

Children & Young People's Advocacy



We're here for you

We know it's not always easy to speak up, especially when adults are making decisions about your care, safety or future. You might feel unsure, unheard, or worried about saying the wrong thing.

That's where advocacy comes in.

An Advocate is someone who is on your side. We listen to you, support you, and help make sure your voice is heard.

“I could talk to them and feel safe,
and they listened to me

- Young person



How to get support

You can ask for an Advocate yourself,
or someone you trust can help you get in touch.

Professionals, carers and family members can also make referrals on your behalf.

Telephone: **0300 3030 202**

Email: referral@sthelensadvocacyhub.org.uk

Website: www.sthelensadvocacyhub.org.uk



What does an Advocate do?

Your Advocate can help you:

- 🗣️ Talk things through and work out what you want to say
- 🗣️ Understand your rights and what's going on around you
- 🗣️ Feel more confident in meetings, reviews, or conversations
- 🗣️ Speak up for yourself, or speak for you if you prefer
- 🗣️ Get support to raise a concern or make a complaint

We work at your pace and focus on what matters most to you.

Who can get an Advocate?

You can ask for an Advocate if you:

- 🗣️ Are in care
- 🗣️ Are leaving care or have already left it
- 🗣️ Have a Child Protection Plan
- 🗣️ Are involved in safeguarding or Child in Need plans
- 🗣️ Are transitioning from children services to adult services under the Care Act
- 🗣️ Want help to complain about or challenge something regarding Children's Social Care

You don't have to wait for someone else to suggest it – you can ask yourself.



You Stay in Control

Advocacy is led by you. That means:

- 🗣️ You decide what help you want
- 🗣️ You choose what to say and how
- 🗣️ We won't tell you what to do or make decisions for you

The only time we wouldn't do something you ask is if it could put you in danger; your safety always comes first.



We're Independent

We don't work for social workers, schools, or the council.

We work for **you**. Our job is to make sure:

- 🗣️ You feel listened to
- 🗣️ Your views are properly recorded
- 🗣️ What you say is taken seriously by those making decisions

