

Questions

- **Have you got something to say but not sure how to get your point across?**
- **Do you dread going to meetings that affect your life and struggle to say what you want to?**
- **Do you want something changing but feel like no one is listening?**
- **Do you feel unsure about why certain decisions have been made about your life?**
- **Want to say something but worried you won't be listened to?**
- **Have you got something to say about your experience of being in care?**

Then the Rights & Advocacy Service want to hear from you!

**Call or text
07769 725174**

Contacts

A National Voice • tel 0161 2375577

An organisation run by and for young people who are in or leaving care.

www.anationalvoice.org

Rights 4 Me

A national website where you can say how you feel about being in care.

www.rights4me.org

Get Ready for Change • tel 020 7278 8222

An organisation all about children's rights.

www.getreadyforchange.org.uk

Childline • tel 0800 11 11

Free and confidential helpline for children and young people.

www.childline.org.uk

YorOK

Information and events for children and young people in and around York

www.yor-ok.org.uk/children

www.yor-ok.org.uk/youngpeople

Nikki Wilson • tel 07769 725174

Children's Rights Officer

29 Castlegate, York.

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RIGHTS & ADVOCACY SERVICE

For children and young people who are looked after by the City of York.

If you would like to find out more about how we can help then call or text

07769 725174

Why have a Rights & Advocacy Service?

Because young people who are looked after (in care) need to know that what they think and what they say **MATTERS!**

If you are either in foster care, a children's home or residential school, then you might want someone to talk to about any worries or problems you may have.

If you're feeling stressed or worried about something it might feel like no one is listening or that your views are not being understood.

So what exactly is it?

The Rights and Advocacy Service is here to help you get your views across; both in relation to decisions about your life as well as the decisions that affect all children and young people in care in York. We want to know what you think about how Children's Services should be run as well as what you want to happen in your life.

We are there to represent you and only do what you ask.

We can help you find the right words and make sure you are listened to.

We can help you get the information about what you want to know.

We can help you work out what your options are.

We can help to sort things out with the adults in your life.

We can help you complain about a service or the way you have been treated.

We will stop anytime you say you don't want our help anymore.

Young people who are looked after (in care) need to know that what they think and what they say **MATTERS!**

What the Rights & Advocacy Service offers

An advocate

An advocate is someone who can help you speak up so that your views are heard, your rights are met and your problems sorted out. They can help you to express your views at meetings, by letter or by phone.

How can an advocate help?

- An advocate can help you to put your views and feelings across about decisions that are being made about your life.
- They can help you speak up for yourself or speak on your behalf if that's what you want.
- They can give you information and advice about your rights and any worries you may have.
- They can help you make a complaint if necessary.

An Independent Visitor

Independent Visitors are adults who give up some of their free time to support children and young people who are in care. They can visit you regularly, listen and offer advice as well as take you out sometimes and help you develop your interests. They are independent as they are volunteers who do not work for the council.

Participation Groups

We also organise groups which encourage young people to express their views about being in care. Participation means playing an active part in the decisions and services which affect you, by voicing your views to the people who run Children's Services. You have the right to have your say about how you think Children's Services should be run and about how things could be changed for the better. By coming along to one of our groups you will be able to do this.

IM2! (I Matter Too) is a group for 11-14 year olds that meets every school holiday.

Show Me That I Matter is a group for 15-18 year olds that meets monthly.

If you are interested in getting involved please contact Nikki Wilson on 07769725174.