

If you are a child or young person in care, or are a care leaver, or if you have disabilities and have a social worker, you can make a referral for advocate support yourself. Just contact your advocate by phone or text. If you have had an advocate for a child protection meeting and there is going to be a review meeting, you can ask your social worker to make the referral for you.

Your **BeHeard** advocate is:

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Contact.....

If you want to contact the BeHeard team manager:

Eileen O'Toole 07880 741 037  
The Oaks Children's Centre  
Holmleigh Road  
Tuffley  
GLOUCESTER  
GL4 0RN

You can call : 01452 42 20 20

Or email: [gloucestershire@barnardos.org.uk](mailto:gloucestershire@barnardos.org.uk)

Barnardo's Registered Charity nos: 216250 SC037605



# I need to be heard...

**BeHeard**—*Advocacy for Children & Young People in Gloucestershire*



## An advocate could support you if...

- You are a child or young person in care.
- You are care leaver.
- You have a disability and a social worker.
- There is going to be a child protection meeting about you.
- You have a child protection review meeting.
- You want to make a complaint.



## Your Advocate ...

- Is completely independent from social care.
- Won't take sides or give their own opinion.
- Will only say what you want them to say.
- Will make sure your questions are answered.
- Will visit where you choose.
- Will write down what you want to say.
- Will make sure people listen.
- Can speak for you if that's what you want.
- Can help you to make a complaint.
- Can keep what you say private. ★

★ The only time your advocate would have to tell someone something you have said is when you or someone else is unsafe. If this happened we would talk to you first so that you would know what was happening unless it was an emergency.