



**Want to know more or  
speak to an Advocate?**

Freephone  
**0800 085 8287**

Telephone  
**0208 768 5058**

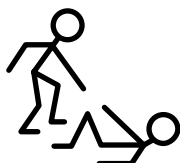
Email  
**advocacy2@barnardos.org.uk**

We will look out for you and  
help you be safe and feel safe.

**Makaton symbols**



Listen



Help

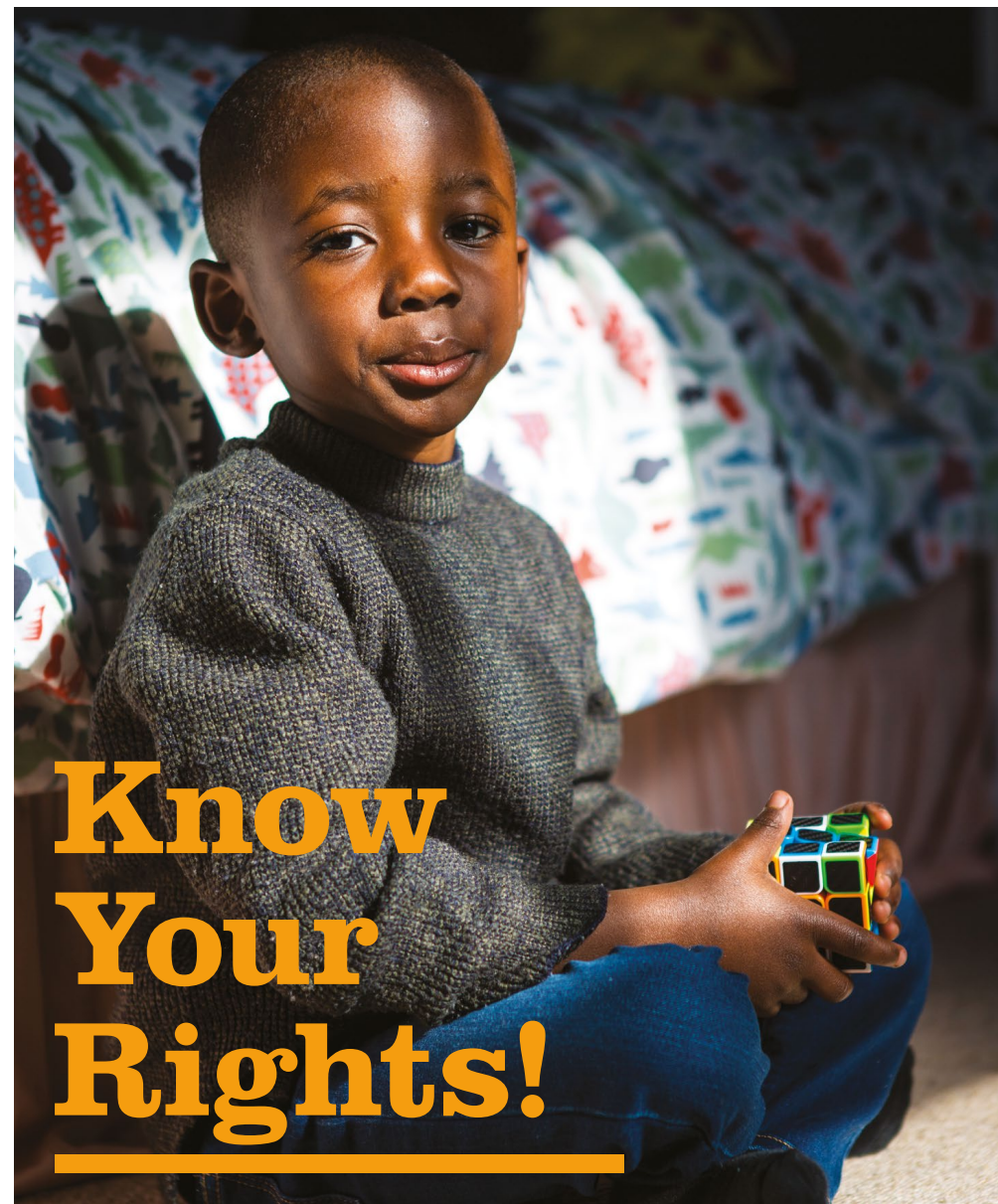


Safe

**Believe in  
children**



[barnardos.org.uk](http://barnardos.org.uk)



Advocacy for children  
and young people

**Believe in  
children**



A Barnardo's Advocate is somebody who...

Helps you talk in meetings that are about you

Works for you

Listens to you

**How will my Advocate support me?**

- Tell people how I'm feeling
- Make sure plans are right for me
- Tell people when something goes wrong



“My advocate is someone who backs me up.”



“My advocate helped keep me calm in meetings.”



“It was very good; my advocate helped me understand.”

