

## **CAPOLD - A NEW SCHEME NEEDING VOLUNTEERS**

Can you imagine what it is like to have decisions made for you all the time? Can you imagine having your wishes ignored because people do not think you know what you want?

This is what it can be like for many people with learning disabilities – decisions about where they live, what they do during the day and who they live with are made for them because they are not able to express what they want or they are not asked.

Citizen advocacy is a way to support people in having their voice heard and in being part of the decisions made about their lives. Volunteer advocates work one-to-one with their partner (the person at risk of not being heard), getting to know them and their wishes and helping to have those wishes heard by the appropriate people. For some it may just be that they want more choice in what they eat, others may want a complete life change! The advocate's role is not to decide what they should have or whether what they want is good for them, it is to support them in making an informed choice and help them get that choice heard by the people who can make a difference, be they parents, carers, friends, social or health services.

CAPOLD (Citizen Advocacy for People of Oxfordshire with Learning Disabilities) is a relatively new scheme set up by Oxfordshire Advocacy Development Group (Registered Charity no: 1015858) and funded by the Department of Health. It provides citizen advocates for people with learning disabilities and supports the partnerships formed with advice and information.

There are currently many changes taking place and so there is an even greater need for advocacy to support people with learning disabilities in having their say. CAPOLD needs **VOLUNTEERS** to work with all the people being referred to the scheme, so if you or someone you know has a few hours to spare, weekly or fortnightly, and would like to help make a difference to someone's life, then please contact HELEN BLOOMFIELD on 01865741293 or e-mail capold@btoopenworld.com.

Volunteers will be prepared for their role with a two-day training course and will then be matched with one person who will be their partner. They will receive on-going support and supervision from the project coordinator and will be reimbursed any expenses they incur .

So why not make a change in someone's life by helping him or her be involved in the life decisions that most people take for granted?

### **Brian Kay's Evening of Seasonal Merriment**

**December 14th in Shipton Village Hall at 7.30pm.**

**With readings, songs, and carols for all, and with a cast including members of The Burford Singers, the Cotswold Children's Choir, Julia McKenzie, and Brian Kay.**

**Tickets £10 each, available in early November from Bill Long - 01993 823797, will include a mince pie and a glass of wine.**

**In Aid of Fulbrook Village Hall - Please make a note of the date, and book early to avoid disappointment!**