**Resource 1a**

**What is advocacy?**

The difference advocacy can make:

‘Having him in the meeting with me meant that he could ask for breaks and explain what was being said in a way he knew I would understand. This meant I had time to think about my options and could be involved in a way I have never been able to before.’

John, 46, received advocacy support from his friend in a meeting regarding his training options and as a result got to choose the training placement which he felt best suited him and he was happy with.

‘When my teacher asked if I could have contact with my siblings for me, people had to think about it and give me an answer instead of just ignoring me.’

Ellie, 12, received advocacy support in a Looked After Child review from her teacher and felt that as a result she was able to ensure regular contact with her siblings was agreed and arranged, which is something she had been asking for a long time.

‘I feel acting as Sophie’s advocate was empowering for both her and me because it meant I was able to represent Sophie’s wishes and feelings regarding her placement without my own role and agenda being called into question. I was able to challenge the suitability of her placement on her behalf without people questioning my judgement or expertise.’

Phill, occupational therapist, advocated for Sophie in a placement meeting.

‘Peter has always chatted to me about how difficult he finds the appointments and how he forgets what he wants to say or what has been said because of how nervous he is. So it was lovely to be able to help him prepare and go with him so he was less nervous and I could remind him of what he wanted to say, because I wasn’t nervous because it wasn’t about me.’

Clare, advocated for her neighbour at medical appointments to ensure his rights were being met.