

Bedford Borough

CHILDREN IN CARE PLEDGE

What is a pledge?

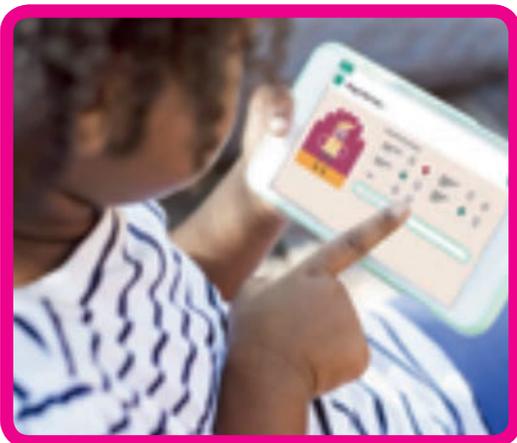
A pledge is the promises that we make to you...we commit to keeping you safe, happy and healthy. Our pledge is to let you know what we should be doing for you, and for you to know what your rights are. We only want the best for you and want to work with you to do this... we always want your feedback, so share your thoughts on the pledge and let us know how it is working. You can email voice@bedford.gov.uk, send us a Mind Of My Own statement or speak to your Social Worker or IRO.



Mind Of My Own:

Mind Of My Own a quick and easy to use app and website that helps you have your say on the issues that are important to you. It is a great way to make sure your views go straight to the people you want them to.

You can use it to share your good news, prepare for a meeting, or let us know when something is not so good or if you want to change something. For more information, speak to your social worker, the Engagement and Development Team or visit www.mindofmyown.org.uk



Children in Care Council

The Children in Care Council or CiCC for short makes sure all children and young people looked after by Bedford Borough Council have their voices heard. The CiCC meet every month and it is a great chance for you to meet other young people, have lots of fun and have your say about the support you receive.

You get the chance to meet the managers, make a difference and take part in lots of fun trips, visits and activities. If you want to find out more, you want to get involved in the CiCC meetings or you have any issues you want to share with us speak to your social worker or contact the Engagement and Development Team on voice@bedford.gov.uk

Barnardo's Advocacy Service

Bedford Borough Council works with Barnardo's to make sure children and young people who are in care can have an advocate. An advocate is someone who helps you to get your views across and supports you to have your say when decisions are being made about you. Your advocate works for you and only for you.

An advocate can give you information about your rights, help you have your say at meetings, speak on your behalf when decisions are being made or help you make a complaint if you are not happy with the service you receive.

The service is private and unless you or someone else is being harmed Barnardo's will only share information if you agree to it. If you want to find out more about Barnardo's or how to get an advocate you can call 08009177947 (mobiles will be charged), you can text 07584 206572 or you can email Barnardosyoungpeople@barnardos.org.uk

Believe in
children
 Barnardo's

We will support you to do the best you can and enjoy life, by:

- Helping you to go to school, see your friends and do hobbies and activities.
- Helping you to attend and do your very best at school.
- Helping you learn new skills and try new things.
- Celebrating when you do well.

We will support you to get your voice heard, by:

- Asking how you feel about things.
- Listening to you when we make plans.
- Having a Children in Care Council to help you have your say about the things that are important to you.
- Making sure there is someone for you to talk to about any problems or worries you have.
- Helping you to take part in your review meetings.

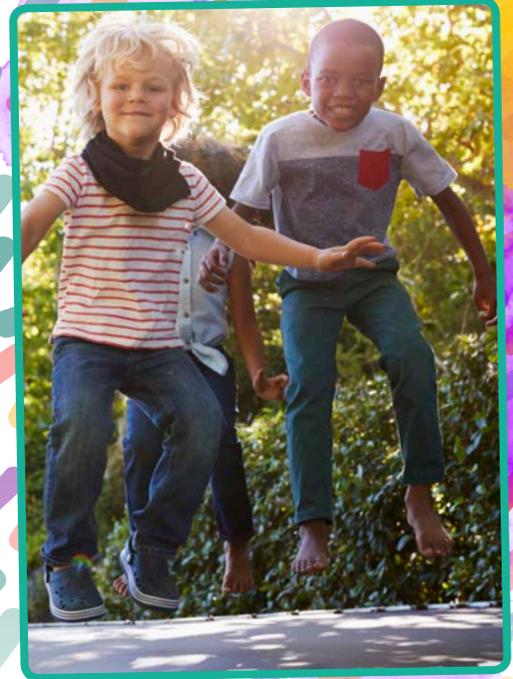


We will help and support you to be as healthy as possible, by:

- Making sure you visit the doctor and dentist.
- Helping you exercise and eat healthy food.
- Helping you if you are poorly.

We will help you to be as safe as possible, by:

- Making sure your social worker visits you.
- Making sure you are happy where you live.
- Helping you stay out of trouble and danger.
- Making sure you are treated fairly.



We will help you understand why you are in care, by:

- Helping you with any questions you might have.
- Talking to you about the best ways to stay in touch with your family.
- Helping you learn about your family history and life story.

