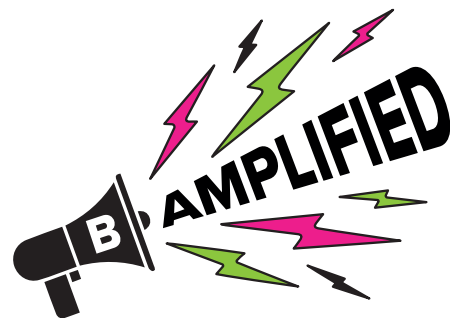


# B-Heard

Your guide to having a voice and influence in Barnardo's



Believe in children  
Barnardo's



## Join our Network!

How to sign up or find out more:

Email: [BAmplified@barnardos.org.uk](mailto:BAmplified@barnardos.org.uk)

If you or someone you know needs urgent support

Childline	0800 111 24/7	Support & someone to talk to
NHS 111	111 24/7	Health advice and support
Samaritans	116 123 24/7	Support if you are finding things difficult
Shout	Text SHOUT to 85258	24/7 Confidential mental health support
The Mix	0808 808 4994 or chat 121 online at <a href="http://www.themix.org.uk">www.themix.org.uk</a>	Mon-Sat 4pm-11pm Can offer help if you are under 25

You can find out more about how Barnardo's can help you, or suggestions of where else you can go, here: [www.barnardos.org.uk/get-help](http://www.barnardos.org.uk/get-help)

At Barnardo's, there are lots of ways you can have your voice heard. From the day-to-day decisions that affect your life to the decisions that affect you in your community and beyond.

### Your care and support

We want to make sure we give you the right support to get your views across, and for you to feel seen, heard, and valued. We've worked with children and young people to develop 7 Voice and Influence Quality Standards that all staff across Barnardo's will follow, to make sure you have the best possible experience with us.

Turn the page to read them and let us know how we are doing!

### Your voice across Barnardo's and wider society

Our B-Amplified network provides information and opportunities to young people from across the UK to connect with each other, be heard and influence change on issues that matter to them.

### Who's it for?

If you are aged 11-25 and linked to a Barnardo's service or programme you can join!

### What's in it for you?

- A welcome pack – which includes a hoodie and lots of other goodies!
- Invites to our monthly (online) drop-ins.
- Opportunities to get involved in workshops and training to develop new skills.
- A chance to make a difference by sharing your views with decision-makers in Barnardo's and wider.
- Get involved in interviewing new senior staff and in meetings with our CEO and Board of Trustees.

### In an Emergency

If you – or someone you know – are being harmed or in immediate danger of being harmed, always call the police on

999

### Tell us how we're doing

At Barnardo's we value your feedback – the stuff we've done well, and the stuff we haven't.

This helps us always improve the work we do, to make sure we're offering you the best help and support possible.

To let us know how we're doing, tell your local service (they can let you know how to do this). If you'd prefer, you can share your feedback using the email address below:

[voiceandinfluence@barnardos.org.uk](mailto:voiceandinfluence@barnardos.org.uk)

### What is it?

Have your voice heard on issues that are important to you, in Barnardo's and beyond. You can also learn new skills, make new friends and have some fun!



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# Voice and Influence Quality Standards

Children and young people have the right to give their opinions freely on issues that affect them and be taken seriously.

Here's how we will help you be heard:

- **1 Inform you**

Be clear and upfront
- **2 Safe space for you**

Help you feel safe to give your views if you want to
- **3 Support you**

Let you be in control of how you want to be heard
- **4 Include you**

Treat you fairly, don't judge you and give you an equal opportunity
- **5 Relevant to you**

Include you in issues about you and are of interest to you
- **6 Value you**

Your opinion matters, treat you with respect
- **7 Makes a difference to you**

Listen to what you say and tell you what's happened as a result

[barnardos.org.uk](http://barnardos.org.uk)



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