



Independent



Free



Confidential



Thinking of volunteering?

Join our volunteer team and be a force for change.
If there was no change, there would be no butterflies...

Help
others
to live
their life

Help
yourself
to do new
things

Be part
of a
team

Learn
new
skills

Grow
your
confidence

Feel
rewarded
and be
happy

Start your butterfly
journey with us today



Each year our volunteers give over 2,000 hours of their time to help others

WANT TO JOIN US?

As part of our volunteer team, you will make a real difference in helping to support people in Lancashire, Trafford and Rochdale.

Our high class training will provide you with the necessary skills, knowledge and confidence to support someone to know their rights, exercise their rights and to be more involved in their health and social care.

You could help our charity help by:

- Running drop-ins on mental health wards
- Supporting Advocates on visits
- Supporting people in the care system
- Hosting focus groups
- Helping out in the office
- Event and fundraising activities

We would like to hear from you, if you are:

- ✓ Warm, compassionate and understanding
- ✓ A good communicator
- ✓ Patient, polite and respectful

CONTACT OUR
VOLUNTEER
MANAGER,
NICOLA
TODAY!

“ Being a Volunteer at Advocacy Focus has given me a sense of purpose and I'm a lot happier with myself. Even my family have noticed. I'm not just helping others, I'm helping myself too!

- Jon, Volunteer ”

Who we are

- We are a registered charity providing statutory advocacy to people in Lancashire, Trafford & Rochdale
- Our service is high quality, confidential and free
- We are independent of local authorities, the NHS and Social Services.



Charity Number 1086151



For more information, email or phone Nicola:
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