

# Information for young people about **SOCIAL WORKERS**



**Hello my name is**

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**I am your social worker**

**My contact number is**

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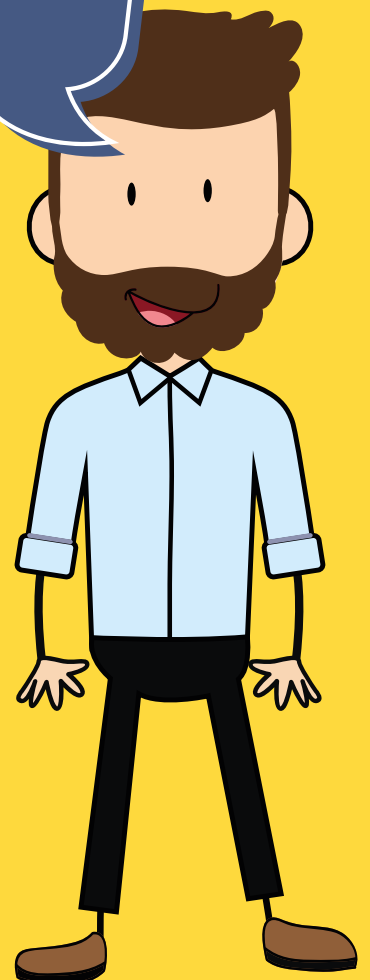
You can talk to me about anything on your mind - I'm here to listen. When you're ready, I'll explain why you're in care and what might happen next.

You might meet some people soon who work in education or health. I'll let you know who they are and how they can support you.

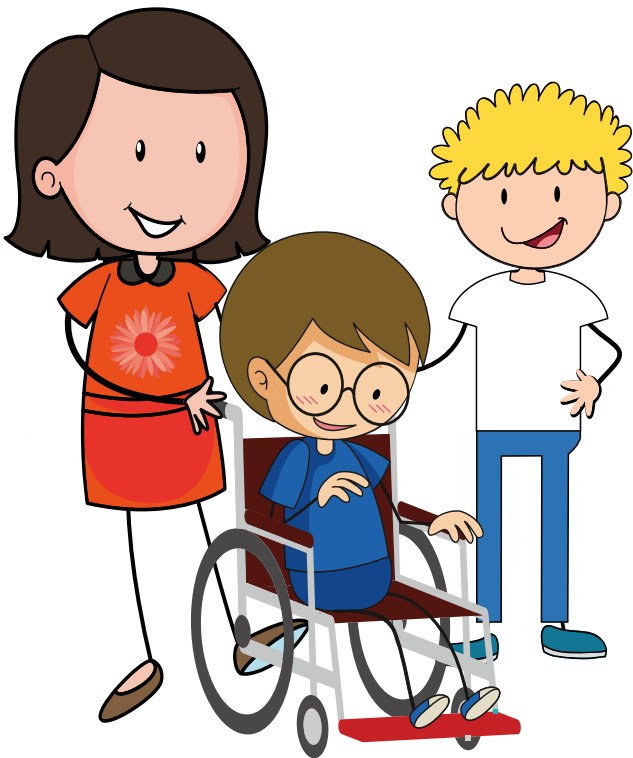
For now, this leaflet might answer some of your questions about being in care. If you're unsure about anything, ask your carer to go through it with you.

Hey, I'm your social worker, and I'm here to help you.

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



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



When you come into care, you'll either live with a foster carer or in a residential home. The people looking after you are there to keep you safe, take care of you, and listen to you. In your first week of being in care, there will be a meeting. This is to make sure the people caring for you know the important things about you - like your favorite foods, what you enjoy doing, where you go to school, and the best ways to listen to and understand you.



We want to make sure you're healthy and feeling good, so someone from the health team will meet with you within your first month in care. They'll ask you questions about what you eat and what activities you enjoy.

After your first month in care, you'll have a Children in Care Review meeting at least every six months. In these meetings, we'll talk about your school, family, and future plans. The person leading the meeting is called an Independent Reviewing Officer (IRO). Their job is to make sure I, as your social worker, and everyone else who is working with you is doing everything we should be doing to help you.

To make sure you have the support you need at school, we'll also have Personal Education Plan (PEP) meetings every term. At these meetings, you, your carers, your social worker, and your school will talk about your education and whether you need any extra help.

In the first four weeks, I'll visit you every week so we can get to know each other. During these visits, we can talk about whatever you'd like, and I may need to ask you some things. Once we're more familiar with each other, my visits won't be as often, but I'll arrange the next visit with you each time I see you. I'll visit you at least once every 6 weeks. Your carer will make sure to put the visit dates on a calendar or in their diary.

*I will visit you every week for the first four weeks so we can get to know each other.*

*To make sure you have all the support you need in school we will also have Personal Education Plan meetings every term.*

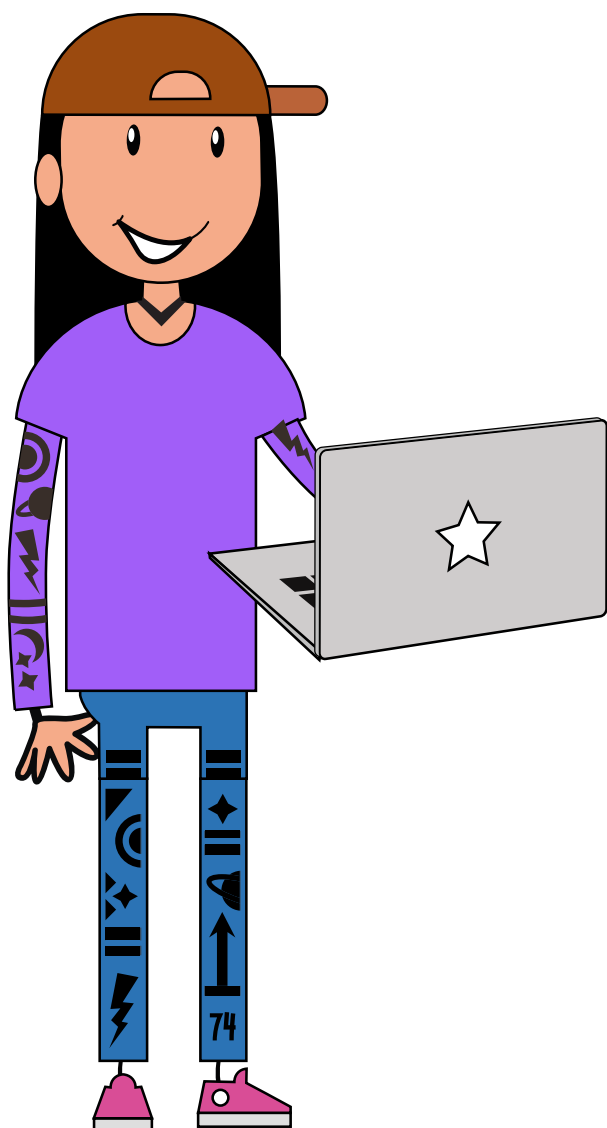


When you turn 16, you'll be assigned a new social worker. As you get older, your needs and the kind of support you need will change. We have special teams with workers trained to help young people aged 16 -18 years.

Sometimes, you might not feel like talking to anyone but still want some help, advice, or guidance. If you have internet access, there are tools you can use on your phone or computer.

## VoiceAbility

If you have a problem or feel you are not being listened to Voiceability could help. Talk to an advocate, scan the QR Code or phone **0300 303 1660**



Two helpful resources are the app Mind of My Own, where you can send a message to your workers and the website [care4us.co.uk](https://care4us.co.uk). Which offers lots of useful info and stories from other young people that might be interesting to you. If you need help using these, just ask your social worker.

Your participation workers organise activities and meetings just for children in care, where you can meet other young people and talk about what matters to you. There's also the Children in Care Council (CICC), where young people in care get together to make things better for everyone. Email [BuildOurFutures@wakefield.gov.uk](mailto:BuildOurFutures@wakefield.gov.uk) for more details.

Find out what's happening on the [care4us.co.uk](https://care4us.co.uk) website or ask me if you'd like to know more!