

**For more information contact**

Your **Area Co-ordinator**

or

**Advocacy Highland**

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**Area Co-ordinators**

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Would you like to  
help someone to

**Speak Up**

**Speak Out**

and

**Be Heard?**

## Advocacy Highland provides support to:-

People with mental health issues, including dementia.

People with Learning disabilities.

Frail or older people.

People with Autistic Spectrum Disorder (ASD).

### Volunteer Advocates

**empower**

**people to speak up and be involved in decisions that affect their lives.**

## Reasons to Volunteer with Advocacy Highland

You will have the opportunity to learn new skills.

You will find it very rewarding and satisfying.

You can help to change somebody's life.

Great addition to your CV.

Flexible hours.

Opportunity to make new friends and be part of a team.

Regular support with ongoing training.

Out of pocket expenses are paid.

“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.”