

HOW CAN I GET IN TOUCH

Anyone can talk to Equal Say, which can be kept confidential. This may be yourself or someone you feel could benefit from advocacy.

You can do this by telephone:
Tel: 0141 337 3133



Email: info@equalsay.org



In writing or in person at the Partick Office

Equal Say for Parents
11-13 Dowanhill Street
Glasgow
G11 5QS



All people in the photographs are models and no stories are based on real people

Thank you to everyone who contributed to producing this leaflet.



Equal Say Advocacy for Parents in Glasgow

Supported by



giving everyone a voice

WHAT IS THE EQUAL SAY FOR PARENTS PROJECT?

Equal Say is an independent organisation and is not part of social services.

We organised some research which found that parents with a learning disability:

- did not feel listened to or understood



- could not find information that helped them



- did not get the help they needed quickly enough



- felt lost and overwhelmed when involved with child protection issues



Equal Say can help find you a **Citizen Advocate**. They would be an unpaid volunteer who is an ordinary person that advocates for you.

This relationship lasts for as long as you both want it to.

A Citizen Advocacy Story

1.



Margaret heard about Citizen Advocacy at a meeting

2.



Her new Advocate helped her get to know her area

3.



Margaret now goes to the local pub quiz with her advocate for a break

4.



Margaret now has a close friend and is happy in her local area

What can an advocate do for parents?

It depends on what you want, but here are some examples:

- help write letters and make phone calls for you



- help to introduce you to new friends and places



- help you have your say at child protection or Children's Panel meetings



- help you get the information you need in a way you understand



- help you to meet with social workers or a lawyer



- help introduce you to parent groups or classes and learn new skills



WHICH TYPE OF ADVOCACY DO YOU NEED?

An Equal Say worker can act as a **Direct Advocate**; for instance, if you are involved in the child protection process.

This relationship lasts for as long as you need their support.

A Direct Advocacy Story

1.



Anna had her son taken into care

2.



Anna found the meetings about her son hard to understand

3.



With her Advocate at the meetings Anna was able to have her say

4.



Anna now has more contact with her son.

WHAT IS ADVOCACY?

As a parent there can be many issues and problems that may arise.

An advocate is someone who will:

- get to know you and help you cope



- listen to you and understand your needs



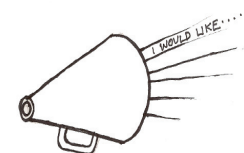
- respond to and represent your interests



- help you to understand information



- help you have your say



An advocate can help you to make choices and decisions.