

# Could you be a Volunteer Advocate?



*Have you got spare time to share?*

*Are you good at  
communicating  
with others?*



*Could you support  
an adult with a  
learning disability  
to speak up and  
exercise their right  
to be heard?*



## We recognise that people have the right to:

- Be listened to
- Be treated with respect and dignity
- Be able to make their own choices
- Be involved in **ALL** decisions about their lives



An advocates role is to support an adult with a learning disability to speak up for themselves, to offer practical advice, and encouragement in a one to one non-judgemental partnership.

## The aim of this partnership is to develop:

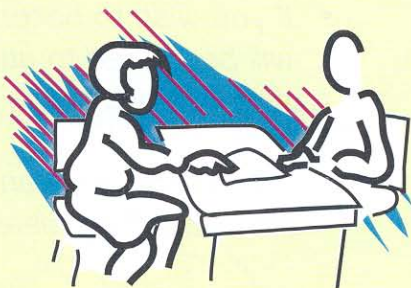
- Self confidence
- Sense of empowerment
- To identify personal goals
- Establish a sense of direction



Advocates are 'ordinary' people from a variety of backgrounds and interests who are willing and able to make a voluntary commitment to speaking up and supporting the wishes of vulnerable adults.

## **In return you will receive:**

- **Initial and ongoing training**
- **Regular one to one support**
- **Opportunities to develop and use skills**
- **Out of pocket expenses**



## **How much time will you need to give?**



This is up to you, but it is important from the outset to be realistic about how much time you can commit. This will help the Advocacy co-ordinator to make sure that your needs and those of the service are met.

## **So you are interested, what next?**

You should contact the Advocacy Trust at the address or telephone number below.

- The co-ordinator will then contact you and give you more detailed information.
- You will be invited for an informal chat.
- If you wish to become a volunteer advocate you will be offered to attend a training course, this takes place for two hours a week over a five week period.
- If you think you can help someone by becoming an Advocate then please contact:



*Jan Gavin, Co-ordinator*

**Isle of Wight Advocacy Trust**  
**Quay House, The Quay, Newport**  
**Isle of Wight, PO30 2QR**  
**Tel: 01983 559299**

**email: [jangavin2002@yahoo.com](mailto:jangavin2002@yahoo.com)**