



Information for young people about social workers



Hello my name is


I am your social worker

My contact number is

A social worker is someone who will try to help you. You can talk about your wishes and feelings to me as I am here to listen to you.

When you are ready I will talk to you about why you are in care and what might happen next. Soon you may meet some people who work for education and health, I will explain who these people are and what they will do.

But for now this leaflet might help answer some of the questions you have when you come into care.



A meeting will take place within your first week of being in care.

The reason we have a meeting is to make sure the person caring for you knows the most important things about you, such as what you like to eat, what you like to do, where you go to school and how to listen to you.

When you come into care you will live with a foster carer.

The people that look after you are there to make you feel safe, care for you and listen to you.

Family time: I am sure you will want to know when you will see people who are

important to you. I will arrange this for you and will try to make sure you see your family or people important to you within the first week of you being in care.

Sometimes this doesn't happen because people cannot always come together at the same time but we know how important it is to you and this is important to us too.



We need to make sure you are healthy and strong so someone from the health team will ask to see you and will ask you questions about what you eat and what you like to do. This happens within the first month of you being in care.

After a month and then at least every five months, you will have a Children in Care Review meeting and this is where we discuss your education, school, family and future plans. The person in charge of this meeting is called an Independent Reviewing Officer (IRO) and does not work for the council so they will make sure the social worker is doing everything they should be doing.

To make sure you have all the support you need in school we will also have Personal Education Plan meetings. You and your carers, school and your social worker will have the chance to talk about your education and if you need extra support.

I will visit you every week for the first four weeks so we can get to know each other. We will be able to spend some time talking about whatever you want to talk about and there may be some things I need to ask you about.

Once you know me a little better my visits won't be as often, I will arrange visits with you every time I see you and I will visit at least every 6 weeks. Your carer will put the date when I am due to visit on a calendar or in her / his/ your diary.



At the age of 14 you will have a change in social worker. We have two teams that have workers especially trained for young people who are aged 14 and over.

There might be times where you don't want to talk to someone but you want help, advice or guidance, there are tools you can use on your phone if you have internet access or on a computer if allowed.

The app, 'Mind of my Own' and the internet site, care4us.co.uk are there for you. They have lots of information and some stories from other children that you might find interesting. You can ask your social worker to help you use these sites.

Your participation worker runs activities and meetings just for children in care where you can meet other children and talk about things that are important to you.

The Children in Care Council (CICC) and CICC Juniors meet to make things better for children in care. Find out what's happening on the care4us.co.uk website or ask me if you'd like to know more!

Dream team

