



hello.

Are you a young person in care,
or were you in care?

Want to have a say about
decisions that affect your life?

Struggling to be heard and
need help to speak up?

**Our independent
advocates can help you**



What is independent Advocacy?

Independent advocates support you to have your voice heard and share your views with other people. We will work for you and nobody else.

We can help you:

- Work out what you want to say by listening to you
- Get information and explore your options
- Make sure you are fully involved when decisions are made about your life
- Prepare for meetings
- By speaking on your behalf, if you find it difficult or choose not to speak
- Share your views and experiences of care to help shape the future
- By offering fun activities

To find out more about Jersey Cares please contact:

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