



An all-you-need-to-know
Information leaflet
That's all about **YOU!**

Welcome to your
Pack Attack



Created by
Your Voice Matters



Herefordshire
Council



What you will find in this leaflet

- All about your social worker
- What happens in your meetings?
- What your foster carers do?
- Who you can trust and talk to?
- What your LAC nurse will do?
- Where else you can find other young people in care?
- What happens when I become 16?
- Frequently Asked Questions

Social Worker

A social worker is someone who has been trained to help young people when they have to come into care. They will make sure that you are placed in the right placement, and help you to adapt to your new home.

Your social worker will visit you every six weeks at your placement. They will work with other professionals to make sure your care plan is right for you and that you are , healthy, happy and safe.

Lots of young people come into care for many different reasons, so you are NOT alone and it is not your fault. You will have people around you like social workers that are there to help you for whatever you need. This could be about your birth family, your foster family, school, friends, your feelings and any other problems you may have.

Being in care is difficult, but you will get through it, and everyone around you will help you make that possible. Being in care can also be positive. You will be surrounded by people who want the best for you.

Meetings

'Placement Planning Meeting'

When you first come into care, within 5 days of your placement, this meeting will take place. The people that come usually are your social worker, your foster carers, you, and your carer's social worker. This meeting is to make sure that all is going okay with your new home. This will happen at each placement if you move.

LAC (Looked After Child) Review

Your first LAC Review will be held within 4 weeks, one 3 months later, then after that every 6 months. It is there to check that everything is going well, such as your health, contact (if you have it), behaviour and how you are feeling. It is also where your care plan will be agreed. The people that go are your carers, their social worker, your social worker, your IRO (Independent Reviewing Officer) they just write down what happens and make sure that everything is done right and yourself (if you wish to go) Also people who work directly with you.

PEP (Personal Educational Plan) meeting

Your first meeting will take place within 10 days, and then every term. A PEP meeting, will usually take place in school. This meeting is to see how well you are doing. They talk about your school work, your behaviour, how well you get on with your friends and your homework. A PEP meeting is to help you to do the best you can do wherever you are. The people that come are your carers, their social worker (sometimes), your social worker, a teacher from your school, the head teacher or deputy head teacher, and a LAC education officer from the Virtual School (this is someone who makes sure that you have everything that you need, to help you do the best you can in school). You can choose whether or not you wish to go to these, but most young people do because it is important for you to have your say in your meetings.

What do my Foster Carers do?

Your foster carers will be your family for the short/ long time whilst you are not with your own family. They will keep you safe and make you feel as comfortable as you possibly can during the time that you live there. They can help you learn skills, like cooking, managing your money, and they can give you advice. They can also support you talk to people if you are not happy with something, and they will listen if you are upset. They will look after you, feed you, and make sure that you have everything you need; they will have fun with you as well as helping you to reach your goals.

If you misbehave, they will have to speak to you about it as all parents should do, even though you are not a birth relative. While you live there, you must follow their rules to make it easier for you all.

Who can I talk to?

If something is worrying you, then there are always people available to talk to:

Your Voice Matters on yourvoicematters18@gmail.com

MOMO - download the app - ask your social worker how

The Participation Team (Debz Barnett) on
07792881006

Out of hours Duty Team (emergency) on
01905 768 020

ChildLine (free) on childline.org.uk or call
0800 11 11
(open all day, every day)

If you want to make a complaint, you can call
01432 260 535

If you want to talk about your education you can talk to someone at your school, or email Hilary on hjones@herefordshire.gov.uk or call on
01432 260 579

Who can I trust?

There are always people available to help you.

It is important to know who you can trust. Often people tell others things they don't want anybody else to know, this is why there is 'confidentiality'. This means that some things that you tell people, aren't shared with anybody else, so nobody else knows.

Adults will only have to tell someone else or do something if they have reason to believe:

- You are in danger (you might or already have hurt yourself in some way)
- Someone else is in danger
- Somebody has / or is hurting you in some way (physically, mentally or emotionally)
- You are hurting somebody else in some way
- You ask us to

You can trust your social worker, your foster carers, your teachers, your STEPS worker, and anyone else who works with you.

You can always ask them if they feel they would have to tell someone else what you have told them.

LAC (Looked After Child) Nurse

Every looked after young person will be given a LAC nurse. This means that every 6 months someone will come to your placement and measure your height and weight and record it to make sure that you are healthy. This means that every six months someone will come to your placement and make sure you are physically and emotionally healthy. (This could include contraception and healthy eating plans).

Where can I find other children and young people in care?

There are lots of children and young people of all ages in care as well as you. The Participation Team runs lots of activities and events which you can get involved with to meet other children and young people.

CLUB runs every other Wednesday for children and young people aged 11+ years. CLUB runs trips in the school holidays such as canoeing, theme park visits, theatre visits and much more.

Your Voice Matters holds a meeting once a month to help and support children and young people to have their say about their experiences about being in care. Your Voice Matters get involved in lots of other things like training social workers, interviewing social workers, TAKE OVER DAY, changing practice and holding the best Celebration Events!

Your Voice Matters can also help you to chair your own LAC Review/ PEP Meeting because they think it is really important for you to have your say about things that are going on in your life!

If you would like to get involved or get more information please call Sam on 07816320389/ Deb on 07792881006.

16+ Team

When you turn 16, you will get a 16+ social worker and a 16+PA. These people will help with your transition into adulthood and help to make sure you are in the right placement, help you with school, employment, housing and much more.

They will listen to you just as much as your previous social worker and you can trust them in the same way too.

Many young people are nervous about the world when they become 16 and your social worker and 16+ PA will help you with this if you have any worries.

When you leave care you will stop having a social worker. Your 16+ PA will support you.

Frequently asked questions

What support can I get when I'm in care?

You will get the support of a social worker who will be the link with your school, carer and other people you are involved with, including your family. You will help write a document called a care plan which will cover everything about your life at the moment and help to plan for the future.

What happens when I leave care?

Your social worker should provide you with information and plan with you in advance. You will help write a document called a pathway plan which will cover everything about your future including accommodation, money, education and work. The education liaison team can also provide you with advice about education options.

Who do I talk to if I don't like where I am?

You can talk to your social worker, or someone independent at:

Children's Rights Director at www.rights4me.org or on 08005 280 731

Please look at the Who Can I talk to section.

If I move placement, what will happen?

We will try to find placement which suits you. Wherever possible you will have an opportunity to visit the placement and meet the carer before you move. Your social worker will make arrangements for transport to your new placement. Your belongings will be properly transported in holdalls or suitcases. If you have not got a suitcase or holdall, these will be provided for you. When you get to the new placement, you will have a meeting where you and your new carers will agree how things will work.

What happens if my placement doesn't work out?

You will be found a new placement by your social worker who will keep you up to date with what is happening. You will not be left without somewhere to live.

Who will help me learn about managing my money when I get some?

Your foster carers will be helping you with this as you get older and you can also ask for help from your 16+ Personal Advisor.

