



Dumfries & Galloway
ADVOCACY SERVICE

Delivering Advocacy in the Region since 1993

ABOUT US

HELP
is at hand!

Advocacy: *Defending Your Right to be Heard!*
Our Service is **FREE**, Independent and Confidential

**Office F2, Hestan House, Crichton Business Park,
Bankend Road, Dumfries DG1 4TA • t: 01387 247 237**

Scottish Charity No. SC036075 • Limited Company No. 275168

ADVOCACY MEANS:



Your advocate will help you to share your thoughts, feelings and wishes.



Advocacy is a one to one relationship.



Your advocate aims for you to be treated equally with dignity and respect.



Your advocate will aim for your choices to be respected at all times.



Your advocate will aim for your privacy and safety to be respected at all times.



Your advocate will listen to you.



Your advocate will help you to think through problems.



Your advocate will find information to help you make choices.



Your advocate will protect your rights.



Your advocate can attend meetings with you.



Your advocate can speak on your behalf if you do not feel able to.



Your advocate will make sure that you understand what is being said to you or about you.



Your advocate will help you to take control of your life.



Your advocate will always help you to help yourself.

WE
CAN HELP

A stack of white sticky notes is shown on a dark wooden surface. The top sticky note is yellow and has the words "WE" and "CAN HELP" printed on it in a bold, black, sans-serif font.



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Not sure if we can help you? Contact us to find out.

- If we cannot help you, we may be able to tell you who can help.
- Our service is **FREE**, you will not be asked to pay any money.
- You can speak to an advocate in private.
- We respect confidentiality.

HELP
is at hand!



You can call our office and ask to speak to an advocate

01387 247 237



You can send an e-mail to ask for an advocate

info@dgadvocacy.co.uk



You can look at our website to find out more about us

www.dgadvocacy.co.uk



You can follow us on social media.

Facebook and Twitter



Office Address

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