

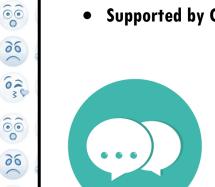
## What is an Advocate?



An advocate is a person who can help you say if you don't like something or if you don't agree with a decision that affects your life.

They can:

- Support you to share your wishes and feelings
- Listen to you and help you understand your rights
- Help make sure you are treated fairly
- Help you say what you think
- Help you make sure other people are listening to what you have to say
- Support you in meetings
- Help you to understand and take part in decisions that affect your life.



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You can have an advocate if you are:

- A cared for child
- Supported by Children's Social Care



If you need an advocate you can:

- Ask your Social Worker
- Speak to your carer
- Or contact us directly using the details on the back page

Advocates are there to support you, and to make sure that your voice is always heard.



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