

# Meet AdvoCat

**Hi, I'm  
AdvoCat!**



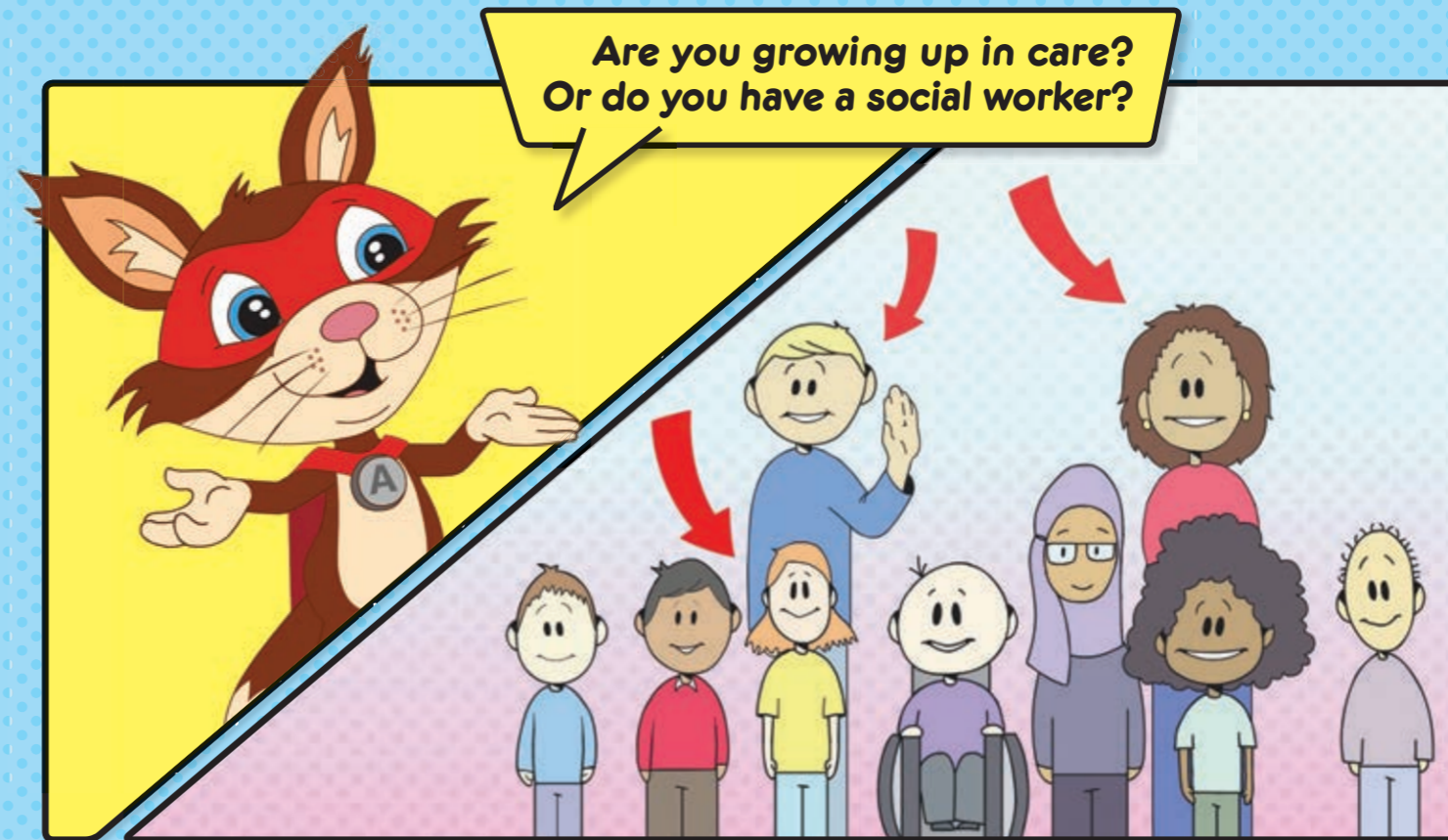
**I'm here to  
help you get  
your voice  
heard.**

**Helping children in care to get their voices heard**

**We are delighted to share with you AdvoCat, the superhero who explains to children in care aged 11 and under what advocacy is.**

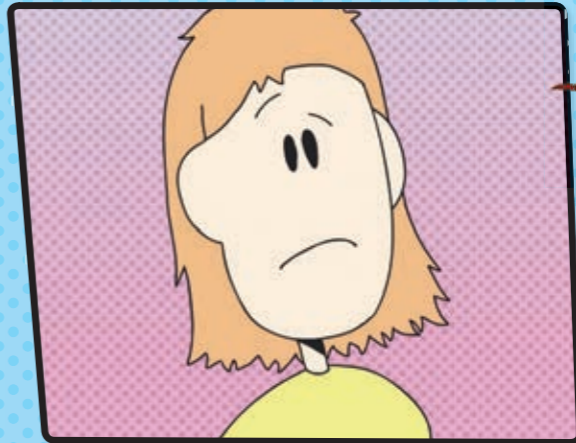
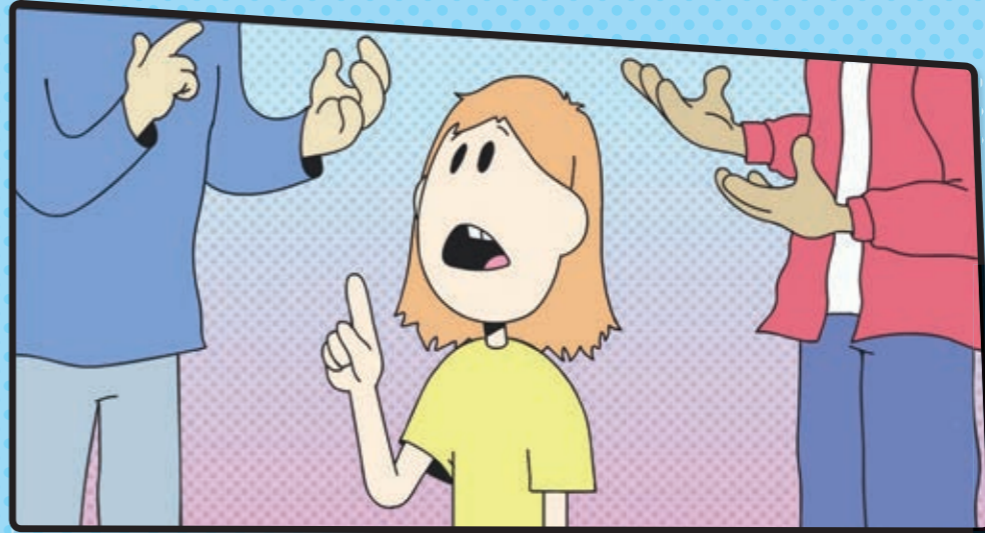
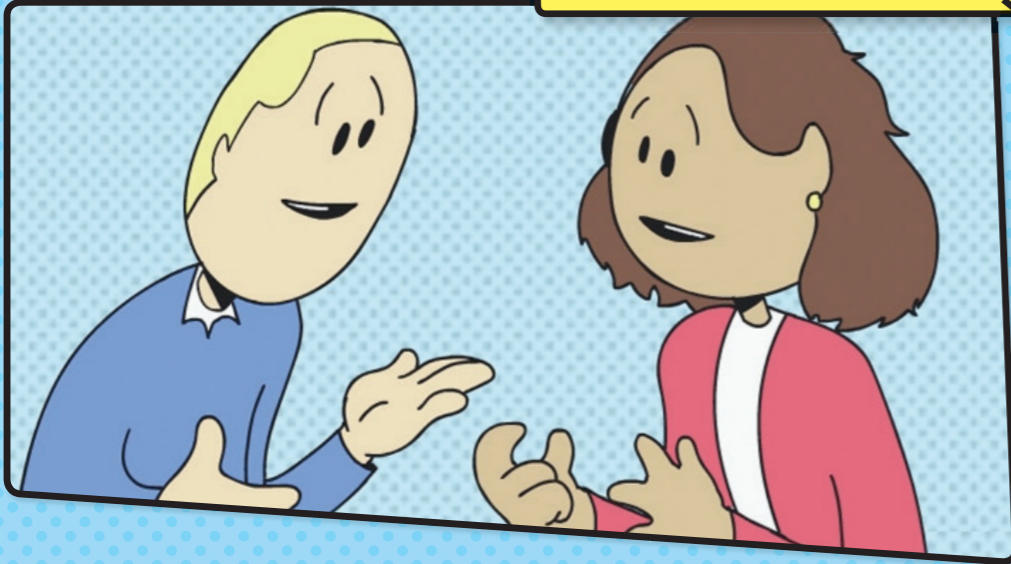
**It would not have been possible to create AdvoCat without the insight and talent of the children we work with. We would like to give a big thank you to all the children and young people who have helped us to bring AdvoCat to life, especially the children at The Mulberry Bush School, who helped to design AdvoCat. Their views, inventiveness and creativity were amazing.**

**We hope that you and the children you work with enjoy reading about AdvoCat.**



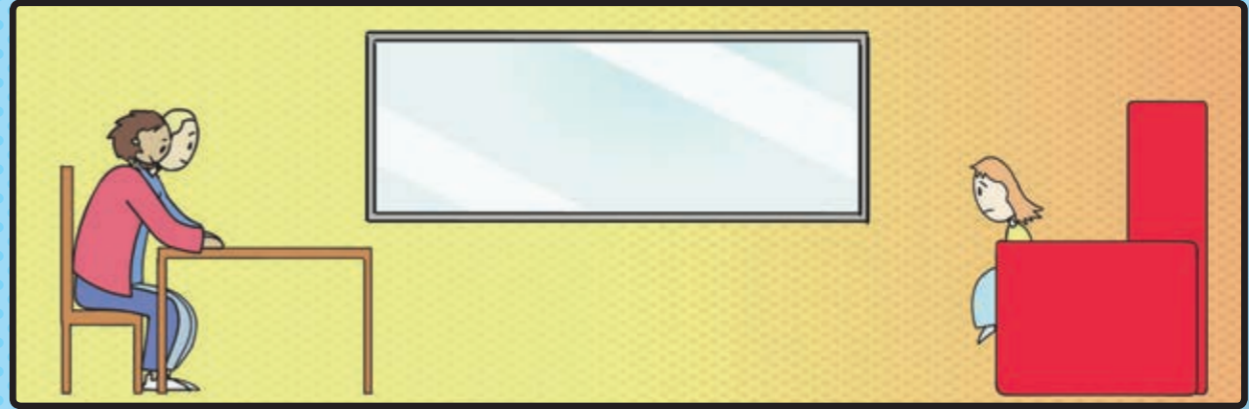
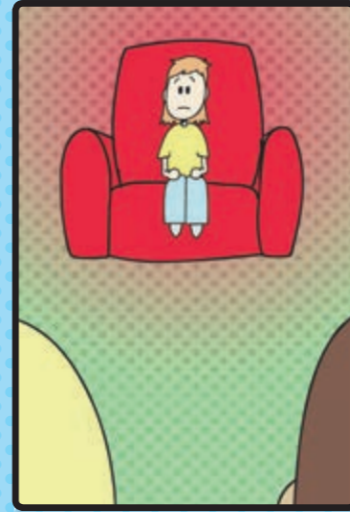
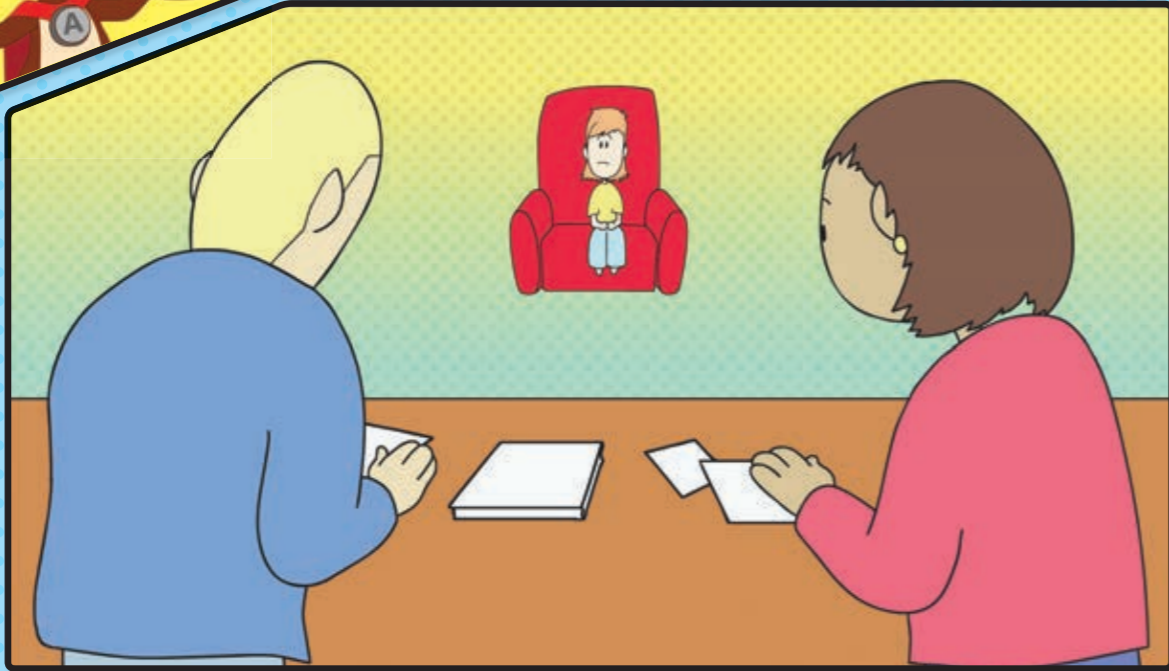


Does it sometimes feel like adults are not really listening to how you feel about things.

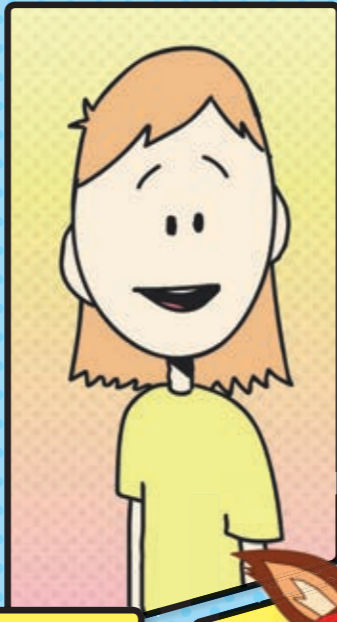
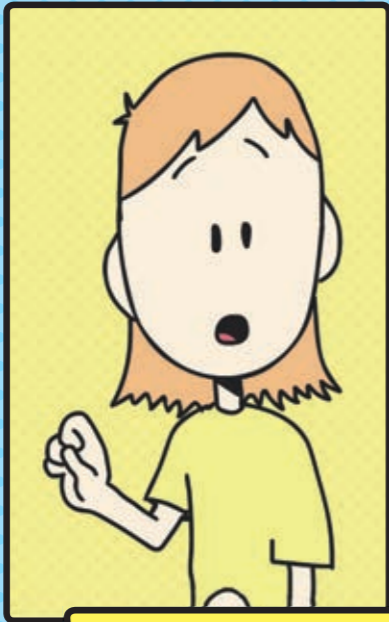




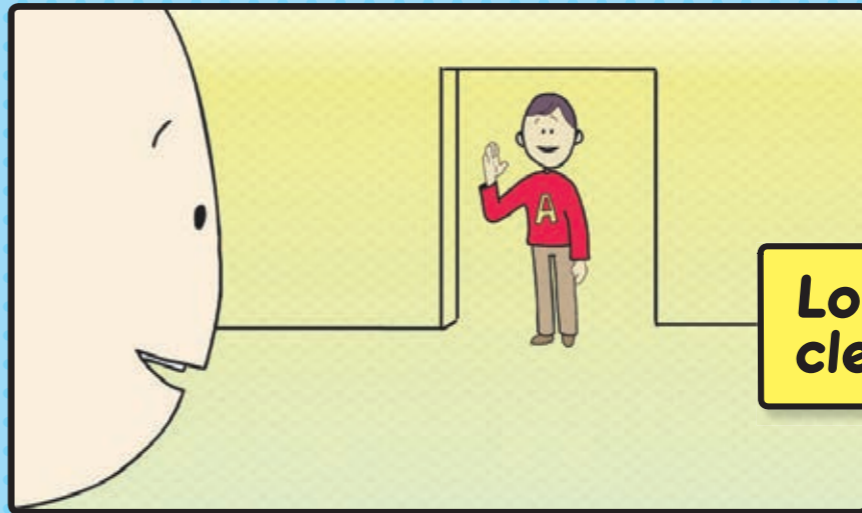
Like you're not really in the room and people are making decisions about you not with you.



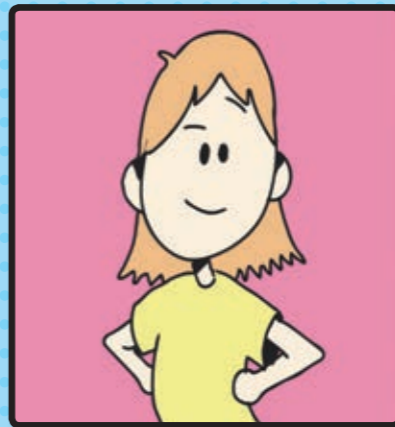




**Advocates are here to make sure your voice is heard.**



**Loud and clear!**

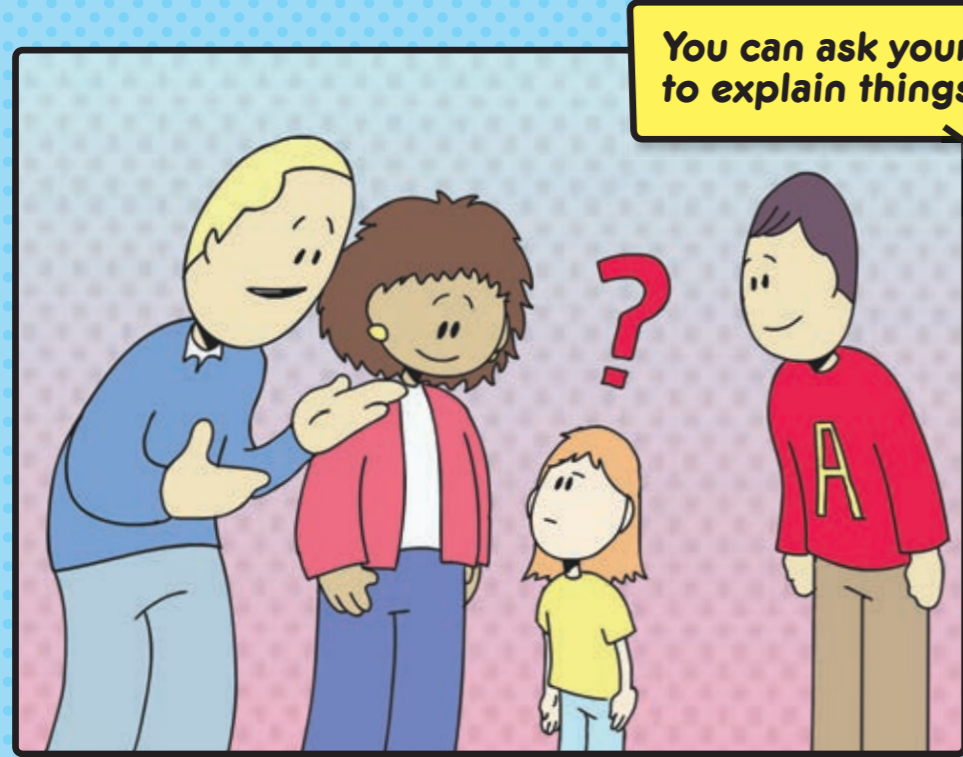


They can go to meetings with you. They can help you talk to your social worker and other grown-ups!

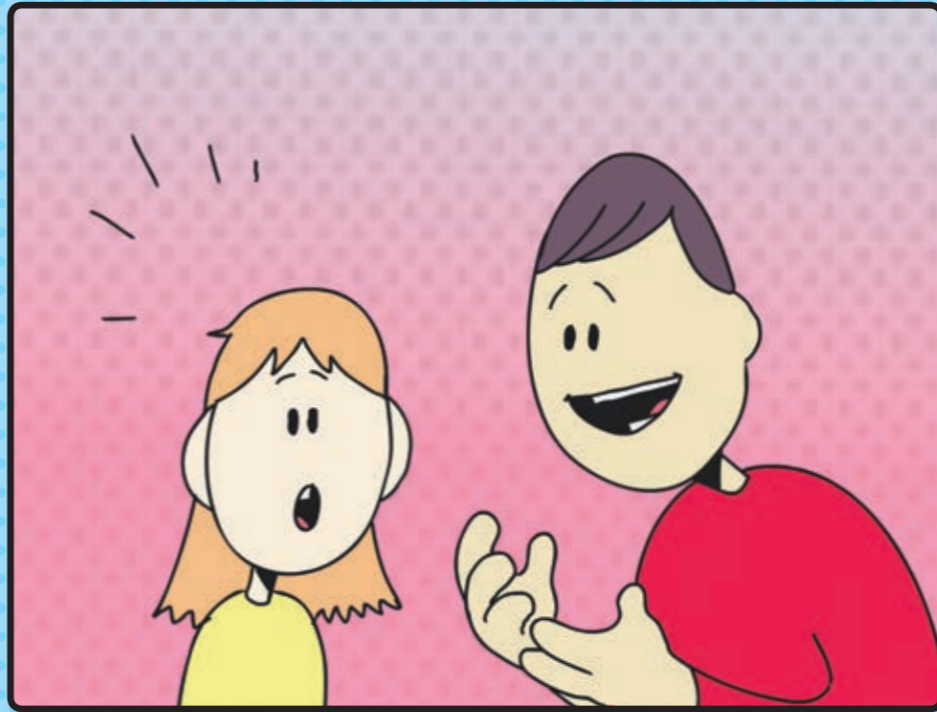


So remember, your views should be listened to.





You can ask your advocate to explain things.





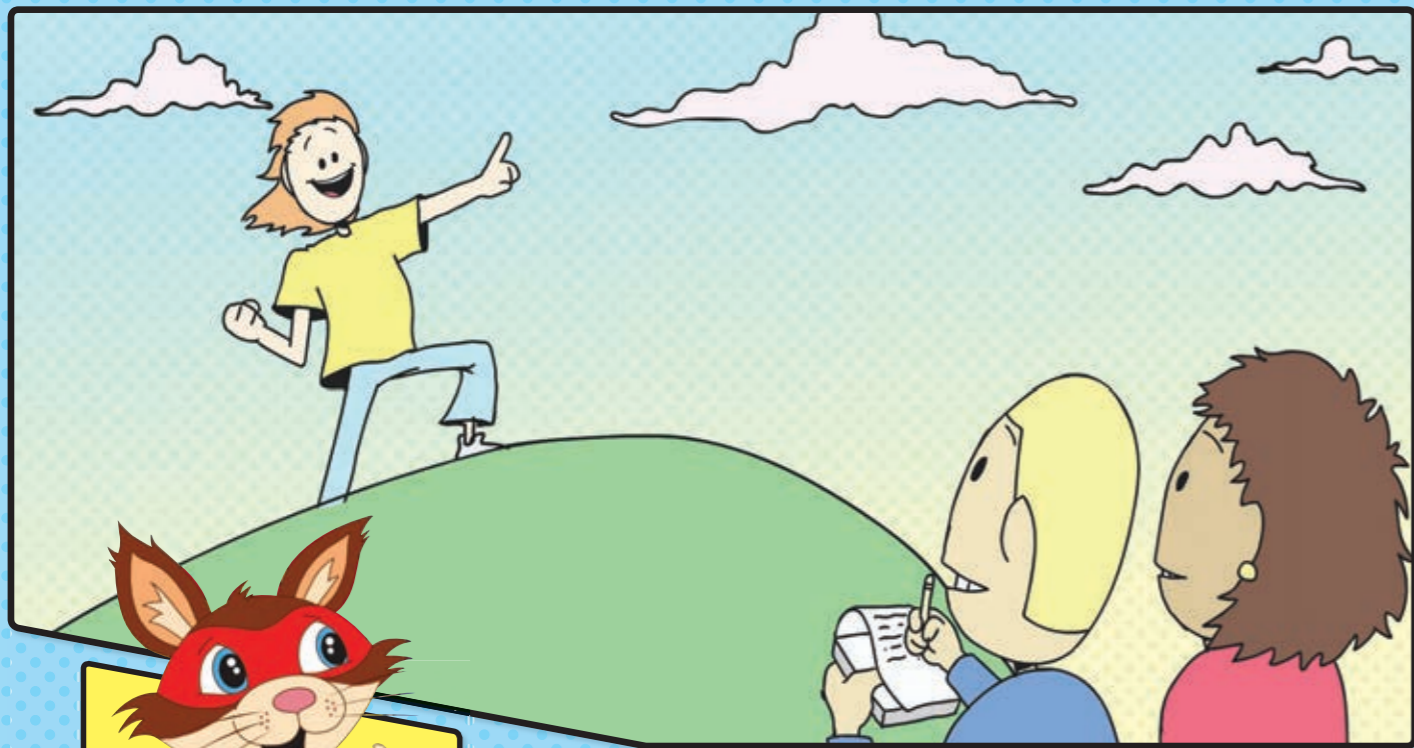
You don't have to do this by yourself.



An advocate will make sure adults listen to what is important to you when they are making decisions about your life.



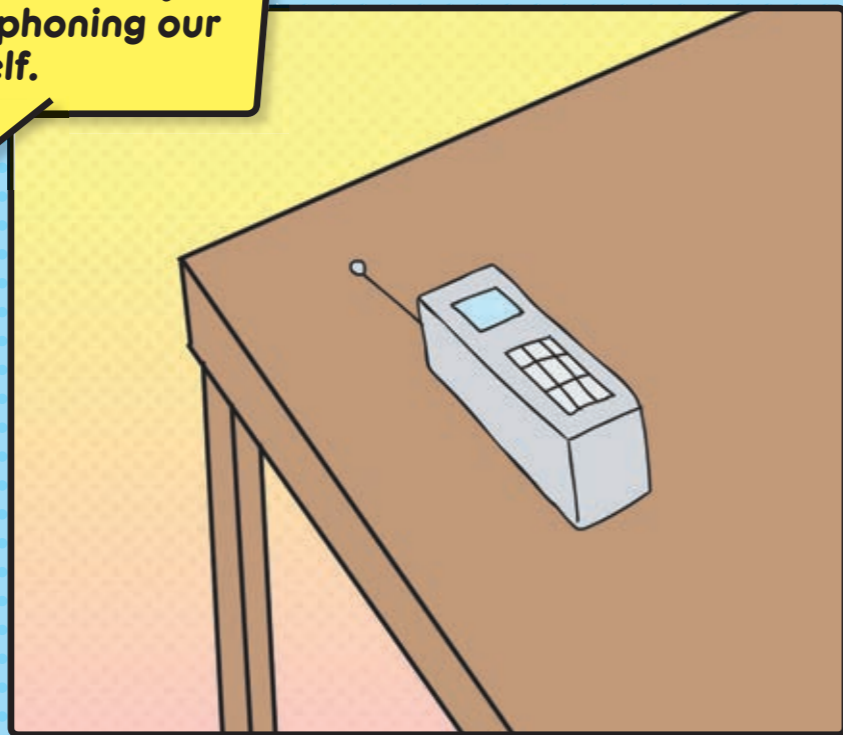




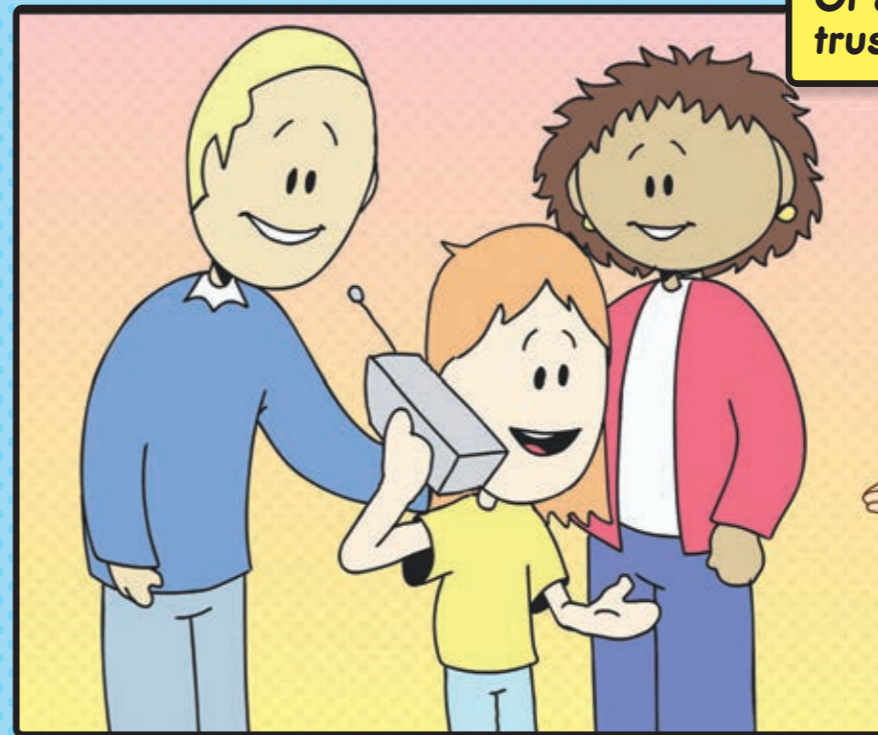
With the help of an advocate, your voice is your **SUPERPOWER!**



**If you want an advocate you can get one by phoning our helpline yourself.**



**Or ask an adult you trust to do it for you.**





To find out more about AdvoCat watch the cartoon at:  
[www.coramvoice.org.uk/advocat](http://www.coramvoice.org.uk/advocat)

If you want an advocate go to your local provider  
or contact us and we can help you to find them.



[www.coramvoice.org.uk](http://www.coramvoice.org.uk)



Freephone number: 0808 800 5792



[help@coramvoice.org.uk](mailto:help@coramvoice.org.uk)

