

Will I Get Any Help If I Become A Volunteer?

We value our volunteers. We aim to provide them with the support they need to be effective in their varying roles.

This includes:

- Training
- One-to-one support
- Further training and skills development
- Out of pocket expenses
- Regular advocacy newsletters
- An invitation to all of our charity events

For more information on any of our volunteer roles please call in for a chat or give us a call.

0191 259 6662

Interested? Get In Touch With Us

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Independent Advocacy North East is a
Registered Charity (Number 1148607)
and a Company Limited By Guarantee
(Number 7949689)

Many thanks to:-

RW Mann Trust
Hadrian Trust
Shears Foundation



Independent Advocacy
North East

**Could You
Be A
Volunteer?**

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Volunteering Opportunities

We have volunteer opportunities in a wide range of areas:-

- As a Trustee on our Executive Committee
- As a group facilitator
- And as a Citizen Advocate

Who Are Volunteer Advocates?

Volunteer Advocates are ordinary people from all walks of life who are prepared to give support and encouragement to someone.

Why Do People Need Advocates?

Mainly because our society is not very good at listening and responding to people who are disadvantaged by age, illness or disability.

Who Do They Work With?

Volunteers at Independent Advocacy work with people with learning and physical disabilities, mental health problems and other vulnerable people.

“He made his choices and I stood by his side.”

We work with all sorts of people, so we need all sorts of volunteers.



“You can do this. You’ve probably already been doing it for years.”

What Do Volunteer Advocates Actually Do?

Listen - support - discuss - speak up
- find out - respect - inform

“I needed help and to be able to trust someone. The most important thing I was told was that they were independent.”



How Much Time Will I Have To Give?

We are very flexible and try to work towards a time to suit you.

Although Trustees must be able to make a commitment of at least 2-3 hours every two months for Committee meetings, which take place in the evening.