

Children's Social Care

Me and my REVIEW



**This guide has been written by young
people to help you get the most
out of your review**

For young people ages 12 - 18 years



All children and young people who are in care have reviews

A Children In Care Review is your meeting, about you, which the law says family services should hold at least every six months for children who are in care. At the meeting Safeguarding and Children and Young People's Service 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.

Children and young people in Wakefield told us...

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 review is you!
Please go to your review so you can have a say in the decisions that affect your life.

I always go to my review because it's my chance to talk to my carer and social worker at the same time

Getting ready for my review

Fill in this booklet to help you have your say in your review.

You can fill the whole booklet, or just the parts you want to complete - it's up to you!

First things first!

This is your review, so who do you want to come? Usually you, your social worker and your foster carer or key worker, will be at the meeting. You will be asked who you think should be invited.

Who to invite?

Here are some top suggestions from the young people in Wakefield;

- Designated Teacher
- Advocate
- Foster Carer
- Grandparent
- Parent/s
- Leaving care worker
- Support Worker
- Health Worker



Plan your review

Who do you want to go to your review?

My invitation list

I like my review as
it is a chance to
see people I know

Is there anyone you don't want to come?

Who has to be invited?

- You
- Social Worker
- Your carer
- Independent Reviewing Officer
- Maybe your mum and dad

Take someone you can
trust, who can support
you. I did and it made
my review better

(your social worker or foster carer can explain this to you)

Where would you like your review to be?

Where I live now

School

My suggestions

1.

2.

3.

Agreed date _____

Agreed time _____

Agreed venue _____

What time of day is best for you?

☐ Before school

☐ Dinner time

☐ After school

☐ Tea time

☐ After tea

Things you might want to do before your review	Tick when done	Not going to do
I have asked my social worker what will be talked about		
I have planned who to invite		
I have spoken to my Reviewing Officer		
I have contacted an advocate or friend to attend with me		
I have agreed a time and date		
I have agreed a venue		
I've thought about what I want to say		
I have seen my present care plan		
I have made a list of questions I want to ask		
I have got together any certificates, awards or school work I want to show at the meeting		

Fill in your views for your review

- On the day before your review - relax, rest and eat well.
- Use the review as your chance to tell people what's going on for you
- Take your workbook to your review as it might help you remember things if you get stuck

Top Tips!
Little things make
a big difference!

Where I live now

Do you like where you are living now?

Yes ☐

No ☐

If no please say why

How have things been where you live since your last review?

Is there anything you would change about where you are living now?

My Family and Friends

This will be talked about at your review because the law says that you have a right to keep in contact with your family and other people who are important to you. Unless this would put you at risk.

Who is important to you?

Who do you have family time with?

Are you happy about how often you see your family?



Rate Your Contact - give it a score out of 10! 1 being very poor, 10 would be perfect.
Write 1 - 10 in the gold star.

My Health

This will be talked about at your review because everybody wants you to feel healthy and happy.

Are you feeling fit and well?

What sort of things do you do to keep healthy?

What sort of things do you eat that are healthy?

Do you go to your health and dental appointments?

Yes ☐

No ☐

The regulations say that because you are living away from your parents you should be seen by a doctor at least once a year and a dentist twice a year.

If you have a disability, do you feel supported?

My Education

This will be talked about at your review because being settled at school or college and doing well will help you to have a successful and happy future.

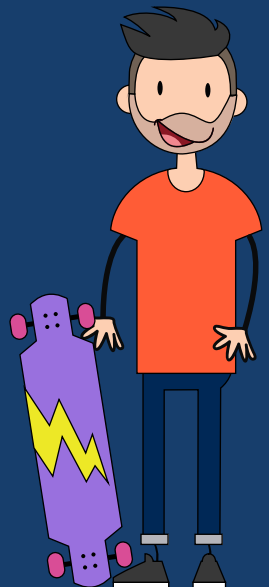
Are you happy at school or college?

What is your favourite subject or area of study?

What would you like to do when you leave school or college?



Rate Your Education - give it a score out of 10 - 1 being very poor, 10 would be perfect.
Write 1 - 10 in the gold star.



Have you ever been bullied?

Yes ☐

No ☐

If you are being bullied don't keep the problem to yourself - if you can't talk to a teacher or anyone you know, you could ring Childline free on 0800 1111.

Who would you tell if you were bullied?

☐

Carer

☐

Teacher

☐

Friend

☐

Social Worker

☐

No-one

☐

Childline/advocate

If you have a special educational need, do you feel supported?



My Hobbies

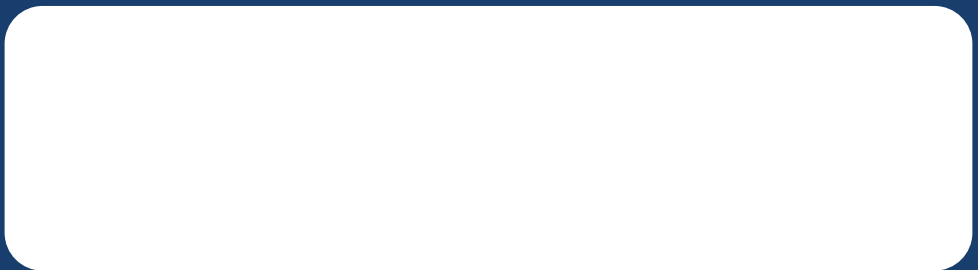
What sort of things do you like doing? (Make a list of hobbies)



Are you involved in any out of school activities?



Is there anything you would like to do and if so, what's stopping you from doing it?



Religion

You can follow your religion whilst being looked after. If you have been brought up in a particular religion, and it is important to you, your social worker should help you in making sure you can follow your religious beliefs. This may include:

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

Please write here anything you want to talk about in your review about your religious needs:



My feelings and emotions

Things that make me happy are:



Things that make me sad are:



Things that motivate me are:



Things that annoy me are:



My future

The law says your review must look at the plans for your future, including how you will be supported.

When you are 16 you must have a 'pathway plan' which will be talked about with the leaving care team.

Do you understand why you are in care?



How do you feel about your care plan?



What are your dreams for the future?

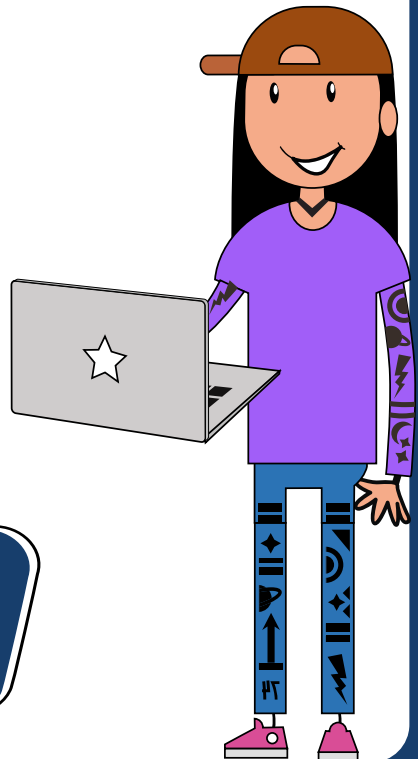


What happens after my review?

You should know what was talked about at your review and things should have been clearly explained to you.

You should get a copy of the notes of your review and your CARE PLAN after each review. If you don't get these you need to ask your social worker for them.

How well did the people at the review listen to your views and actually take them on board? Score 1-10.

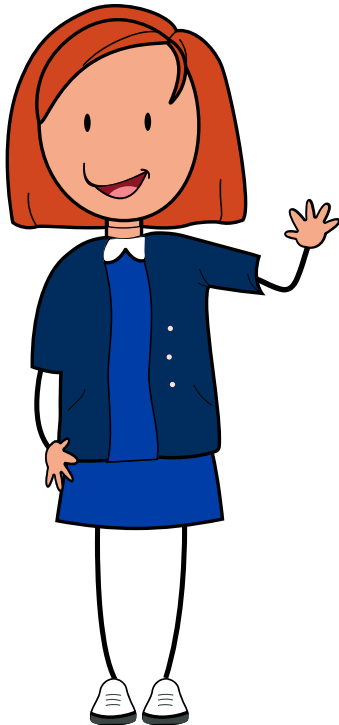


Rate Your Review - give it a score out of 10- 1 being very poor, 10 would be perfect. Write 1 - 10 in the gold star.

Fill in your views after your review

Complete this page after your review - because we honestly want to know how it went.

We want to learn from you how we can make your next review better - so please answer the following questions honestly.



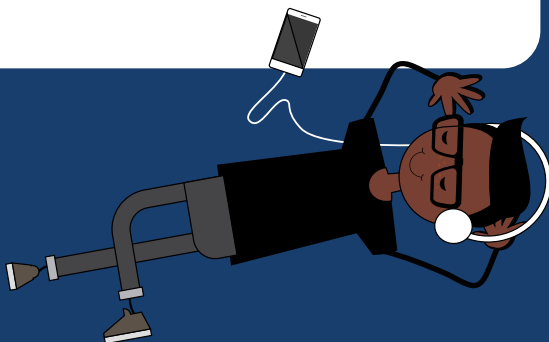
I find that people will listen to you
at your review - but it's them
taking action and giving feedback
that mattered most to me

Cut out this page and hand in to your carers - they will then send this to your IRO before the next review.

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?



My personal contacts

[illegible]

*Any suggestions or
concerns about living
in care?*

Download the **Mind of My Own App** and
send a statement to a trusted worker



Social Care Direct 0345 8 503 503

Visit the website for looked after children
and young people in Wakefield at:

www.care4us.co.uk



Useful Contacts

Participation worker:

01924 305118

My Social Worker:

Dear Carer

Please return the form to the Independent
Reviewing Officer before the meeting.

Safeguarding & Reviewing Unit

Five Towns Centre, Castleford WF10 1DP

or, scan or photograph and email to

irocicreview@wakefield.gov.uk

VoiceAbility

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



