If the council think someone has hurt you, they may want to find out what happened. They will also want to know how they can make sure you are safe.

This is sometimes called ‘Safeguarding’.

The council will have a responsibility to find out what has happened. This is called an “enquiry”. They may ask someone else, like a hospital, to do this for them. As part of this, they may want to talk to you if you have been hurt by accident or on purpose.

This information will help you understand the safeguarding process. And how an independent advocate can help you with it.
The council will try speak to you before they do anything. This is to find out if you want them to do anything or what you want them to do. But if the council thinks that someone else is being hurt, or at risk of being harmed, they may have to do something without speaking to you or that you don’t want them to do.

You can have an advocate if you:

- Find it hard to talk to the council about these things.
- Are not happy about what’s happening.
- Don’t understand what’s happening.
- Don’t have any friends or family that you want to support you.

Advocates are independent. This means they do not work for the council or any other care provider.

When the council speaks to you, you can ask questions about what has happened and what actions the council and other professionals are taking.

You can also ask to see any information about you. And information about what has happened.

The council will ask you:

- If you want them to look into what has happened
- What you want to happen now
- What you need to be safe.
You may decide that you don’t want what has happened to be looked into. Or that you do not want a plan to keep you safe.

The council may still have to look into it if:

1. Other people may be hurt,
2. Other people may be at risk of being hurt, or
3. The council think you are in danger and they do not think that you understand that.

The council will ask you about who you want to be told about what has happened. You can ask them to speak to anyone that you would like. This might include:

- Your family and friends
- Any carers
- Your GP
- Your Social Worker

**Please tell the council if you do not feel safe.**

**How having an independent advocate can help**

Having an advocate will mean that you will have support to understand what is happening and why it is happening.

The advocate will help you to understand your rights and what you can expect to happen.

It will also mean that there is someone to make sure your views are listened to and that you can challenge anything you are unhappy about.
What an independent advocate will do

- Your advocate will explain what they can and cannot do.
- Ask you what support you want.
- Help you to understand why people are worried about you.
- Help you to understand good and bad things about any plans.
- Support you to get information about what has happened.
- Support you to understand what is happening. And what may happen next.
- Help you to understand what should be happening and what you can ask to happen.
- Find out what you would like to happen.
- Find out if you are happy for the council to look into what has happened. The council may have to look into it even if you are not happy for them to. An advocate can help you to understand why they may do this.
- Make sure that if you have questions or worries that the council knows about them.
- Support you to get ready for any meetings.
- Go to meetings with you if you want them to.

Find out more

If you would like to find out more information about safeguarding and how advocacy works, please do contact us:

- 0300 222 5948
- careadvocacy@voiceability.org