

# Need one?

**We are available  
to help you!**

- you can contact us
- or ask someone else to
- we will take some details
- we can speak about your issue
- we can figure out what's best to do
- we can start supporting you ASAP!

"I called for an advocate to help me get a copy of my care plan. It was so easy and they were really nice to talk to. They made a phone call to my social worker for me straight away.. I wouldn't have done it by myself."

# Contact Us



71 College Road  
Maidstone  
Kent ME15 6SX



## 01622 683815



advocacy@yfl.org.uk



## yfl.org.uk



Young Lives Foundation

01622 683815 | info@yfl.org.uk | www.yfl.org.uk

facebook.com/yfl.org.uk | twitter.com/yflcharity

The Young Lives Foundation is a registered charity (1049486) and a company limited by guarantee (1049486). Registered office: 71 College Road, Maidstone, Kent ME15 6SX. Registered in England.

Helping young people get  
their voice heard!



Helping a Difference

# ADVOCACY

advice  
information  
support  
rights  
solutions  
a voice



# WHAT IS ADVOCACY?



**An advocate is your voice, but louder!**

**advocates are:**

- independent
- always there to listen
- there to support you



**advocates can:**

- attend your reviews
- contact people for you
- tell you your rights
- give you advice
- help to find solutions

"I had a complaint about my foster placement. My advocate explained the complaints procedure to me. He also helped me to write a letter and send it off."

"I had an issue with my contact arrangements with my brothers, so an advocate helped me and my social worker to plan it better."

**advocates can help with problems like:**

- social workers
- school or college
- home or placement
- understanding care plans
- leaving care

