



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

**9 Church Crescent, Dumfries, DG1 1DF • 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.

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**Advocacy** is a one to one relationship.

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

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

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

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**Your advocate** will listen to you.

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**Your advocate** will help you to think through problems.



**Your advocate** will find information to help you make choices.

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**Your advocate** will protect your rights.

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**Your advocate** can attend meetings with you.

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

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

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

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**Your advocate** will always help you to help yourself.

A stack of white papers on a dark wood-grain surface. A bright green sticky note is on top, with the words "WE CAN HELP" written in a black, distressed, hand-drawn font.

**WE  
CAN HELP**



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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  
**9 Church Crescent, Dumfries, DG1 1DF**

SOLWAYPRINT 01387 262960

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