



When you have an important meeting you need to have your say too.

This can be hard so an advocate can help.

For more information about having an advocate ask the person arranging your meeting.

Phone number:

Or contact the advocacy service on **01962 876356** or **01962 876355** who will get someone to contact you soon.

Your advocate is:

You can email **care.council@hants.gov.uk** or visit **www3.hants.gov.uk/care-matters** for more information.

*Produced by Hampshire County Council  
Children's Services Department  
© Hampshire County Council February 2009  
Designed by Acanthus Design  
Illustrations by Brian Sharp  
Printed by Hampshire Printing Services*



Do you feel you can't say what you want?

Do you feel no one listens to you?

Do you feel invisible?

**An advocate can help you.**



**Hampshire**  
County Council

# Advocacy Service



## What is an advocate?

They listen and understand what you are hoping for.

They help you get your wishes and feelings heard.

They help the adults respect your views.

## How do advocates work?

They meet up with you, use pictures, words, computers, tapes or whatever will help you have your say.

They can help you to speak up or speak for you at the meeting.

Advocates are fully trained to do this.

## Who can have an advocate?

Any child or young person in Hampshire who has an important meeting to attend.