

Reconstruct is an independent organisation and is NOT part of social services.

An **advocate** is a friendly person who can **help you to get your voice heard**.

An advocate:

- Can speak to you on the phone or come and see you.
- They can **help you** have your say in your meetings and make sure people listen to you and take you seriously.
- They can **help you** prepare what you would like to say and sometimes they can 'say' it for you.
- They can **help you** if you think things aren't being done.
- They can **help you** if you want to make a complaint
- They can sit with you and support you in meetings, ask questions and explain difficult words and let you understand what is happening.
- They can write letters and make phone calls and find things out.
- **Advocates** can **help you to be listened to and to be taken seriously**.

If you would like **an advocate** to **help you** please call 0800 389 1571 or ask your carer or social worker to contact Reconstruct.

