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.
**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.

**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.

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.
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).
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.

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.

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

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.

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