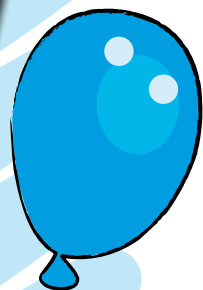
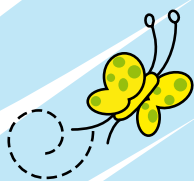


This booklet will help you with your review
for ages 4 - 11 years

Me and My Review!



my name



wakefieldcouncil
working for you

All children who are looked after have a review....



Picture of Super Tiger, designed by Nikita age 8, from **Super Tiger** helps children in care with their review books – he's a helpful character. Find out more in this book. You can also colour him in on page 15.

 **Step 1 – Plan**

 **Step 2 – Do**

 **Step 3 – Review**



Step one - Plan

A Review meeting is about you and how you are getting on.



This is your workbook. This will help you plan your review. It lets you say what you would like to happen while you are ~~looked after (in care).~~

Fill it in – you can write, draw or stick things in.
Ask your foster carer to help.

Do you want to go to your review?
YES OR NO

If **YES** (colour the smiley face)





Fill in your views for your review....

Getting ready for my review

Who's going to be there? (circle the pictures)



Teacher



Advocate



Foster Carer



Grandparent



Mum



Dad



Reviewing officer



draw your
own person



Social Worker

Who would I like to come to my review?

Tell us here if there is anyone you don't want at your review....



“ Super tiger says your foster carer, social worker and reviewing officer has to be there. ”



Where would you like your review to be?

Where I live now

☐

School

☐

My own idea - draw my own place

What time of the day is best for you?



Before school



After school



After tea

What day is best?

Monday

☐

Tuesday

☐

Wednesday

☐

Thursday

☐

Friday

☐



Fill in your views for your review....

Step two - Do!

Super Tiger shows you here when
your review will be.

This is what you have decided
and agreed with your foster
carer and social worker.
We hope to see you there!



Agreed date

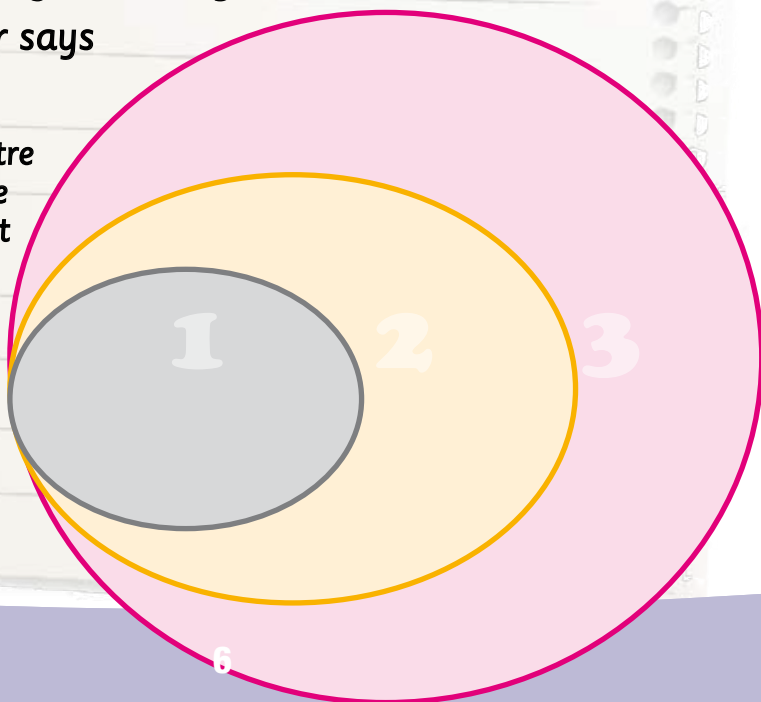
Agreed time

Agreed Venue

Tell us things about you!

Super Tiger says

“Write
in the centre
of the circle the
most important
things in your
life”





Write or draw in the second circle for the things that matter quite a lot

Write or draw in the outer circle the things that matter a little bit

.....

Three words to describe me

1.

2.

3.

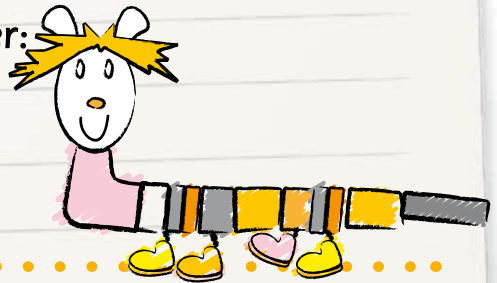
.....

3 things about super tiger:

1. Helps people.

2. A good listener.

3. A fast runner!



.....

I'd like to

.....

.....

.....





Fill in your views for your review....

Do you like where you are living now?

Tick the traffic light!



No

**Not
sure**

Yes

If no please say why

.....

.....

.....

.....

Likes and don't likes!

Tell us the good bits and the not so good

What I like about my foster home

.....

.....

.....

.....

.....



What I don't like about my foster home

.....

.....

.....

.....

.....

My Family and Friends

Who is important to you?

.....

.....

.....

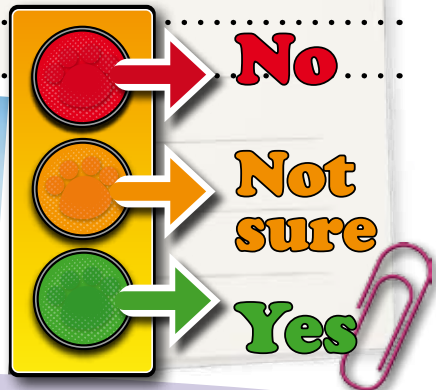
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Are you happy about how often you see your family?

.....

.....

.....

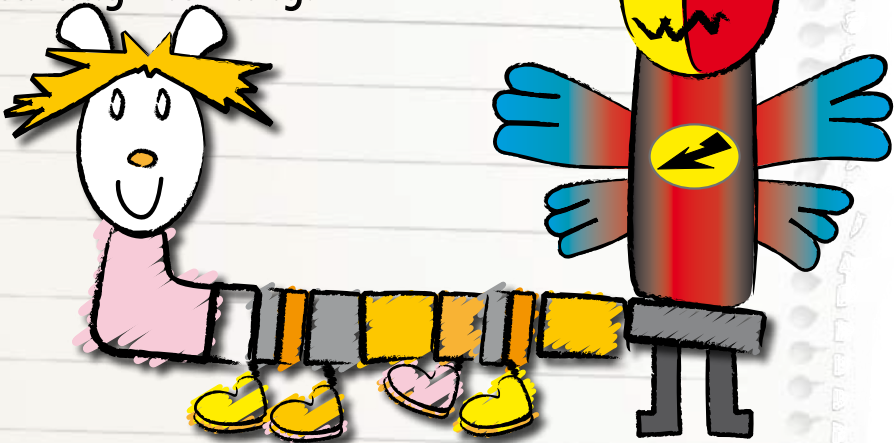




Fill in your views
for your review....

Super tiger has a best friend
called BAT4!

He plays with him on a
Saturday morning.



(Bat4 designed by Taylor, age 5 from Wakefield)

Keeping fit and well

What sort of things do you do to keep fit and
healthy?

.....

What sort of things do you eat to keep you fit and
healthy?

.....

Do you see a dentist? Yes ☐ or No ☐



My School

Are you happy at school?



No

**Not
sure**

Yes

What is your favourite subject?

.....
.....
.....

Have you ever been bullied? Yes/ No

Tell someone if you are being bullied.
All these people can help you.

Carer

Teacher

Friend

Social Worker



“ Super tiger
say's no to
bullies ”

Childline Tel: 0800 11 11 (free to call)

Advocate Tel: 01977 552493





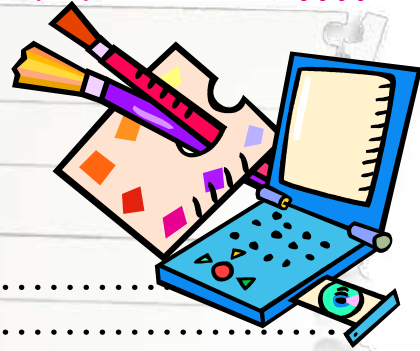
Fill in your views
for your review....

My Hobbies

What sort of things do you like doing?

(Make a list of hobbies)

E.g. football, dance, crafts.



.....

.....

.....

Are you involved in any clubs? E.g. Scouts/
Rainbows / Karate/ Dance/ Gym

.....

.....

.....

Do you have any religious beliefs that you follow? –
tick any that might be important to you

- Going to special classes for religious instruction ☐
- Going to a particular school ☐
- Wearing your traditional dress, rather than western clothes ☐
- Not having your hair cut ☐
- Eating, or not eating, certain foods ☐



My feelings

Things that make me happy are:

.....

.....

.....

Things that make me sad are:

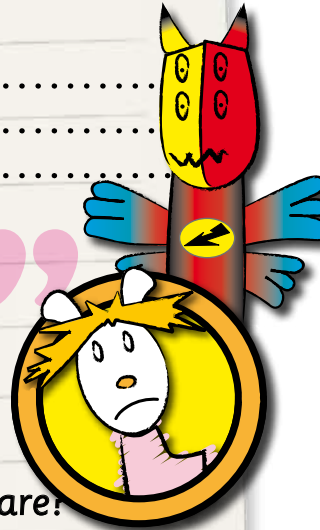
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.....

“Super tiger is happy when he gets to see Bat4 and chill out together”

“Super tiger is sad when other people call him names”



My future

Do you understand why you are in care?

.....

.....

What are your dreams for the future?

.....

.....

Do you have a life story book?

.....

.....

.....



Fill in your views for your review....



Step three - Review!

Give your review a score out of 10!
(1 would be very poor, 10 would be perfect and write it in the gold star).

Did your review talk about good things about you?



Do you understand what has been decided at your review?

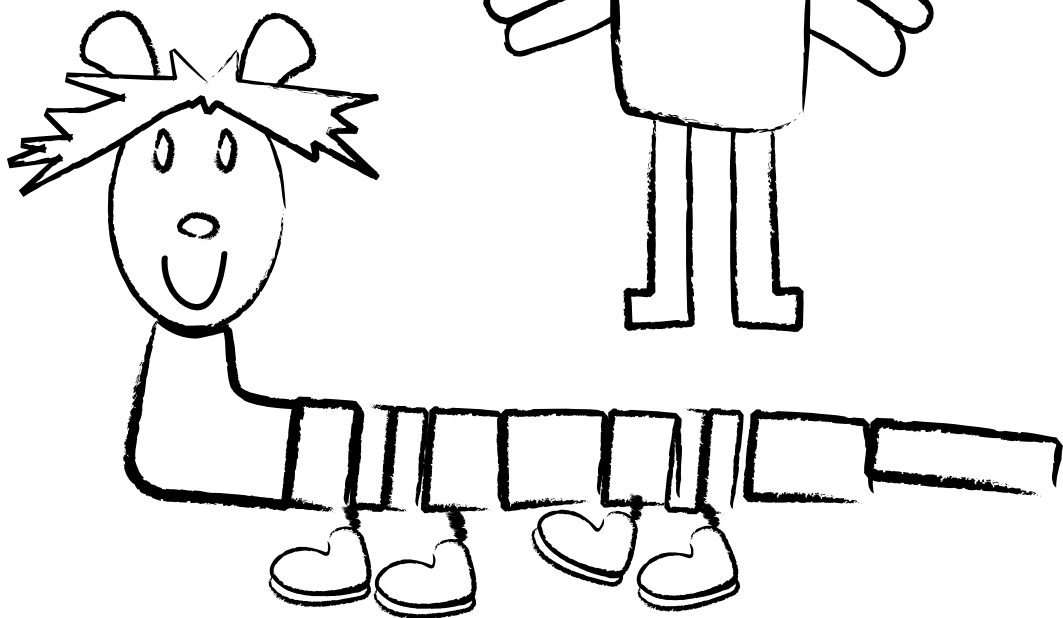
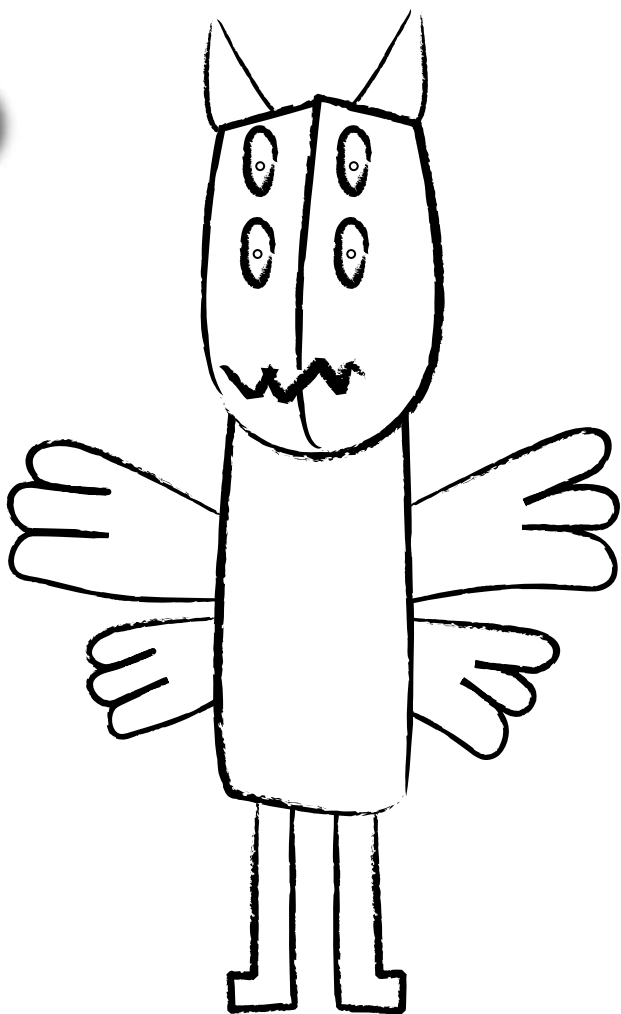
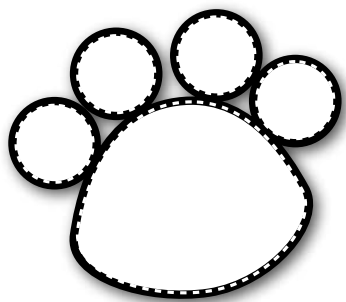
How could it be made better next time?



Well done! You have completed your review workbook!

Cut out the certificate and ask your Independent Reviewing Officer to sign it!







Certificate



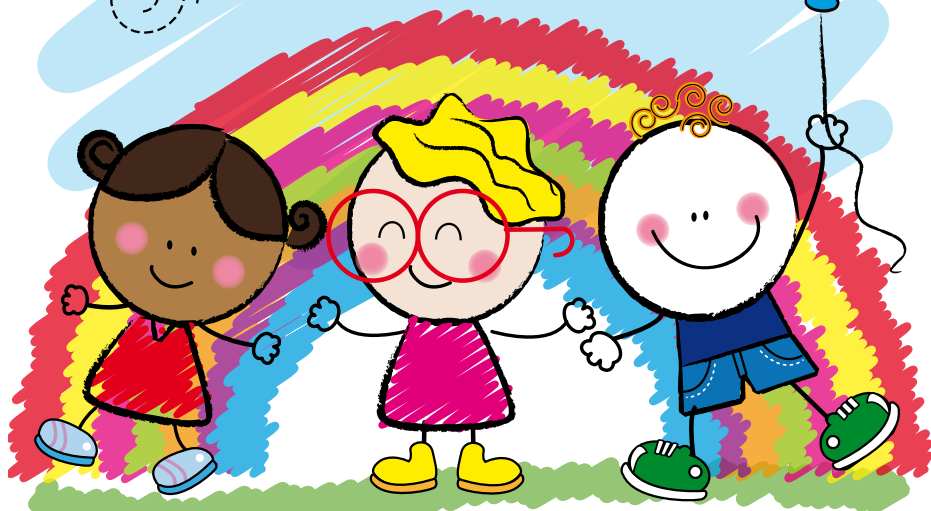
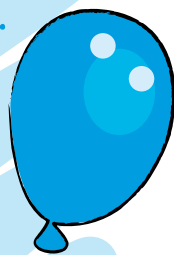
This is to certify that

Name.....

Has completed their review booklet

Signed.....

Date.....



Me and my review

A review is a meeting where you and people who care about you (such as your carers and social worker) get together to look at how you are finding things since you became looked after.

We want children and young people to have their say in their review because it can have many benefits for you :

- It can help to develop your confidence and a sense of achievement.
- It can make you feel valued and respected.
- It can bring about direct improvements in your own life such as getting a better service.
- It helps you learn how to be responsible.

The Independent Reviewing Officer (IRO for short) is the person who helps you plan your view and will make sure your views are taken seriously.

You can talk to them in private about any worries before your review.

Go for it!

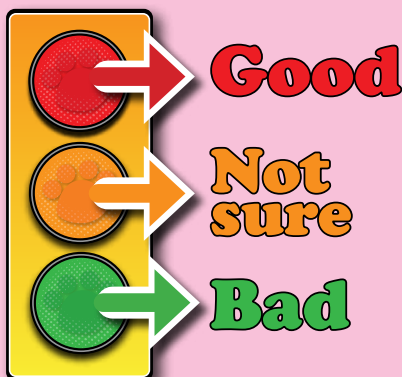
Share your views and attend your reviews.



Me and my review

Starting at a very young age, children feel all types of emotions. They know sadness, happiness, fear, anger, and many other feelings. Emotions tell us how we feel about different situations. Children and young people who are looked after may have experienced more negative emotions because they may have been through a tough time. Talk to someone about your feelings – don't bottle them up.

How are you feeling at the moment?



- ***Talk to your Independent Reviewing Officer before the review about the things in this booklet and plan together what you will say at the meeting.***

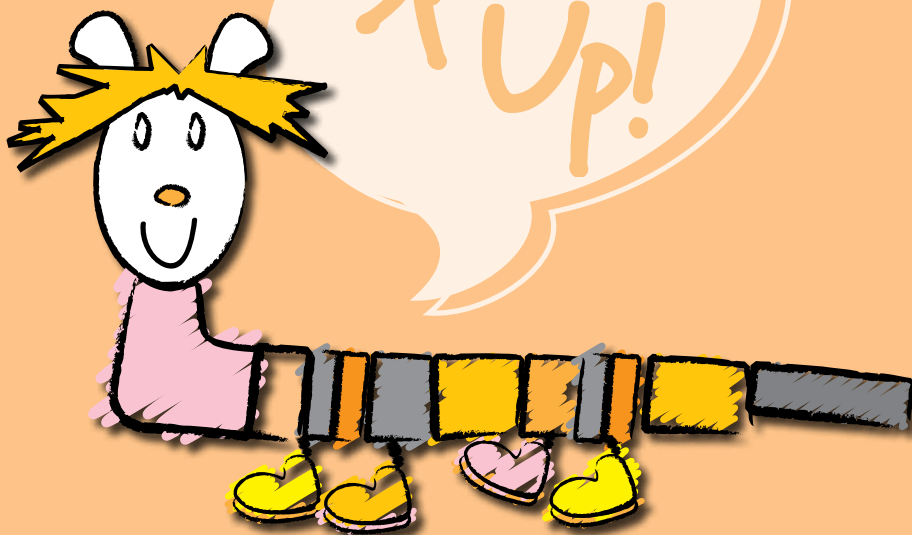
Me and my review

Advocacy is about helping you to get your voice heard. It is about helping you to be listened to when you feel people haven't been paying attention to you.

Advocacy can help you with things like:

- Bullying
- Problems in your foster placement
- Difficulties with your social worker
- Worries about contact with your family
- And a whole range of other things!

**If you want an advocate please call
01977 552493**



Me and my review

This pack has been designed for you by children aged 4 to 11 years that are in care in Wakefield. We hope you have found it helpful.

We run different groups that give you a chance to have your views heard. These include FUN activities

- in the school holidays,
- day trips,
- and after school groups
- We have Children in Care Council Juniors.

To join a group, call the Participation Worker for Looked after Children on 01924 304195 or text 'Join' to 07990 775 683.

P	A	R	T	I	C	I	P	A	T	I	O	N	Y	S
L	H	A	R	G	H	O	B	B	I	E	S	D	O	O
A	L	U	J	S	I	R	E	S	P	E	C	T	U	C
N	D	J	F	L	L	A	B	R	J	F	D	S	T	I
F	R	I	E	N	D	S	L	S	K	I	U	F	H	A
O	R	Q	Z	H	R	H	E	A	L	T	H	U	D	L
R	E	L	A	X	E	F	S	F	H	R	N	V	C	W
A	V	F	N	A	N	A	C	E	S	O	A	S	A	O
C	I	E	O	D	S	Q	Y	T	B	P	L	N	R	R
T	E	E	I	V	R	C	I	Y	Z	P	P	O	E	K
I	W	L	G	O	I	L	H	X	K	U	E	I	R	E
O	B	I	I	C	G	T	V	O	I	S	R	T	U	R
N	H	N	L	A	H	I	L	W	O	P	A	O	F	L
I	P	G	E	T	T	A	T	R	P	L	C	M	G	P

Participation
Children's Rights
Social Worker
Youth
Health
Emotions
Safety
Advocate
Review
Hobbies
Support
Religion
Wakefield
Feelings
Plan
Action
Relax
Care plan
Friends
School
Respect

Me and my review

Finding out what was said and agreed at your review is important.

At the end of the review meeting, your Independent Reviewing Officer (IRO) should explain what has been said and tell you who is going to do what and how long it will take.

Your review notes

They agreed to do this

.....

.....

They cannot do this

.....

.....

If I need help I can contact

.....

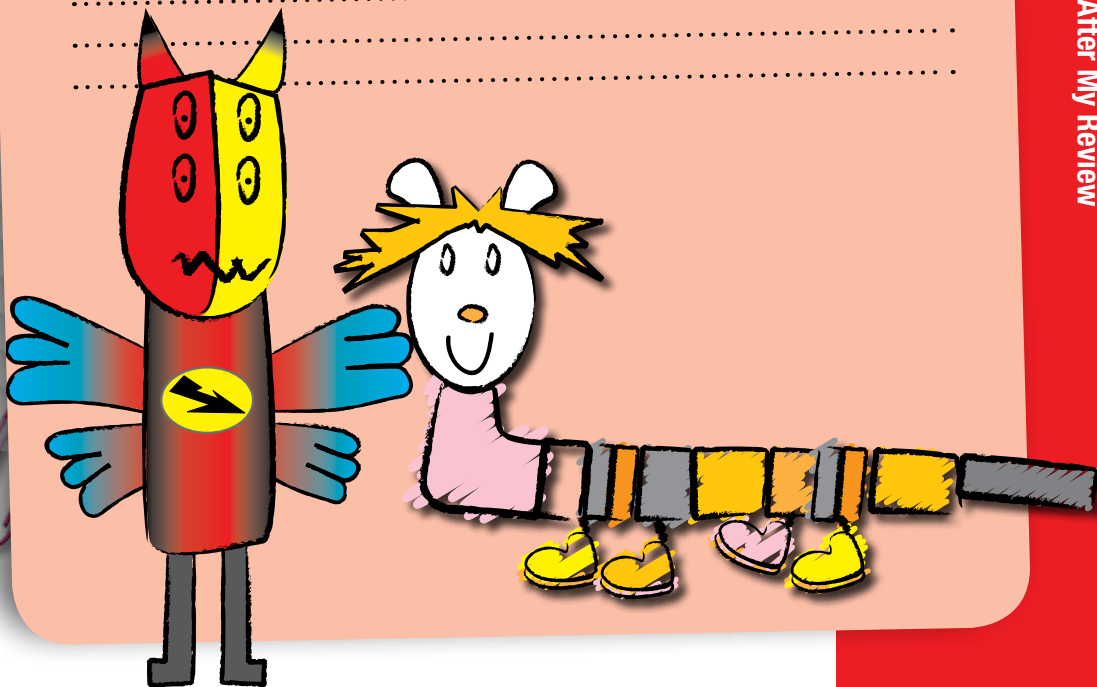
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Other stuff

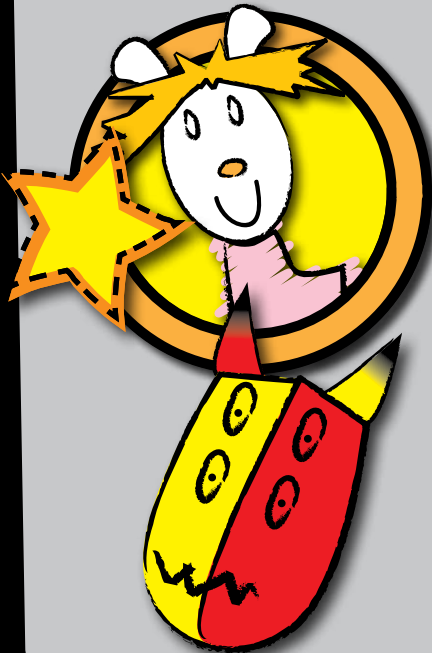
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Email

A grid of dots forming a coordinate system. The dots are arranged in a regular pattern, with a horizontal axis and a vertical axis intersecting at the center. The dots are small and gray, set against a white background.

**Contact our Service Director for
~~Looked after Children~~ for any ideas,
suggestions or concerns about being
in care: 01924 307729**

~~0845 8 503 503~~

*Visit the website for looked after children and young people in Wakefield at: **www.care4us.co.uk***

Family Services Participation worker:
~~01924 304195~~

**Barnardos CAPS - Children's Advocacy
& Participation Service: 01977 552493**

Me and my review

Notes ...

