

# How can I get help?

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## Advocacy Support





## What is advocacy?

You have rights at any age, and it is important you know what they are.

Did you know you have the right to speak up for yourself when adults are making decisions for you?

Advocacy will support you and make sure that your voice is heard when decisions affecting you are being made.

Parents can also access advocacy support to help them to speak on behalf of their child and to ensure their views are heard.

## What will an advocate do?

- Help you speak up for yourself or speak on your behalf if that's what you want
- Listen to your concerns or worries and help you to act on them
- Be open and honest with you
- Help you challenge decisions
- Help you prepare for meetings
- Explain to professionals how you are feeling
- Explain to you what is happening and what is planned to happen
- Help you to sort out a problem if you are thinking of making a complaint, a claim of discrimination or an appeal

### An advocate will not:

- Judge you
- Tell you what to do
- Talk to anyone else without your permission

## How can you get support?

You can speak to your family, setting, social worker, health professional or the local authority about getting an advocate.

Alternatively, you can contact SNAP Cymru or NYAS directly and speak to a Family or Young Person's Officer.

## SNAP Cymru

SNAP Cymru is an all-Wales children's charity working with families, young people and professionals on issues regarding additional learning needs and disabilities.

They are an Independent Parent Partnership service that is free to families and offers impartial, accurate information, advice and support.

SNAP Cymru has an information and advice line that is available Monday to Friday, from 9.30am to 4.30pm.

**Helpline: 0808 801 0608**

**[www.snapcymru.org/help-for-families](http://www.snapcymru.org/help-for-families)**

## National Youth Advocacy Service (NYAS)

NYAS offers individual advocacy and a range of information, advice and support to ensure that the views, wishes and feelings of children and young people are respected. As a result, their voices are heard when decisions are being made about them.

NYAS has a helpline that is available Monday to Friday, from 9am to 6pm.

**Helpline: 0808 808 1001**

**Email: [help@nyas.net](mailto:help@nyas.net)**

**Post: FREEPOST NYAS**

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**ALN Team**  
Blaenau Gwent County Borough Council,  
Anvil Court,  
Church Street,  
Abertillery,  
Gwent.  
NP13 1DB

Phone: 01495 355443  
Email: [ALNenquiries@blaenaugwent.gov.uk](mailto:ALNenquiries@blaenaugwent.gov.uk)

Grateful thanks to Monmouthshire CBC for  
sharing this leaflet