

## The Pledge 2015

### **Fit and Healthy:**

- 1) ***You will have a specialist nurse to help you with any health problems and make sure your carers are keeping you healthy.***
- 2) ***You will have access to an expert in emotional well-being who will make sure either you or your carers can get help if you are finding it hard to cope.***
- 3) ***There will be a life coach in our children's homes who can help you learn skills to cope with difficulties.***

### **Safe from Harm:**

- 1) ***In keeping you safe we will think carefully about involving the police and will do all we can to work with you if you go missing from your placement, This will include offering you an independent person to speak to within 72 hours of your return.***
- 2) ***You will have an advocate who is not your carer or social worker to help you if you are not happy with something and need help to complain.***
- 3) ***We understand that it is important that you have a positive relationship with your social worker. We will only change them after we have talked with you and it is either in your best interest, or absolutely necessary to do so.***
- 4) ***If your social worker is away from the office, you will be given the name of another worker to contact so you don't have to speak with a number of different people you don't know.***
- 5) ***When your social worker visits you, you should be able to speak to them alone.***

### **Enjoy and Achieve:**

- 1) ***We will support you to access a range of different leisure and sporting activities such as free swimming or gym membership. If you would like to take part in different activities, please talk to your social worker about the Life Chances fund.***
- 2) ***You will have the support of a specialist education team called the Virtual School to make sure that you get the best help and financial support to do well in your education or training.***
- 3) ***We will make sure that you have access to a computer in your placement and materials including appropriate software, providing you remain in education or training.***

### **Economic Well-being**

- 1) ***You will be supported to save for when you leave care and we have different ways of doing that depending on your situation, but it will at least include the department setting up a savings account for you.***
- 2) ***If you change placement, we will make sure you have proper bags or suitcases to put your things in.***

**Positive Contribution:**

- 1) ***If you are going into foster care or one of our children's homes, you will be given photos and information about the home and family so you know what to expect.***
- 2) ***We will help you to get a passport or travel document along with other key documents such as a national insurance number and a provisional driving licence.***
- 3) ***You will be supported to be fully involved in your care planning and reviews with access to an advocate if you need one.***
- 4) ***We will ensure your care plan includes your views and your needs. It will cover what will be done to meet those needs and your future plans.***
- 5) ***When decisions are made about you, your views will be taken into consideration. All important decisions like a placement move require a review meeting unless it is an emergency or part of the agreed plan.***
- 6) ***We are setting up a website for young people to express their views and access relevant information and are exploring the use of apps to help you get your views across in key meetings.***
- 7) ***We want all children to have at least an annual holiday experience and you should expect this to be discussed in your reviews.***