

## CAN I TRUST MY ADVOCATE?

Yes, an Advocate is independent from social services, the police and your support workers. Advocates work on your behalf and in your best interest.

You can trust your Advocate and tell them anything. They won't tell anyone else unless you or someone else are in danger.

An Advocate will listen to you and help with any concerns you have. An Advocate's only concern is making sure that you are safe and happy.

How do I get an advocate?

If you would like an Advocate, you can call us on 0300 303 4170

You can ask someone else such as your social worker or support worker to contact us.



## 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



## A Guide to Children's Rights and Advocacy

Find out what an Independent Advocate is and how they can support you through child protection or whilst you are in care



What is advocacy?

What are my rights?



Speak to an Advocate now online:

[www.advocacyfocus.org.uk](http://www.advocacyfocus.org.uk)



0300 303 4170



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Sometimes it can feel like everyone is making decisions for you. Sometimes you may not feel listened to, but it's important to remember that we all have a right to be heard.



**Advocacy can give you information about your rights and explore your options. We 'advocate' for what you want and can help you to say what you need to say.**

**Advocates can help you communicate your views and wishes about your care, or if you are unhappy about something.**

**If you need any information or help, we can guide you. Contact our Children's Rights Helpline on: 0300 303 4170**

## WHEN MIGHT YOU NEED AN ADVOCATE?

- If you are unhappy with the way you are being cared for
- If you are unhappy with a decision that has been made about your care
- If decisions are being made about you that you aren't involved in
- If you feel you are not being treated fairly
- If someone hasn't done something they said they would
- If you are angry or upset about something that is happening to you
- If you feel like no one is listening to you
- If you feel as though you can't trust anyone
- If you wish to make a complaint about your care.

## HOW CAN AN ADVOCATE HELP?

**An Advocate can help in many ways such as:**

- Make you aware of your rights whilst in care
- Discuss options and outcomes with you
- Help you understand what is happening and why
- Make sure you're involved in important meetings or decisions
- Make sure you are happy with the decisions made about your care
- Help you become more confident to put your own views and feelings across
- Help you to say what you want to happen
- Attend meetings for you if you don't want to go
- Help you to prepare for important meetings
- Help you to raise any concerns or complaints
- Help you prepare for leaving care (age 16+).

**An Advocate is someone who is on your side. They will always make sure the right people know how you feel.**



**Advocacy helps you to speak up about issues that affect you and things that are on your mind.**