

**Get in touch with  
your local  
co-ordinator for more  
information:**

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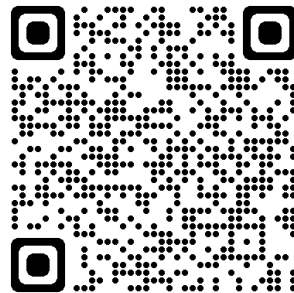


**Advocacy Highland**

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Charity No: SCO35363 Company No: SC265395



Would you like to  
volunteer to  
help someone to

**Speak Up,  
Speak Out  
and**

**Be Heard?**

**Advocacy Highland provides independent, issue-based advocacy.**

## **Volunteer with Advocacy Highland!**

### **Volunteer Advocates empower people by:**

- Speaking up for and standing alongside people who may not be heard
- Supporting people to express their views and make their own decisions
- Enabling people to make informed choices about their health and social care
- Helping people understand their rights
- Ensuring everyone has their rights respected

**Advocacy Highland provides a professional, free and confidential advocacy service.**

## **As a Volunteer Advocate you....**

...will have the opportunity to learn new skills.

...can help to change and improve somebody's life.

...can work flexible hours which suit you.

...have the opportunity to make new friends and be part of a team.

...will receive regular support with ongoing training.

...will be reimbursed for out of pocket expenses.

“My advocate was an extra voice when I felt that no-one was listening to me.”

“My advocate gave me the confidence to speak up at my care plan meeting.”

“With the help of my advocate I was able to tell people how I felt.”

“I now feel able to make decisions about my future.”