A Citizen Advocate is someone who volunteers their time to support and represent you. They are someone who will be on your side when you want to say something. A Citizen Advocate will listen to what you want and make sure people listen to you. They can support you to:

- Find information so you can make choices and sort out problems
- Change your services if you want to
- Know about your rights and make sure they are respected
- Make difficult decisions
- Make a complaint if you are not happy about something

**Why does the service exist?**

Most people have people around them that they can rely on for different things; family, friends, colleagues, professionals. This is called your ‘circle of support’.

Citizen advocates are a great way to widen the circle of support. Because they are totally independent, they can work with you to find out what you really want to do, without any pre-conceived expectations or ideas.

The partnership that is formed can work towards developing positive relationships with individuals, relevant community groups and organisations.

**Volunteering**

We may be looking for people to become Citizen Advocates in your area.

We provide all new potential Citizen Advocates with induction training, on-going training and regular updates. We also provide support and evaluation sessions for each partnership.

If you would like become a Citizen Advocate or would like to volunteer to become a Citizen Advocate, please take a look in our ‘join our team’ section to see what opportunities are available near you. Alternatively, you can contact your local office and speak to one of our advocates.

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**Help us improve**

Want to make a comment, complaint, suggestion or compliment? Talk to any of our team members - email us on comments@voiceability.org or give us a ring on 01223 555800.