

“ Having a voice:  
that’s what  
changes things. ”

## An Advocate can:

Spend time getting to know you by meeting with you face to face or talking over the phone.

Listen to you, and support you to understand your situation.

Support you to put your point of view across to people, because your opinion really counts.

Provide information on your rights, and support you to understand how they can help you.

## How can we help?

- Help you put across what you want to say about what is happening in your life and what you would like to happen.
- Let you know about your rights.
- Support you to prepare for meetings and reviews.
- Speak on your behalf, if you want.
- Help you to challenge a decision or make a complaint if you are not happy.
- Let you know how Jersey Cares can help or get you involved in other ways.

“ Advocates listen first  
and share when I  
want them to. ”

## Our Advocacy is always:

**Confidential** - we don't share information with anyone unless you tell us it is ok to do so. However, if we think you or someone you tell us about is not safe, we may have to tell someone else. We will let you know first if we need to do this.

**Independent** - We are completely separate from social work and other professionals, we only work for you!

## How to contact us

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info@jerseycares.je

www.jerseycares.je

 JerseyCares.Cl

 jersey\_cares

 cares\_jersey

Your voice  
is powerful



# Advocacy.



jerseycares  
Love · Belonging · Opportunity

## Who are we?

We are an organisation for, and by, people with experience of care, and friends who care about this issue. Our vision is love, belonging and opportunity for people with experience of care.

We are an independent organisation which listens to and amplifies the voices and needs of people with care experience. We respond to make sure change happens by taking action through advocacy and also collaboration and influencing.

We use the words 'experience of care' to describe children, young people and adults who are currently or have been looked after. This could have been at home, with foster carers, in a children's home and on or off-island.

We encourage all young people with care experience to get in touch. By expressing your views on care, you can help drive change in Jersey, and beyond. You may want to meet and learn with others with experience of care across the UK. We do that too!



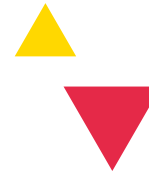
## Who do we offer Advocacy to?

### We can work with you if you are:

- Living with extended family or friends
- Living on or off-island
- In foster care
- In residential care
- In supported accommodation
- A care leaver

### Referrals may come from:

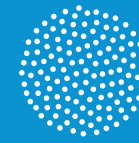
- You yourself (in care or a care leaver)
- Any social worker or other professional (for example a teacher or youth worker)
- Parents or carers



## Want to know more?

Please contact the team at Jersey Cares:

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“ Advocates make no decisions; they are on our side. ”

## What is Advocacy?

Advocacy is when you get support to have your say.

This means, if you have things to say about your life that you want adults to listen to, we can help make sure YOUR voice is heard.

All young people have rights. Jersey Cares can make sure that you know what these are, and can help you to make sure your rights are upheld.

As well as advocacy, Jersey Cares works with care experienced young people who have decided they want to use their voice to make things better in the future for others growing up in care.

## So, what is an Advocate?

Your voice has real power and can make a big difference! What YOU have to say is really important.

An advocate is someone who can help you have a stronger voice, to be heard, and to have as much control as possible over your own life. Advocacy is an equal partnership between you and your Jersey Cares advocate.

