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 involved, contact our Total Voice Lincolnshire team:

📞 01522 706580  📞 07860 018887

✉️ tvl@voiceability.org
🌐 totalvoicelincolnshire.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.
When you are a Looked After Child (LAC) it means that you are living away from home, and the Local Authority (Children's Services) are helping to make sure that you are safe and cared for properly.

What does it mean to be Looked After?

You will get a personal education plan, which will say how you will be helped with learning lessons.

You're allowed to ask for new school books, equipment or extra help from teachers.

A doctor or nurse will make sure you feel well and that you have help to stay healthy.

Being Looked After - did you know?
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.

You will get a care plan that says who will help you and why you are being cared for.

Do you know your rights?
Your Social Worker

Your social worker will work with you and the important people in your life, to make a plan to keep you safe and make sure you have the help you need. Your Social Worker must see you on your own.

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 get your voice heard. If you want them to, an advocate 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.