

Thanks to service users and staff from the Allander Day Service who helped us produce this leaflet .





# Having Your Say



If you want to speak to an advocacy worker or find out more about what we do at Ceartas you can:

**Phone** 0141 775 0433

**Email** [info@ceartas.org.uk](mailto:info@ceartas.org.uk) 

**Website** [www.ceartas.org.uk](http://www.ceartas.org.uk) 

**Produced by Service Users of the Allander Day Service and Ceartas Advocacy**

**When...**

I don't like the group I am in



**This makes me feel....**

Unhappy



**What can I do?**

Speak to my keyworker



**Advocacy workers** can help you speak up for yourself.



An **advocacy worker** can:

- Speak up for you
- Help you find out what your rights are
- Help you find out what choices you have



You can speak to an advocacy worker from Ceartas



Sometimes it can be hard to have your say because people may not listen or understand what you're trying to say.



**When...**

Staff are too busy to listen to me



**This makes me feel...**

Ignored



Other times, you might feel nervous or worried about speaking up.



**What can I do?**

Tell the staff member I have something important to say



You can try different ways to have your say, like talking to someone you trust, like a family member, keyworker or other member of staff.



You can try practising what you want to say.



**When....**

I take public transport



**This makes me feel...**

Anxious



**What can I do...**

Ask for support from my key-worker



Talk about planning my journey



**Having Your Say**



Having your say means speaking up and sharing your thoughts or feelings about something that's important to you

Having your say is important



Everyone has the right to

share their thoughts and feelings