## advocacy focus



## Feel like no one's listening?

You have a right to be involved in important decisions about your life. We can help.

"Get an Advocate now! Get one and look back at what happens. Leave the past. Take all the rubbish out of your head."

- Young person supported with advocacy

## How can we help?

0300 323 0965

We provide free support for young people and are independent from your Social Worker and related services. Advocates help you communicate your views and opinions to those who are trying to make important decisions about your life. They can support you at meetings such as a Child Protection Conferences, Core Group Meetings or Reviews and help you understand more about what is happening and why. You can speak to your Advocate about anything.

## How do you get an Advocate?

You have a right to an Advocate to help you during Child Protection Conferences and Reviews and when decisions are being made about your care or wellbeing. You can contact us on the details below or speak to an Advocate right now via our online chat. If you don't feel confident enough, you can have your Social Worker or someone else contact us for you.

Contact us now or speak to an Advocate online at www.advocacyfocus.org.uk