and supportive advocate who would frequently go above and beyond to help her advocacy partners and team mates. Judy has been an important part of Advocacy Highland for a long time and will be missed by everyone.

Anna MacConnell

Anna joined the team only recently as an advocate in Caithness & Sutherland. Anna decided to resign in August 2022 to pursue other interests. Anna said she enjoyed her time with us and is now enjoying her free time.

Goodbye & Best Wishes

Kilt Walk



Rachel, our advocate from Lochaber completed the Edinburgh Kilt Walk to raise funds for Advocacy Highland.

Rachel said " I was delighted to complete the challenge of the 13.3 mile Big Stroll Kilt walk on 18th September in Edinburgh raising money for Advocacy Highland. It was a great atmosphere and the fab pit stops with lots of jelly babies and chocolate really helped keep us going!! I would like to say a huge thank you to all who sponsored me and all the kind wishes"

Well done and thank you, Rachel.

Volunteer with us

We truly value our volunteers at Advocacy Highland, and we are currently looking for friendly and dedicated people to join our team on a voluntary basis. We have a number of different volunteering roles available with differing time commitments:

- Volunteer Advocates
- Volunteer Board Members
 - Digital Volunteers
- Volunteer Fundraisers
- Advocacy Champions

Please get in touch for more information about any of the roles above. Full training and support is provided. Out of pocket expenses are paid. Some roles are subject to a PVG check.

Our Board of Directors all act in a voluntary capacity, so we always try and ensure they feel appreciated also. We sent out a small thank you gift to all our volunteers to celebrate Volunteers Week in June 2022. One of our Directors said:

“Thank you so much! This is the first board I have been a member of where members are sent treats and thanked for our contribution along with volunteers on the front line and it’s much appreciated.”





WANT TO BE A VOLUNTEER?



BECOME A VOLUNTEER ADVOCATE

We are excited to announce we hope to run a volunteer advocate training session early next year, if you would like more information, please contact our Volunteer Champion Rachel, for an informal chat on **07741 261656**

Advocacy Highland Festive Opening:



Monday 26th December	closed
Tuesday 27th December	closed
Wednesday 28th December	open
Thursday 29th December	open
Friday 30th December	open
Monday 2nd January	closed
Tuesday 3rd January	closed
Wednesday 4th January	open
Thursday 5th January	open
Friday 6th January	open

CONTACT US



Main Office— 01463 233460

Maya: CEO Tel: 07917 327714
Clare: Office Manager Tel: 07717 704638

Area Co-ordinators—

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

Advocates—

Eilidh: (Inverness) Tel: 07917 976967
Mel: (Inverness) Tel: 07917 327716
Rachel: (Lochaber) Tel: 07741 261656
Naomi (Skye & Lochalsh) Tel: 07717 730865
Hazel: (Caithness & Sutherland) Tel: 07919 602617
Vacancy (Caithness & Sutherland) Tel: 07771 225742
Maggs: (Ross & Cromarty) Tel: 07771 226384

Young Person's Advocate—

Lindsay: (Caithness & Sutherland) Tel: 07884 602848

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