

Children and Young Persons Advocacy Service



**Suffolk
Advocacy
Service**

Children and Young Persons Advocacy

This service is delivered by the Suffolk Advocacy Service Partnership. This service is free, confidential and independent. We are here for young people who need someone to support them, protect their rights and help them to speak up.

We can help make sure that you are getting the right support to:

- to be healthy
- to stay safe
- to enjoy and achieve
- to make a positive contribution
- to achieve economic wellbeing.

We can also help you to have your views and wishes heard:

- at reviews and meetings
- at school or college
- when there are changes in your life
- when you want to make a complaint
- if you don't feel safe.

We can do this by working with just you or supporting you in a group to learn about your rights and speaking up about your views and your goals. There are many different ways of helping you share your views and feelings even if telling us is difficult for you.

Advocates

An Advocate is:

- someone who you can talk to if you are worried or want to make a change
- someone who will listen to you and help you if you need them to
- someone who will make sure you are treated fairly and safely

If you want to talk to an advocate you can contact us using the last page of this leaflet or you can ask a teacher or another adult.

An advocate can visit you at

- home
- school or college
- somewhere in the community such as the library or park.

You do not have to pay for an advocate - they are free, independent and confidential.

Parental / carer consent may be required before an advocate can work with you if you are under 18 years old.

How to get in touch



Email - suffolkadvocacyservice@pohwer.net



Telephone - 0300 456 2370 (charged at local rate)



Text - send the word 'pohwer' with your name and number to 81025



Post - Suffolk Advocacy Service PO Box 17943, Birmingham, B9 9PB



Website - www.pohwer.net/suffolk-advocacy-service

Access to information

We provide leaflets and information in a variety of languages and formats including Easy Read, audio and DVDs
We have access to translation and interpreting services
We use communication toolkits, Makaton and other signing techniques

