



QUESTIONS



- Have you got something to say but not sure how to get your point across?
- Do you dread going to meetings that affect your life and struggle to say what you want to?
- Do you want something changing but feel like no one is listening?
- Do you feel unsure about why certain decisions have been made about your life?
- Want to say something but worried you won't be listened to?
- Have you got something to say about your experience of being in care?
- Or your involvement in meetings?



**Call 01670 623980,
or text
07917 266278**

**The
Participation
and Advocacy
Service
want to hear
from you!**



MOMO stands for Mind of My Own and is an app for young people in care and care leavers.

This self-advocacy app helps young people express their views, wishes and feelings to their social worker and anyone else who are supporting them. Using it can help young people feel stronger, clearer and more in control of their situation.

www.mindofmyown.org.uk

Get in touch

**To ask for an Advocate, call:
Saira Park
Participation & Advocacy Officer
Tel: 01670 623980
Work mobile: 07917 266278
E-mail: Saira.Park@northumberland.gov.uk**



Other useful contacts

A national voice Tel: 0161 2375577
Children's Commissioner for England
Freephone: 0800 528 0731
Tel: 020 7783 8330
www.childrenscommissioner.gov.uk
Get ready for change Tel: 020 7278 8222
Childline Tel: 0800 11 11
www.childline.org.uk
NSPCC Tel: 0808 800 5000
YoungMinds Tel: 020 7089 5050
www.youngminds.org.uk

PARTICIPATION & ADVOCACY

HELPING YOU

TO FIND YOUR VOICE



Participation & Advocacy
Wellbeing and Community Health Services
Northumberland County Council, County Hall,
Morpeth, Northumberland NE61 2EF

NORTHUMBERLAND
Northumberland County Council

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Northumberland County Council

WHAT IS PARTICIPATION & ADVOCACY



You have a right to be listened to and have your views taken seriously but sometimes it can be difficult to say how you are feeling.

The Participation and Advocacy Service is here to help you get your views across; both in relation to decisions about your life as well as decisions that affect all children and young people in Northumberland. We want to know what you think about how children's services should be run, as well as what you want to happen in your life.

An Advocate
An Advocate is someone who can help you speak up so that your views are heard, your rights are met and your problems sorted out.

- An Advocate will:**
- Help you speak up for yourself or speak on your behalf if that's what you want.
 - Listen to your concerns or worries and help you to act on them.
 - Be open and honest with you.
 - Help you challenge decisions.
 - Explain to you what is happening and what is planned to happen.
 - Help you to sort out a problem if you are thinking of making a complaint.
 - Help you prepare for meetings.
 - Explain to adults how you are feeling.

There may be some things that can't be changed, but an Advocate will make sure everyone knows how you feel and help you understand why the decision has been made.

Is what I say kept confidential?
Your Advocate must promise to keep what you say private unless you agree to it being passed on. But they may have to pass on information to children's services if they think you might be at risk of harm.

To request an Advocate, call Saira on 01670 623980, or text 07917 266278

An independent visitor
Independent visitors are adults who give up some of their free time to support children and young people. They can visit you regularly, listen and offer advice as well as take you out sometimes and help you develop your interests. They are independent as they are volunteers who do not work for the council.

To request an independent visitor, call Saira on 01670 623980, or text 07917 266278



Participation Groups
We also organise groups which encourage young people to express their views, have a say about how children's services should be run and how things could be changed for the better.

- When might you want to use an Advocate?**
- If you feel your views are not being listened to.
 - If you are unhappy with the way you are being cared for.
 - If you are angry or upset about something that is happening to you.
 - If you feel you haven't been treated fairly.
 - If no one is telling you what is happening about your situation.
 - If decisions are being made about you that you haven't been involved in.
 - If you want to make a complaint.