



# Advocacy Highland Summer Newsletter

JULY 2020

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

The past six months have been a very trying and testing time for everyone. The COVID-19 pandemic has shaken up so many different aspects of our 'normal' daily lives.

At Advocacy Highland, it has changed the way that we've been able to safely work alongside our advocacy partners. Instead of holding face-to-face meetings, our advocates have moved to providing advocacy support solely over the phone, by email, and through online video chat.

It has been a very strange and somewhat uncertain adjustment for everyone. That's why we'd like to say a huge thank you to our advocacy partners, to our volunteers, and to all of our staff for their patience and their support during this time.

For updates on more changes, check out our [website](#) and [social media pages](#).

Advocacy Highland is delighted to announce that **three** new **staff** started working with us at the beginning of the year!



Welcome to our new Advocates:

**Mel Bell - Caithness & Sutherland**  
**Maggs Clarke - Ross & Cromarty**

and to our Assistant Fundraiser:  
**Eleanor Huggan - Inverness**



Advocacy Highland  
2 Seafield Road  
INVERNESS  
IV1 1SG

Tel: 01463 233460  
Mobile: 077177 04638  
Email: [info@advocacy-highland.org.uk](mailto:info@advocacy-highland.org.uk)  
[www.advocacy-highland.org.uk](http://www.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 **board**  
**director**, 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](mailto: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 may 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 can speak for themselves and express their views
- ◆ 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:	Manager	Tel: 07717 704634
Maya:	Depute Manager	Tel: 07917 327714
Clare:	Administrator	Tel: 07717 704638
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](http://www.advocacy-highland.org.uk) or you can request copies by contacting us at [info@advocacy-highland.org.uk](mailto:info@advocacy-highland.org.uk) or writing to us at 2 Seafield Road, Inverness, IV1 1SG.



Charity No: SC035363