



Dumfries & Galloway  
**ADVOCACY SERVICE**

*Delivering Advocacy in the Region since 1993*



# INDEPENDENT ADULT ADVOCACY



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

**[www.dgadvocacy.co.uk](http://www.dgadvocacy.co.uk)** • t: **01387 247 237** • e: **[info@dgadvocacy.co.uk](mailto:info@dgadvocacy.co.uk)**  
Hestan House, Crichton Business Park, Bankend Road, Dumfries DG1 4TA  
Scottish Charity No. SC036075 • Limited Company No. 275168

## What is Independent Advocacy?

Independent Advocacy helps people, especially those facing challenges in their life, to voice opinions, make informed decisions, and access their rights.

Independent Advocates ensure our client's concerns are heard, interests are safeguarded, and they understand what is being said.

## Your Advocate will help you talk to services by:

- Listening to you
- Help you to think through problems
- Find information to help you make an informed choice
- Protect your rights
- Help you to take control of your circumstances
- Help you to understand and make decisions about what might be happening in your life
- Speak on your behalf if you do not feel able to
- Make sure your thoughts, feelings and wishes are understood
- Make sure you understand what is said to you or about you.

## We provide advocacy support to adults aged 18 and over under the following groups:

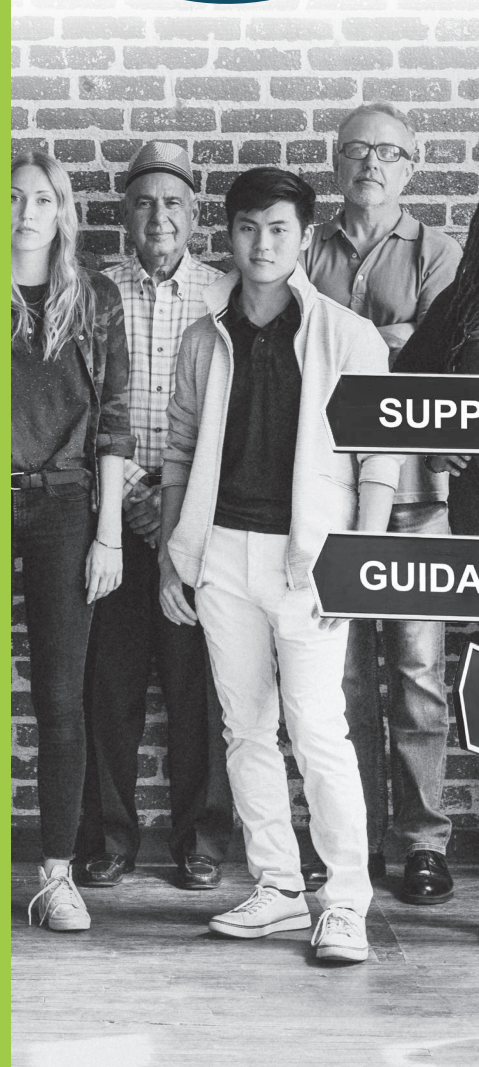
- Mental Health
- Adults with Incapacity (incl. Guardianship and 13ZA)
- Learning Disability
- Autism
- Adult Support and Protection
- Self-Directed Support
- Unpaid Carers
- Young People (18-25).

*"Very professional and helpful service. I would highly recommend them to anyone who feels they are not being listened to".*

*"My advocate was able to voice my concerns and helped me to be heard in a positive way".*

## How to refer

- You can self-refer, or any service, carer, family member or friend can refer on your behalf.
- You can make your referral via telephone, email, or through our website using the Referral Form.
- You can also contact us through our Contact Form on the website.





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

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)