

CAN I TRUST MY COORDINATOR?

Of course. Our Coordinators are only interested in you and what you want. If you feel like no one's listening to you and what you want, this is where we can help you.

Our Coordinators will fight to get your voice heard and make sure you get your say in the things that affect you. They will ensure you get the outcome you want and deserve.



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They've given me support and help. Now, if I feel depressed or lonely, instead of running away I try to find someone to talk to.

WHO ARE WE?

- Since 1998, we have provided person-led advocacy across England
- Our services are high quality, confidential and free
- We are a charity that is independent of professional services including Social Services, the NHS and the police
- We help people live the lives they want to live.

Charity Number 1086151



advocacy
focus



Independent



Free



Confidential



Return to Care Interviews

Need someone to talk to? We can help and listen to you if you have run away from care



What is a Return to Care Interview?

Do I have to have one?



Speak to an Advocate now online:

www.advocacyfocus.org.uk



www.advocacyfocus.org.uk



We understand that living in care can be difficult or frustrating, you may feel as though you can't trust anyone or you may feel like you have no one to talk to.

We are different. We will listen to you and help you understand the reasons why you've run away. We are completely independent from social services or the police.

We are only interested in making sure you are safe and happy.

WHAT IS A RETURN TO CARE INTERVIEW?

It is requirement that you have a Return to Care Interview if you run away from care. Even though it has the word 'interview' in it, it is more like a conversation.

This conversation is not carried out by social services or your care placement. One of our independent Coordinators will sit with you and talk to you about what made you run away. It's important to be as open and as honest possible, we may be able to help you with any concerns you have.

The most important thing to remember is that we work for you and only you. We can only help you if you tell us what is wrong.

HOW CAN MY COORDINATOR SUPPORT ME?

You can speak to your Coordinator about anything. Remember, they are independent from professionals and social services.

Your Coordinator will try to understand why you ran away. They can then work with you to stop or change anything that is upsetting you. They can:

- Help you request a change of placement
- Help you become involved in decisions about your care
- Help you say what you want and what you feel to the right people
- Refer you to other services should you need them (i.e. a counsellor for on-going support, but only if you want to)
- Provide you with information to keep you safe should you run away again i.e. helpful phone numbers

You can be completely honest with your Coordinator, they will not judge you.

