



How



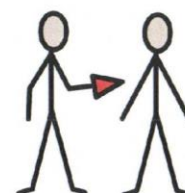
Advocacy



can



help



you.



Listen

to

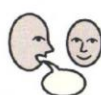


what



you

have to



say



Help



you



work out

your



thoughts



and



feelings.



Speak up

for



you

(or with you)

in meetings.



Phone



CAPS

on

01977

556493.

or



email

WakefieldCAPS@barnardos.org.uk



or

ask

someone to



contact

us

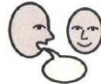
for you.



Barnardo's Wakefield CAPS has been asked to support young people who are getting Education Health and Care Plans.



Advocacy is a way of helping young people to get their views heard and support them to be involved in choices and decisions .



We can support young people to have their say.



Go to meetings together or for the young person.



We might visit you at home, at school or other places you go.

So if you are a young person who doesn't feel heard in your Education Health and Care Plan meetings, you can get in touch and an Advocate can visit and help you prepare.