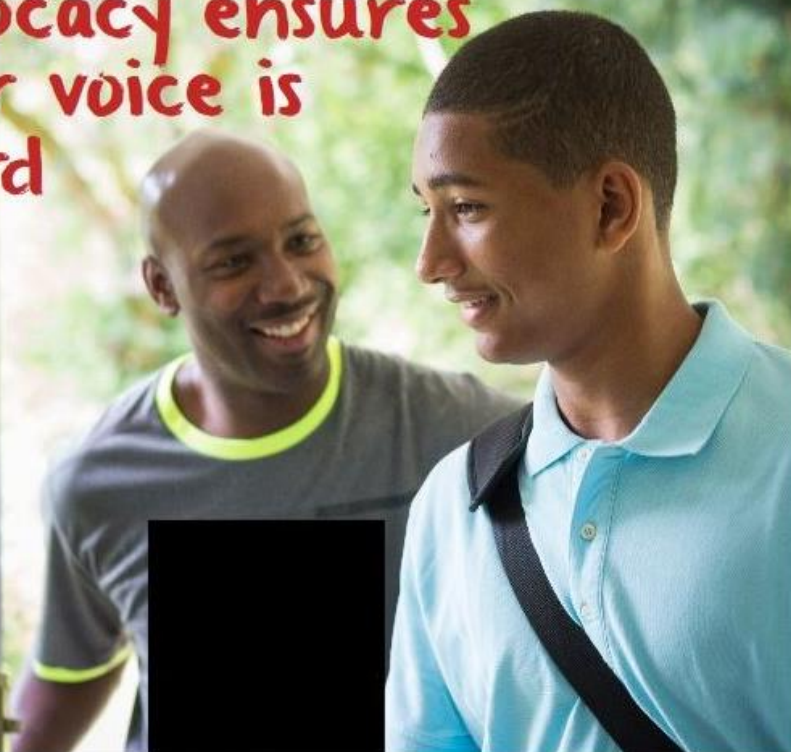


**Advocacy ensures  
your voice is  
heard**



**The  
Children's  
Society**

**Nottinghamshire and  
Nottingham City**

### **Who are we?**

The Children's Society Advocacy Service is an Independent and confidential service in Nottinghamshire and Nottingham City for children and young people who are looked after and living in lots of different places.

When you are looked after or in the care of children's services, remember you have the right to:

- Have a say in decisions that affect your life
- Be listened to and taken seriously
- Use an advocate to help look after your rights
- Not be hurt or abused
- Be treated fairly, whatever your race, religion, sexuality, gender, language or disability
- Have your health looked after.
- Get the most out of your school or college.

### **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. Advocates are independent and confidential - they don't work for the council or children's services and they will not tell anyone what you say to them without your agreement, unless there is something that might cause harm to you or someone else.

An advocate can:

- Help you sort out a problem or worry
- Listen to you and help you understand your rights
- Help make sure you are treated fairly
- Help you say what you think about things
- Help make sure other people are listening to what you have to say
- Help you sort out a problem the way you want it sorted.

### **Who do I contact?**

- Call: Freephone 0808 901 9488
- Email: [advocacy@childrenssociety.org.uk](mailto:advocacy@childrenssociety.org.uk)

Charity Registration No. 221124

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