



Dumfries & Galloway
ADVOCACY SERVICE

Delivering Advocacy in the Region since 1993

25th
Anniversary

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.



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.





Dumfries & Galloway
ADVOCACY SERVICE

Delivering Advocacy in the Region since 1993

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

HELP
is at hand!

- 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)

Advocacy: *Defending Your Right to be Heard!*