



# Children in Care Pledge

## Mission

- We will ensure that you are listened to and your views are taken seriously.
- We will treat you fairly, equally and with respect at all times.
- We will support you and ensure you have access to an Independent Advocate if you need one.

## We will make sure you:

- See your social worker on a regular basis and you will be contacted within 48 hrs by your Social Worker or their manager if you need them.
- Be involved and have access to activities, such as sports, arts, music and trips.
- Have regular check ups with your Doctor or Nurse as and when needed.
- Have healthy food to eat.
- Get help and support if you move placements or move back to live with family.
- Have help and advice in making and keeping good friends.
- Ensure the place you live in is suitable for you.
- Have your own safe space, where you can have privacy and quiet time.
- Have someone to rely on so you can deal with any life changes.
- Get advice and support to keep you safe within society.
- Have access to the internet on a safe basis, which includes suitable sites.
- Get the chance to try new things and build your confidence.
- Get access to extra support and learning if needed.
- Extra support if you go to college or university.
- Your Social Worker will give you access to someone who can help with any problems you may have.
- You are aware of your rights under the UN Convention on the rights of the child and that we uphold them at all times.
- Get information about how to have a voice heard through a looked after children's council and join it and other groups to encourage participation.
- That your culture is respected and that you can practice your own religion.
- Have a review meeting every six months when you are in a settled home and have an up to date care plan.
- Prepare you for independent living and offer you financial and practical support when you need it.
- Get referrals to appropriate services.
- Suitable accommodation when you are leaving care.
- Take part in things that help with learning.
- Get the opportunity to develop skills and try out new things in leisure time.
- Have access to education so you can meet your full potential.
- You have a teacher whose job it is to help young people in care do as well as other young people.
- We will aim to make your school placements permanent so you don't have to move school any more than is needed.
- We will aim to offer you support from carers with regards to education.

**Signature**