

# Contact Us



Speak Out Advocacy Project  
Regent House  
9 High Patrick Street  
Hamilton  
ML3 7ES



01698 283228



[www.speak-out.org.uk](http://www.speak-out.org.uk)



[info@speak-out.org.uk](mailto:info@speak-out.org.uk)



## Advocacy

For adults with  
learning disabilities and  
acquired brain injury with  
communication difficulties,  
in South Lanarkshire

Speak Out Advocacy Project is managed by Ace Advocacy, a registered Scottish charity, No: SC033921, and company limited by guarantee, No: SC044671

# What is an Advocate?

An Advocate will **help** you to tell others what you want or need

They will **listen** to you, make sure you know your rights and take your side

An advocate is **separate** from the NHS, social services and other people in your life.

An Advocate **can not** give you advice or make decisions for you

# How can my Advocate help?



Give Information



Make Phone Calls



Write Letters



Go To Meetings



Help with Money



Help with Housing