

# Independent Advocate Service

For young people who are in care

## Do you want something STOPPED, STARTED or CHANGED?

When you are 'in care' things don't always happen when or how you would like. It can make you feel frustrated and unhappy. Talking about your problems is good. When you talk to someone else about things rather than keeping it to yourself it feels better. If the person is someone who makes decisions about you, like your Social Worker or Carer they will be able to explain why things are not happening in the way you would want. They may be able to change things for you.

If you are still unhappy when you have talked to your Carers or your Social Worker you can ask for an advocate to help you sort the problem out.

### **What is an Advocate?**

An advocate is an experienced person who helps children and young people who feel they aren't being listened to.

They do not work for carers or social workers; they are independent. They can work with you to make sure your wishes and feelings are listened to when people are making decisions about you.

### **How can I get an Advocate to help me?**

If you want an advocate to help you it is easy to get one. You can contact us by phone or text on 07900 647 602. You can do this yourself, or ask anybody else who works with you to do it for you.



**TEXT OR PHONE 07900 647 602**

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When you ask for any advocate to help you they will get in touch with you on the telephone number you provide. They will arrange to meet you and have a confidential chat about your worries.

Confidential means that they won't pass anything on to anybody else without your permission unless there are illegal or risky things that need to involve someone else to keep you safe.

## **What can the Advocate do?**

The Advocate will agree a way of getting you heard. This may involve going to your review to support you, or to other meetings about you.

You may want them to talk to your school, Social Worker or Carers so that they understand what you want.

If the problem is a legal one, they may even arrange for a lawyer or solicitor to act for you to make sure that your rights are respected.

Remember that you can often sort out your problems or worries with the people who are looking after you. If you can't we're here to help you -phone or text **07900 647 602**

## **USEFUL WEBSITES**

[www.rightsforme.org](http://www.rightsforme.org)

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

[www.raw4youth.com](http://www.raw4youth.com)



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