

Benefits of Volunteering

- ◆ Develop skills
- ◆ Meet new people
- ◆ Improve your confidence
- ◆ Gain experience
- ◆ **MAKE A DIFFERENCE**



Our contact details

Write to us at:

1 The Bungalows,
Larbert FK5 4SZ

Telephone us at:

01324 557070

Email us at:

info@forthvalleyadvocacy.com

Look at our website at:

www.forthvalleyadvocacy.com



Contracted by:



FORTH VALLEY ADVOCACY

Volunteers Needed



To help people

Get their voice heard
and rights protected

Volunteers needed to advocate
for Older People and *people with:*

Mental Health issues

An Acquired Brain Injury

Learning Disabilities

Registered Charity No SC034510
Company No. 251723

What is advocacy about?



Making sure people are listened to.



Helping people say what they want.



Supporting with issues affecting their lives.



Helping people to talk to professionals.



Helping people to find information.



Being on their side.

What do volunteers do?



Support clients at meetings.



Help clients speak to professionals.



Ensure clients know their rights.



Make sure the client's voice is heard.



Help the client understand what is said

A volunteer will always ✓

- ✓ Listen to you
- ✓ Stand alongside you
- ✓ Treat you with respect
- ✓ Let you know your options

A volunteer will never ✗

- ✗ Tell people what to do
- ✗ Judge people
- ✗ Talk about people
- ✗ Give people advice

