

## To be a Volunteer Advocate

- You *don't* need any particular experience
- You *do* need to be able to listen
- You would be willing to ask questions
- You will have a sense of justice and fairness
- You do need to be able to give some time – but probably less than you may think!



Plymouth Citizen Advocacy is part of the Highbury Trust which has been established since 1953.

The Highbury Centre

207 Outland Road

Plymouth

PL2 3PF

Please contact:

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**Advocacy Manager**

For an information pack or further information

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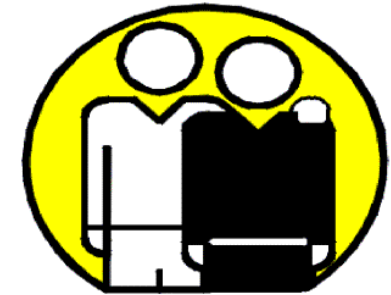
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Advocacy  
**Q P M**  
Quality Services



# Volunteer with Plymouth Citizen Advocacy



Many people with learning disabilities cannot speak up for themselves.

You can help.....

## What is Citizen Advocacy?

Citizen Advocacy is about representing and supporting people with learning disabilities to ensure that their rights and wishes are taken into account in decisions affecting their lives.

Citizen Advocates work towards ensuring that the needs and rights of a person are met in order to achieve a quality of life that most of us take for granted.



## Why are advocates needed?

Advocates are needed to work with people with learning disabilities (sometimes quite profound) for many reasons.

Some are:

Because they find it difficult to communicate what they want.



Because sometimes other people think they know best.

Because they can be socially excluded with little life experience or expectation.

## Why volunteer as a Citizen Advocate?

- You can make a real difference to a person's life
- You get free, comprehensive training plus full support
- You can gain experience valuable for the future
- Make new friends
- Work locally and flexibly
- Positively use your skills and knowledge

