

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



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

- Supporting you to have regular health and dental checks.
- Making sure you are given the right support for any health issues or concerns you might have.
- Supporting you to make healthy choices and stay fit and well.

We will help and support you to be/ stay as safe as possible, by:

- Making sure you know your social worker well
- Making sure you see your social worker 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.
- Working hard to make sure where you live is secure and helps you feel safe and happy.
- 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, like; going to school/ college/work or training, seeing your friends and doing your hobbies and activities.
- Helping you to attend and do your very best in your training, education or employment. We will work hard to make sure you have extra support if you need it.
- Supporting you to take part in new hobbies and activities to help 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 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.
- Having a forum for young people who are leaving care to help have your say about the issues that are important to you and to help us improve our service and making sure we are doing the very best we can for young people
- Making sure it is simple and easy for you to make a complaint, compliment or comment.
- Making it easy for you to access an independent advocate to talk to about any problems or issues you may have
- 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 via Mind Of My Own.

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

- Answering any questions you might have about your time in care and what happens next.
- Talking to you about the best and safest ways to stay in touch with your family.
- Helping you learn about and understand your family history and life story.

We will support you to get ready for your future, by:

- Making sure we learn about your wishes and aspirations for your future and leaving care.
- Working with you to create a Pathway Plan that shows how we will support you in your journey to Leaving Care.
- Helping you to learn the skills you need to be confident and independent, such as cooking, cleaning and managing money.
- Making sure you are aware of all of the options, rights and entitlements available to you as a Care Leaver.



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CARE LEAVERS

OUR PLEDGE

