

**CAPS**

Independent Advocacy



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Get involved!

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CAPS Independent Advocacy

Norton Park Centre

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CAPS Independent Advocacy is a Scottish  
Charitable Incorporated Organisation. Scottish  
Charity Number: SC021772

## Experiences of Trauma Collective Advocacy

Helping you have a stronger voice!

**CAPS**



Experiences of Trauma

## Do you have experience of trauma?

Do you want to:

- Have your say about information and services for people who have experienced trauma?
- Try to make changes in the way you are treated or the services that you receive?

Then get in touch and get involved in this collective advocacy project!

The group decides what it wants to do (it is experience-led) and has a CAPS staff member to enable/facilitate its decisions.

The group have, in the past, been involved in consulting on the redesign of the new Rivers Centre – Lothian's centre for complex trauma—and Scotland's ACE aware agenda.

The group have also designed a lived experience workshop looking at the reality of living with experiences of trauma. They are in the process of making a lived experience short film. Collective advocacy is completely free of charge.

The **benefits of Collective advocacy** include:

- Sharing your experiences and opinions helping you to have your voice heard.
- Building skills and understanding your rights.
- Meeting likeminded people

The aim of the project is for people who have experienced trauma to come together, have a collective voice and create change.

Visit our website  
[capsadvocacy.org](http://capsadvocacy.org) or email  
[collective@capsadvocacy.org](mailto:collective@capsadvocacy.org)  
or call 0131 273 5116

“CAPS has been very easy to get involved with and I feel very welcomed.”

scan the QR code

