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To make sure you get the best care

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To look after you and treat you well

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To be successful in life

Promises to our children in care

Everyone at The council wants to do their best to support young people who are in our care. Our promises to you will help us to make sure that all children and young people in care are looked after well. Our promises include a number of things we will do that will help make sure that your time in care is a positive experience.

To make sure you get the best care we promise to:

- give you your own social worker and tell you who you can contact when they are not available;
- Involve the children in care council (**Skittlz**) in reviewing how well we are keeping our promises to you;
- make sure that adults, such as carers and workers, get the right training to understand the issues that affect children in care:

- talk to you about when you and your family can see or contact each other and support travel arrangements: if you can't see or contact your family we will tell you why;
- keep brothers and sisters together, wherever possible;
- make sure you meet with an Independent Reviewing Officer (IRO) before your review so you can share your thoughts about your care;
- share the good things that you have done in your review and discuss issues you feel are important;
- support you to make a complaint if you need to;
- provide a Children's Rights Service and an independent advocate to speak for you if you want them to.



Barking & Dagenham Children in care

Promises

To look after you and treat you well, we promise to:

- make sure your social worker doesn't change unless there is a good reason for it;
- make sure your social worker stays in touch and visits you regularly to see how you are;
- write a care plan which is all about you and your needs and which is looked at regularly;
- listen to you, be honest and take notice of what you want ;.
- talk to you about why decisions are made and explain this clearly in a way you can understand;
- make sure you are in a placement that is suitable for you.

To help you be healthy we promise to:

- make sure you have regular health, dental and eye check- ups;
- make sure you have opportunities to do fun things and get to know other children in care;
- provide allowances for you to do activities and access our Leisure Centres for free if you are a care leaver.

To get the best education we promise to:

- make sure that you have a place at a good nursery or school that will help you to do your best;
- work with your school and designated teacher to help you do your best by having a personal education plan;
- help you to get on the courses you want to study.
- celebrate your achievements and successes.

To be successful in life we promise to:

- make sure that you are asked about important decisions which affect your life;
- make sure that when you move from one service to another or leave our care that there is a plan in place that is suitable for you;
- provide you with support to live independently when you're ready;
- make sure you leave care with your savings;
- help you learn to manage money well;
- help you get ready for the world of work, find a job or training placement.



Please do not hesitate to contact the Children's Rights and Participation Team should you have any questions or queries

020 8227 5051