

## How to refer:

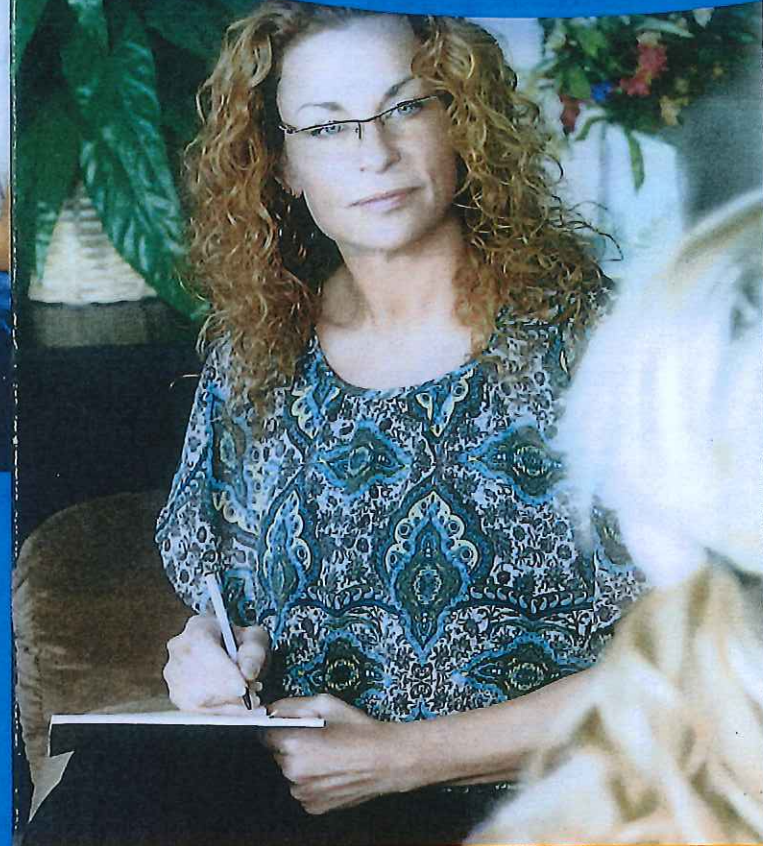
You can refer yourself or you can ask someone who works with you, such as a GP or Social Worker, to refer on your behalf. You can speak to anyone at Calderdale Parents and Carers - **01422 343 090** - and we can either take some details from you over the phone or send you a copy of our initial contact form.

## Confidentiality and child protection:

In most cases, discussions with an advocate are confidential and the advocate will not pass information on to anyone unless you ask them to and tell them exactly what to say. The exceptions to this rule are where we have reason to believe that a child or young person is at risk of being harmed, a person's life or safety is at risk, or if required by statute or a court order.



# ABOut Advocacy for Better Outcomes



Support to make sure  
your views are heard



## Volunteering:

If you want any more information please contact Lowri Dixon (Advocacy Project Officer) for an informal chat:

Telephone:  
**01422 343 090**  
Mobile:  
**07500 594653**

Email: [lowri.dixon@cpandc.org.uk](mailto:lowri.dixon@cpandc.org.uk)



# Are you a parent or carer of a child with a disability or other additional needs? We can support you to speak up, and to make sure that your views are heard and acknowledged by the people working with you.

An advocate is someone who works with you on a short-term basis, to support you with particular issues that you may come across in your role as a parent or carer. There may be times when you feel that you aren't being listened to by others, or you might not feel able to speak up. An advocate is someone who is always on your side, who will support you to feel empowered to make informed choices in order to get the best outcome for you and your family. An advocate won't talk about you with other workers unless you ask them to.

## What we can support with:

Typical examples of the issues that we can support, include (but are not limited to): appeals and tribunals, complaints, meetings, seeking answers and information, signposting, as well as practical support with writing letters or filling in forms. The advocate's role can involve supporting you to prepare for meetings, helping you to think about your choices, helping to increase your confidence to speak up, or speaking up for you, in your own words, when you don't feel able to.

## What we can't support with:

We are unable to give advice and we cannot put things into our own words. We would not act based on what we think is best for you or your family. Whilst we can help you to find information about your rights, we can't give legal advice and we cannot provide advocacy in a setting where more specialist support is needed, for example in court. We cannot support with issues not related to your role as a parent/carer, e.g. problems around care for yourself or another member of your family.

