

# ADVOCACY and you

Information for children and young people

**coram  
Voice**   
getting young voices heard

## WHAT is advocacy?

Advocacy is about helping you to speak out about what is important to you. You have the right to have your say and be listened to when decisions are being made about you.

## HOW can an advocate help?

If you are a child or young person who is in care, leaving care or needs the support of Children's Services then you can ask an advocate for help. You can contact an advocate for lots of different reasons, for example, about...

Where you live

Your education

Seeing family

Feeling safe



## WHAT does an advocate do?

An advocate is someone that can help you to get your voice heard. They are completely separate from Children's Services and work for you. Advocates will listen to you and help you to put your views and wishes across.

### What an advocate can do:

**Give you...** information and advice so you understand your rights

**Speak to those...** who are making decisions about you (like social workers), to help make sure that you are involved in any plans being made about you

**Make sure...** you understand what people are saying

**Help you...** to make a complaint

*"... Having an advocate means we are better listened to - not what Children's Services think we are saying, but what we are really saying." (Hayley, age 12)*

## HOW do I get an advocate?

Call us **FREE** on **0808 800 5792** or email [help@coramvoice.org.uk](mailto:help@coramvoice.org.uk)  
Our helpline is open every weekday from 9.30am – 6.00pm, with an answerphone at other times that is checked regularly.



## WHAT we will promise

### Confidential:

We will not tell other people anything you have said without your permission, unless we are worried about your safety or the safety of another person

### Independent:

Coram Voice advocates are independent and here just for you. We do not work for your social worker or the place where you live

*“My advocate has helped me make a complaint. She gets back to me when she says she will. She takes me seriously.”*

(Hassan, age 17)

## CAN I contact you if English is not my first language?

Yes! We use an interpreting service so that we can communicate with you, no matter what language you speak. If you need this leaflet translating into a different language, please contact Coram Voice on **0808 800 5792**.



## CAN I contact you if I have a disability?

Yes! We can explore the best way to work with you, which may include non-instructed advocacy.

## ARE we the right service?

There are different advocacy services for each local authority area across the country. You can find your local advocacy service by contacting the local authority who looks after you or supports you. This is the area where your social worker's office is based. (It does not matter if you don't live in the area).

You can also use our 'Find your local advocacy service' page on our website at [www.coramvoice.org.uk](http://www.coramvoice.org.uk) or you can call the Coram Voice helpline on **0808 800 5792**

*"Things are a lot better now than they used to be... you've found me an advocate and they've written a letter to social services and that's sorted things out."*

(Ellie, age 11)

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Freephone helpline: 0808 800 5792

Tel: 020 7833 5792

Email: [help@coramvoice.org.uk](mailto:help@coramvoice.org.uk)

Web: [www.coramvoice.org.uk](http://www.coramvoice.org.uk)

Facebook: [www.facebook.com/voiceyp](http://www.facebook.com/voiceyp)

Twitter: [twitter.com/voiceyp](https://twitter.com/voiceyp)

