

Ellie's story



Getting in touch

Ellie, who is 15-years-old, found out about **My Rights, My Say** online and made a request for support herself. She had been signed off school with severe anxiety.

Ellie had been feeling that the school did not understand her needs and was not listening to her views. There had been a few incidents in school where she felt she had been treated unfairly by teachers. A planning meeting was due to be held and Ellie felt she would like help to share her views.

Sharing Ellie's views

A **My Rights, My Say** advocacy worker helped Ellie:

- understand her rights to additional support for learning and to be involved in decisions about her support
- feel confident about sharing how difficult and upsetting she was finding school.

After finding out about her rights, Ellie wanted to ask her local authority for a Co-ordinated Support Plan (CSP). Ellie felt having a CSP would help the school and health service work together to make school feel like a safe place for her. Ellie's advocacy worker sent a letter on her behalf asking for an assessment for a CSP.

With the help of My Rights, My Say:

- The local authority agreed to her request and a CSP was opened.
- Supported by her advocacy worker, Ellie shared what she would like included in her CSP
- Ellie also had the chance to choose a lead professional to oversee the CSP.

Following these actions, Ellie said she felt she no longer needed advocacy support as she felt confident to express her views.

