



Dumfries & Galloway

ADVOCACY SERVICE

Delivering Advocacy in the Region since 1993

**INDEPENDENT
ADVOCACY**

EASY

READ

HELP
is at hand!



Advocacy: *Defending Your Right to be Heard!*

Our Service is Free, Independent and Confidential

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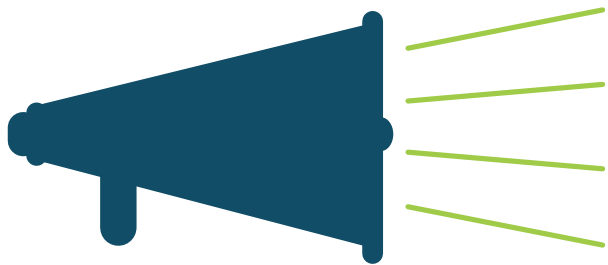
Hestan House, Crichton Business Park, Bankend Road, Dumfries DG1 4TA

Scottish Charity No. SC036075 • Limited Company No. 275168

Your Advocate will...



help you to share your thoughts, feelings and wishes.



help you to speak up for yourself.

Your Advocate will...



ensure that your choices, privacy and safety are respected at all times.



support you to be heard.

Your Advocate will...



help you to think through problems.



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

Your Advocate will...



help you to understand the information available.



protect your rights.

Your Advocate will...



help you to take control of your life.



attend meetings with you.



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

Your Advocate will...



ensure you are treated with respect and dignity.



always help you to help yourself.





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

FREE

Our service is free, you will not be asked to pay any money.



You can call our office:

01387 247 237



You can send us an email

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, Twitter, Instagram



You can write to us

**Dumfries and Galloway Advocacy Service,
Hestan House, Crichton Business Park,
Bankend Road, Dumfries DG1 4TA**



Our office is open

Monday to Friday from 9.30am to 3.30pm

(Lunch 12.30pm to 1pm each day)