

"Happy and reassured"

Whilst recognising that everyone may benefit from independent advocacy, the Service is funded to give particular priority to:

adults using mental health services  
adults with a learning disability  
people over 65.

"Empowered"

"Helpful"

Leaflet available in  
large print and easy read  
format  
Please call 01546 606056

## Lomond & Argyll Advocacy Service Referrals & Information

**Main Office**  
155 Glasgow Road  
Dumbarton  
G82 1RH  
Tel: 01389 726543

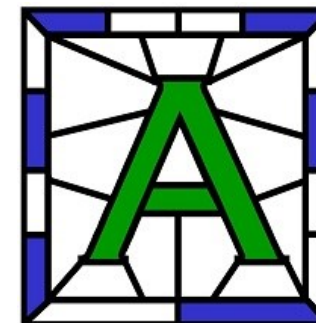
**Argyll & Bute  
Mid Argyll**  
Comraich Centre,  
Blarbuie Road  
Lochgilphead  
PA31 8LD  
Tel: 01546 606056

**Cowal & Bute**  
Riverbank Surgery  
Kilmun  
PA23 8SE  
Tel: 01369 840250

**Oban & Lorn**  
c/o Comraich Centre,  
Blarbuie Road  
Lochgilphead  
PA31 8LD  
Tel: 07841 277913

**Kintyre**  
Hazelburn Business Park  
Millknowe  
Campbeltown  
PA28 6HA  
Tel: 01586 553428

[www.laas.org.uk](http://www.laas.org.uk)  
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**Independent Advocacy**  
Making sure your  
voice is heard

**Free**  
**Independent**  
**Confidential**

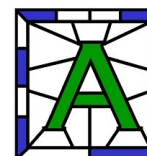
**Lomond & Argyll  
Advocacy Service**

### Lomond & Argyll Advocacy Service

We are a not-for-profit company limited by  
guarantee and a recognised Scottish Charity.

Company No. 230947  
Scottish Charity No. SC033157

Registered Office: 155 Glasgow Road, Dumbarton, G82 1RH



## Lomond & Argyll Advocacy Service

Lomond & Argyll Advocacy Service exists to help ensure people's rights, needs and wishes are

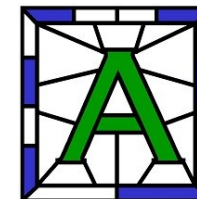
**heard and respected.**

- ✓ Unsure about speaking up?
- ✓ Feeling confused or alone when dealing with people in authority?
- ✓ Wish you knew more about your options and choices?
- ✓ Having difficulty getting your views heard and understood?
- ✓ Wish you had someone who would ask the questions you would like answers to?
- ✓ Worried about what will happen in the future or find it difficult to cope on your own?

If you answered yes to any of the above Lomond & Argyll Advocacy Service may be able to help!

## How Can An Advocate Help?

- ✓ An Advocate can spend time with you getting to know you and your needs, so they are in a good position to help you express your views and, if necessary, speak up on your behalf.
- ✓ An Advocate can work with you to gather information, thereby giving you the opportunity to make an informed choice from all the options available.
- ✓ An Advocate will not make judgements or try to impose their views.
- ✓ Information will not be revealed or sought without your consent.
- ✓ Your Advocate will only act with your agreement.



- ✓ Whatever you discuss with your advocate will remain confidential. We will not breach your confidentiality unless your or someone else's safety is at risk.
- ✓ Your Advocate is there to support only you. They can work with you to discuss issues that matter to you with health and social care professionals.

**Your Advocate is on your side  
and is independent of any  
health or social services you receive.**

**Their only loyalty is to you!**

**Independent Advocacy:  
Making sure your  
voice is heard**