



Dumfries & Galloway

ADVOCACY SERVICE

Delivering Advocacy in the Region since 1993

HUMAN RIGHTS

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

YOUR HUMAN RIGHTS

- When you use our service we will work to protect your Human Rights under the Human Rights Act 1998.
- Everyone is protected by these rights and no-one can take them away from us.
- No-one can put your life at risk.
- No-one can hurt you or punish you.
- No-one can frighten you.
- No-one can make you a slave or force you to do something you don't want to.
- We can live free and safe.
- The law is the same for everyone so it must treat us fairly and equally.
- No-one can put us in prison without a good reason.
- No-one can send us away from our country.
- Everyone should respect who we are and not judge us for who we are attracted to (Lesbian, Gay, Bisexual, Transgender or Straight). We should not be judged because of our gender or sexuality.
- No-one can take us away from our family or someone we are close to.

- We have the right to have a home.
- We have the right to own things. No-one should take these from us.
- We can believe whatever we like.
- We can have a religion and change it if we want.
- We can share our thoughts and opinions with others.
- We must be careful not to say anything untrue about someone else or cause harm or distress to others.
- We can protest peacefully, march and hold meetings in public.
- We have the right to marry.
- No-one should tell us that we cannot enjoy these rights and freedoms. They belong to everyone.
- We have a right to education.
- We can vote to decide who is the leader of our country.
- We should know our rights, so that we can protect them, and treat others the same as we want to be treated, after all these rights belong to them too.

If you would like to know more about your human rights, you can watch these short videos at:
www.humanrights.com/what-are-human-rights/

For the complete version of the Human Rights Act 1998 go to:
www.legislation.gov.uk/ukpga/1998/42





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

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- 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.



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



You can come to our Dumfries or Stranraer office and ask for an advocate. (Stranraer by appointment only t: **01387 247 237**)
9 Church Crescent, Dumfries, DG1 1DF
Cromarty House, Sun Street, Stranraer, DG9 7JL



Our Dumfries office is open for drop-ins
Tuesday and Thursday 9.30am - 3.30pm
(Closed for lunch: 12.30pm - 1pm)

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