



Nottinghamshire  
County Council

# The Pledge

OUR  
Promise  
to Children  
and Young  
People  
in Care

*Nottinghamshire County Council have made this Pledge to Looked After Children and Young People. Young people were involved in the Pledge and were represented by No Labels.*

*The Pledge is a list of promises to children and young people.*

*We cannot promise to do everything you ask but when we cannot we will explain why.*

*No Labels is the name of our Children In Care Council.*

*It's a place where young people meet up to talk about life in care.*

*You can find out more about No Labels from Sue Shaw on 07740 845824, or ask your social worker for information.*

## ▼ SOCIAL WORKERS

### Young People SAY...

- We would like a qualified social worker and to meet our social worker away from our foster home so that we can talk openly.
- We would like the social worker's telephone number so we can contact them.

### We Promise

*A qualified social worker for every young person in care. Your social worker will listen to you and make sure you have our contact details.*

*Your social worker will meet with you away from your foster home if you wish.*

### Young People SAY...

- Who can we talk to about our social worker if we are not happy?

### We Promise

*You will not be in trouble if you tell your social worker you are not happy about something they do.*

*You can talk to an independent visitor or advocacy worker if you are not happy about your social worker.*

## ▼ REVIEWS

### Young People SAY...

- Some of us do not see our care plan before our review or we get it too late so we feel we cannot contribute.
- We want to see our care plan at least two weeks before the review so that we are given time to have a say in the services we need and who attends our review.

### Young People SAY...

- We want reviews done out of school time.
- We do not like to be taken out of school or out of class.
- We would like our reviews to occur in places that we know, where we feel safe, and that are nice for young people.

## We Promise

*An up to date care plan for every Looked After Child and Young Person and the opportunity to have your say before your review meeting.*

*We will listen to your views about where and when to have your reviews, and who comes to them.*

## ▼ CONTACT

### Young People SAY...

- We would like contact with our brothers, sisters and families to be arranged with a diary in advance.
- Young people feel under pressure to attend at the last minute that makes us have to make a choice about meeting our family or going out with our friends.

## We Promise

*Unless there are good reasons not to, you can have contact with your brothers and sisters and other family members.*

*We will make sure the meetings are planned in advance.*

## ▼ INCLUDING EVERYONE

### Young People SAY...

- Please make sure you include unaccompanied asylum seeking children and young people, young people with disabilities and those from different backgrounds when you consult us.

## We Promise

*To listen to all children and young people.*

*Services that meet the needs of young people from different backgrounds, cultures and disabilities.*

## ▼ WHERE WE LIVE

### Young People SAY...

- Who can young people speak to if the carer does not meet our needs?
- Please tell us who we can talk to about our carers if we are not happy?

### We Promise

*A place to live with carers who will meet your needs.*

*We will make sure you can speak to your social worker, youth worker, advocacy worker or an independent visitor if you have concerns.*

*Help for young people to have their say if they are not happy. No Labels, our Children In Care Council, will speak up for you to improve services.*

*We will also make sure that services for young people in care, children's homes and foster care are checked to make sure they give good services.*

### Young People SAY...

- Some of us have to keep moving foster home, which makes us worried.

### We Promise

*We will try our best to help you stay in your foster home where you are happy.*

*We will make sure you can tell us your views at your review.*

## ▼ EDUCATION

### Young People SAY...

- We have the right to go to school full-time.

### We Promise

*We will make sure you have a school place.*

*We will work with schools to ensure that you get full-time education.*

*We will try to ensure that you get into a school within six days if you are out of school or have moved.*

*Nursery or early years education for children in care who are three to four-years-old.*

### Young People SAY...

- Who is the teacher in my school to help me if I have any worries?

### We Promise

*A teacher whose job is to help young people in care to do as well as other young people. This person is called a Designated Teacher. We will make sure you are given the teacher's name when you start or change school.*

*You will have a plan which guides your time in school—this is called a PEP (Personal Education Plan).*

## Young People SAY...

- Please tell us about the Personal Education Allowance (PEA).

## We Promise

*To tell you about the Personal Education Allowance (PEA). This is a payment which can be used to help you catch up with school work.*

*Support to help you feel happy in school.*

## JOINING IN

### Young People SAY...

- We sometimes feel worried about taking part with other young people. We would like someone to support us to help us feel confident, like a youth worker or a social worker.

## We Promise

*Help to take part in things, like sports and clubs. We will tell you about the youth work team for Looked After Young People.*

## HEALTH AND WELL-BEING

### Young People SAY...

- Please can we have the name of the nurse for young people in care who can give us confidential advice and help?

## We Promise

*We will make sure you get regular health and dental check-ups.*

*We will give you contact details of the nurse for Looked After Children and Young People.*

## LEAVING CARE

### Young People SAY...

- We get worried about what age we have to leave care and who will help us.

## We Promise

*To work with you to give all the help and support you need to make a success with moving on from care to adult life.*

*You will have a Pathway Plan which we will write with you and you can keep a copy.*

*We will give you all the information you need about leaving care.*

## Young People Who Have Left Care SAY...

- We cannot always remember completing a Pathway Plan and would like it updated regularly.
- We would like a small card, which tell us our entitlement to money, etc., at ages 16–18 (we get information but forget).
- We would like more support when we first move out from care.

### We Promise

*We will keep you informed about what money you are entitled to.*

*We will make sure we talk to you regularly about your Pathway Plan.*

## OTHER THINGS

### Young People SAY...

- We would like to know what our rights are if we get into trouble with the police, for example:
- What is the law about the age we are classed as an adult?
- Are we allowed to phone someone if we are at the police station?

### We Promise

*To provide a card with information to support you if you get into trouble.*

### Young People SAY...

- We would like more advice about self-harming and how we can be signposted to help and support.

### We Promise

*We will give you up to date information about available support.*

### We Also Promise

*To give you a Children's Guide, which contains lots of information about Being Looked After.*

*That we will check our Pledge to you often, so that when we can, we will improve on the promises that we have made.*

*We will listen to your views through No Labels– Nottinghamshire's Children In Care Council.*

**We cannot promise to do everything you ask, but when we cannot we will explain why.**

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