

What is Children's Rights?

Children and young people have rights just like grown ups do. Sometimes, though, they don't know what these are or how to use them.

That's where we can help.

What can we do?

We can:

- Listen to what you have to say
- Give you advice about your rights
- Make sure your views are taken seriously by other people
- Get your views heard in meetings
- Help you write letters and make phone calls
- Help you make complaints

YOU HAVE A RIGHT TO BE HEARD

Who can use the service?

We work with any child or young person who is looked after by the London Borough of Hillingdon. That includes:

- Children and young people in foster care or residential care.
- Children and young people in respite care.
- Children and young people placed outside of Hillingdon.
- Care leavers who are over the age of 18.
- Unaccompanied asylum-seeking children.

Contacting us

You can call us whenever you want on:

Freephone 0800 783 7993, the call is free and if we are not here we promise to call you back. If you don't want to call then you can **text** us on: **07730 803 029**

You voice, your choice!

Children's Rights is about YOU! You are in control of what happens. We will talk to you about what you can do but the final choice is yours.

It's YOUR voice. We will help you have your say but will only speak for you if you ask us to. We don't talk to anyone about you or the things you have said unless you ask us to.

BUT...

If we are worried that you or someone else are at risk of being harmed, we will have to talk to other people. We will talk to you first though.

Action for Children
Hillingdon Children's Rights Service
Rowhey's Place
West Drayton
UB7 9NQ

Freephone: 0800 783 7993

Telephone: 01895 424 833

Text: 07730 803 029

Email:

abacus.centre@actionforchildren.org.uk

Action for Children helps children and young people achieve their full potential. Through our services we support some of the most vulnerable and excluded children, young people and their families in the UK.

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London N5 1TZ
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**Hillingdon
Children and
Young People's
Rights Service**