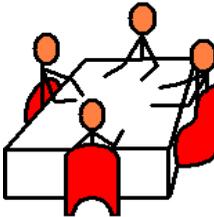




**Do you want  
HELP**



Meeting

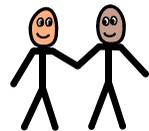


Speakingkk

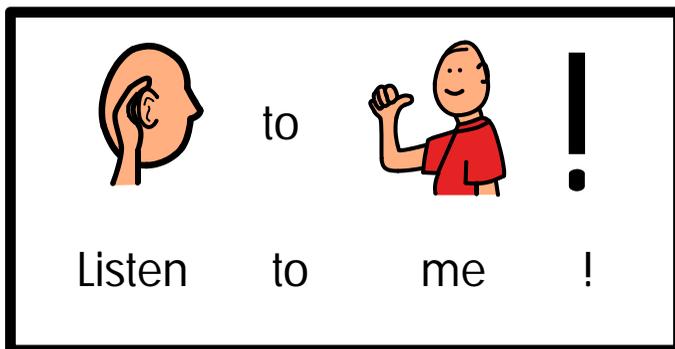
**To have  
YOUR SAY?**



Listeningkk



Supportkk



- Its not always easy to get people to listen to you. Sometimes the best way to be heard is to ask somebody to help you.

You may need help with a problem;



- At home



- At work or college



- At your day centre



- In the community



- ...with bullying...



- or with being a parent



•An advocate may be able to help you.



•They get to know you as a friend would.



•They can speak up for you at meetings and at other times, to help you to sort out problems.

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## Contact us:

If you would like an advocate to help you, please phone:

( 01202 396363



Or write to;

Camilla Gibson  
Dorset Advocacy  
3, Princes Street  
Dorchester  
Dorset, DT1 1TP



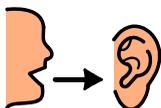
# What next?



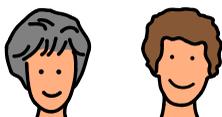
- After you contact us, we will come and visit you.



- We will find out if an advocate can help you.



- Advocacy is not right for everyone, but we will always listen to you.



- If an advocate can help you, we will find you a partner (advocate) who you get on well with.



- Remember - be patient! It will take time to find the right person to help you.