



Dumfries & Galloway
ADVOCACY SERVICE

Delivering Advocacy in the Region since 1993

INDEPENDENT ADVOCACY

HELP
is at hand!



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

www.dgadvocacy.co.uk • t: **01387 247 237** • e: **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.

What types of issues can Advocacy help with?

- NHS and GP Issues
- Social Work Issues
- Adults with Incapacity (Guardianship)
- Mental Health Issues, including Tribunals
- Learning Disability
- Adult Support and Protection
- Acquired Brain Injury
- Older Persons Issues
- Physical Disabilities
- Autistic Spectrum Disorder
- Child Protection, Hearings & Reviews
- Problematic Substance Use Issues
- And much more...

"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".

Further information

We cannot support clients with Employment Issues or give Benefits or Debt Advice.

If we cannot help you, we will always try to signpost you to a service that can.

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)