

Volunteering with...

Speak Out

Advocacy Project

The benefits

Advocates are unpaid, although out-of-pocket expenses will be covered.

These are just some of the many benefits of being an advocate:

- expanding your horizons
- making new friends
- doing something worthwhile to help others
- using your skills
- learning something new
- being valued

What some advocates have said

"Seeing the change in him has made me change too"

"Advocacy has been an insight into another side of life"

"We both enjoy the time we spend together"

"Through representation, on behalf of my partner, I've been able to improve the quality of her life"

What do I do now?

If you would like more information about advocacy and how you can help please contact:

Patricia Kearns
Project Leader

Speak Out Advocacy Project
1 Montgomery Place

The Village
East Kilbride
G74 4BF

Tel: 01355 230202

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Speak Out

Advocacy Project



Advocacy for people with learning disabilities

How you can help to change someone's life

Speak Out is an independent advocacy project managed by Ace Advocacy.

6th Floor, 7 Buchanan Street, Glasgow, G1 3HL.
Tel: 0141 226 4541.

Registered as a charity with the Inland Revenue No. SC033921.

How you can help to change someone's life

What is advocacy?

At some point in our lives, most of us have had to speak up for what we believe in or want. However, some people may find it hard to say what they want—perhaps because they have difficulty communicating, or maybe they have never been asked for their opinion before. Advocacy is about helping people to speak up for what they want, and making sure that their views are heard.



How can I help?

You can help by becoming a volunteer advocate.

Why do people need an advocate?

People with learning disabilities are often seen as being "different". For many people, this means that they have been cut off from society and have not had the everyday experiences we enjoy, including the support of family and friends. It also means that they have not always been listened to and have been denied the opportunity to communicate their views and participate in decisions about their lives.

What is Speak Out?

Speak Out is an independent advocacy project, managed by Ace Advocacy.

It aims to help people with learning disabilities to speak up for themselves so that they can participate in decisions about their lives. If a person can't speak up for themselves, Speak Out will provide a spokesperson who will express that person's opinions as if they were his or her own. The project was established in 1997 to support people living in South Lanarkshire, whose lives are changing.

Who can be an advocate?

All sorts of people become advocates: older people, retired people, students, people who are unemployed, lorry drivers, teachers, bank managers, mothers, shop assistants, secretaries, engineers...



What you need is two or more hours a week to spare for at least the next six months and a commitment to using your experience of life to help others.

You must be over 18 years of old.

No formal qualifications are required and you do not need experience of people with learning disabilities.

What does an advocate do?

Advocates offer individual support which is independent of social services, health services and other service providers. They help people to speak for themselves and, if necessary, they act as a spokesperson, assisting people during important meetings, when making complaints or when making a difficult decision.

How can I become an advocate?

Contact the Project Leader at the address shown on the back of this leaflet (either by telephone or in writing). You will be asked to fill in a simple form, provide two references and undertake a short training course. The Project Leader will meet to discuss your application and will provide support during and after training.