

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](mailto: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](http://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](mailto: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](mailto:Barnardosyoungpeople@barnardos.org.uk)





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

- Helping you to have regular health and dental checks. We will try hard to make sure these checks are at times and in places that are good for you.
- Making sure you are given the right information and support for any health issues you might have.
- Supporting you to make healthy choices and stay fit and well.

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

- Making sure you know your social worker well.
- Making sure you see your social worker on your own on a regular basis.
- Making sure you keep your social worker for as long as possible.
- Making sure you know how to contact your social worker if you need to.
- Working hard to make sure you feel safe and happy where you live, and that you are treated fairly.
- Working with you to create a plan if things go wrong or you become unsafe.

### **We will support you to achieve your goals and enjoy life, by:**

- Supporting you to carry on with your everyday life as much as possible. This includes things like going to school, seeing your friends and doing your hobbies and activities.
- Helping do your very best at school. We will work hard to make sure you have extra support if you need it.
- Helping you learn new skills and enjoy new experiences.
- Celebrating your achievements

### **We will support you to get your voice heard and involve you in decisions about your life, by:**

- ALWAYS making sure that your views, wishes and feelings are included when we are planning anything about your life or your future.
- Talking to you about decisions that have been made and helping you understand what they mean for you.

- Making sure it is simple and easy for you to make a complaint, compliment or comment.
- Making sure you have someone independent to talk to about any problems or issues you may have (to include an explanation about advocates).
- Making it easy for you to attend and take part in your reviews. We will make sure there are different ways for you to be involved in your review meetings; in person, in writing or online with Mind Of My Own.
- We will make it easy for you to take part in the Children in Care Council (CiCC.) You can use this to; Have your say about the issues that are important to you.
- Help us make sure we are doing the best we can for all children and young people in care.

### **We will support you to understand your journey and remember your history, by:**

- Supporting you to understand why you are in care and answering any questions you might have.
- Talking to you about the best and safest ways for you to stay in touch with your family. We will make sure the rules about contact are explained to you and easy to understand.
- Helping you learn about and understand your family history and life story.

*Bedford Borough*

**CHILDREN  
IN CARE**

*10-15 Year Olds*

**OUR PLEDGE**

