

# My Children in Care (CIC) Review

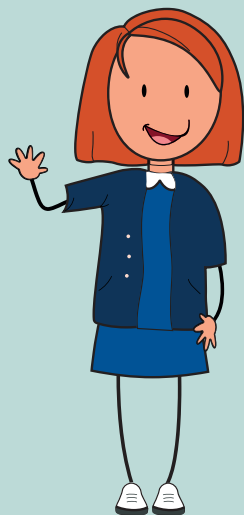
## One Minute Guide for young people

Child in Care Review is your meeting, about you, which the law says should be held at least every six months for children who are in care.

At the meeting, Children and Young People Services have to think about how you are getting on.

It looks at day to day matters as well as the plans that there are for your future (known as the Care Plan).

*You always have a choice to go to your review; I always go because it's my chance to talk to my carer and social worker at the same time.*



*We need to know about our rights before a review. We want our wishes and feelings to be fully included and we want to be involved in how our reviews are planned and run.*

**The most important person at the review is you!**

We want to help you attend your review because you will have a say in the decisions that affect your life.

To make sure everyone understands how you are feeling you can:

- Download the interactive Me and My Review booklet by scanning the QR code
- Ask your carer to help you fill in a Mind Of My Own statement.



Download on Browser, Apple iStore and Google Play



## VoiceAbility

- Talk to an advocate, scan the QR Code or phone **0300 303 1660**



Share these with your Independent Reviewing Officer so they can help make sure you get the care you want and need.

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

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

My IRO is called .....

Tel .....

