Our services are:

- Free.
- Independent from your other workers and carers.
- Confidential – we will only talk to other people about the things you want us to.

To get an advocate, contact the Total Voice Lincolnshire team:

01522 706580
07860 018887
tvl@voiceability.org
www.totalvoicelincs.org
/TotalVoiceLincs

Need this leaflet in another format? Contact the Total Voice team and we will help you to get the information you need.

The Total Voice Lincolnshire Children’s Advocacy service is provided by Barnardo’s. Total Voice Lincolnshire is a partnership between VoiceAbility, Barnardo’s and Age UK Lincolnshire.
Do you know your rights?

Every child and young person has the right to:

• Have food and clean water.
• Live in a clean, safe place.
• Not get hurt by anyone else.
• Go to a school where it’s easy to learn.
• See dentists and doctors.
• Be listened to.
• Believe what you want to.
• Play and make friends.
• Be private.

You should not be punished in a way that upsets or hurts you.

If your parents don’t live in the same place, you have the right to see both parents.

An advocate can help you get all of your rights.

Would you like help?

If you would like help from someone different to your other workers and carers, you can ask for an advocate to help you.

An advocate is someone who can help you get your voice heard. If you want them to, they can:

• Help you to understand your rights.
• Talk to other people for you.
• Come to meetings with you.
• Make sure that people explain to you what will happen to you.
• Make sure that people ask you what you want and listen to you.
• Help you stay safe.
• Help you speak up if something happens that is not fair.
• Respect and listen to you.