



Points to remember:

- We will be working for you
- You will be in control
- We will help you to express your views and wishes
- We will be there to listen to you. However if you tell us something which makes us worried about your safety we will have to talk to someone else about this
- You have the right to ask the project to see information about yourself
- We can give you information in the way you prefer

How to Contact us

You can contact us by:



Phone/ Fax
01292 294309



Write to

**Barnardos
John Pollock Centre
Mainholm Road
Ayr
KA8 0QD**



Email

sharon.houston@barnardos.org.uk
glynis.morris@barnardos.org.uk



office

**Office Hours
Mon-Fri 9am-4pm**

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Hear 4 U

Children's Rights and
Advocacy Service



“We aim to provide a community based advocacy service for children and young people”

What is advocacy?

Advocacy is about helping you to have your views feelings and interests heard.



Advocates

They are ordinary people who will listen to you and work with you when you feel you are not being heard.



What will an advocate do?

- Listen to your views and opinions
- Help you to speak up and have your views listened to
- If needed speak on your behalf
- Go to meetings with you
- Help you become involved in making decisions which affect you
- Help you to understand forms and letters
- Always be honest with you

An advocate will NOT

- **Tell you what to do but will help you to find the information you need**
- **Will not talk about you without your permission unless they are worried about your safety.**

Quotes from young people who have used the service



'I want to be taken seriously'
'have my voice heard'

An Advocate:

'will listen to you'
'speaks up for me'

Who can have an advocate?

South Ayrshire

Young people living in South Ayrshire who feel they are suffering the effects of mental ill health up to the age of twenty

Ayr North

All young people living within the boundaries of Ayr North.