

Plymouth Citizen Advocacy:

Recruits, trains, matches and supports volunteers to be Citizen Advocates.

Advocates are matched with Advocacy Partners according to suitability and not on a 'first come, first served' basis.

Advocates are referenced checked, CRB checked, attend a two day preparation course, offered additional training, invited to advocacy team meetings, fully supported and attend supervision

To make a referral or for further information

Please contact
Kate Cowling
Advocacy Manager



Support with
Confidence
PLYMOUTH CITY COUNCIL

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Company number 05554535

Registered office : 207 Outland Road, Plymouth, PL2 3PF

Plymouth Citizen Advocacy



Plymouth Citizen Advocacy provides Citizen Advocates for people who have a profound and multiple learning disability, are over the age of 18 and are funded by Plymouth City Council.

A Citizen Advocate is:

- An ordinary person.
- Independent of services
- A volunteer and unpaid
- A good listener who may use several ways to understand, respond to and represent their partners interests as if they were their own

A person described as having a profound and multiple learning disability:

Will have a far reaching learning disability and:

- Usually have more than one disability
- Usually have great difficulty communicating with others
- Often need higher levels of support with most aspects of daily life
- May have additional sensory or physical disabilities, complex needs or mental health difficulties
- May have behaviours which challenge us

Advocacy can make a real difference by:

- Building long term relationships
- listening to someone and making sure others do the same
- Supporting someone to be involved in decisions and choices
- Ensuring that someone is treated with dignity and respect
- Helping people to become more included in their community
- Protecting them from abuse or poor practice

Citizen Advocates focus on the following 'outcomes' in order to protect ordinary life principles:

- Involvement in every day choices
- Important decisions
- Everyday activities and the local community
- Work or valued activities
- Friendships and relationships
- Being respected
- Being safe
- Getting help to stay healthy
- The persons relationship with their family or other important people in their life