

# *The Pledge to* **Children in care and care leavers**

This is East Riding of Yorkshire Council's Pledge. It is a promise made by the council and its partners to all children and young people in care and to care leavers.

Each year the pledge will be checked to make sure it is working and meeting the needs of everyone involved but most importantly that it makes a real difference to the lives of looked after children and young people and care leavers.

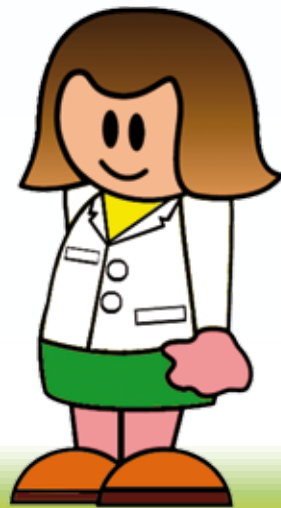
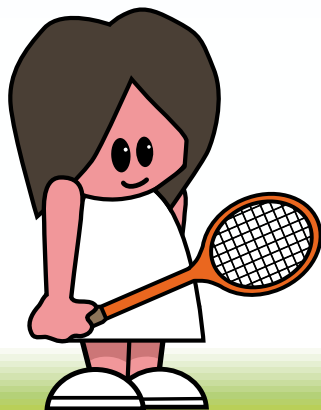


**EAST RIDING**  
OF YORKSHIRE COUNCIL

## Your health...

### We promise that we will...

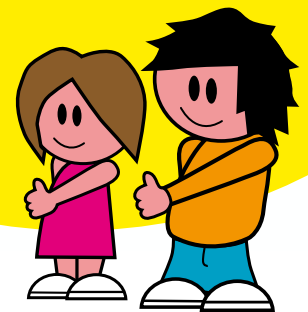
- make sure you have regular health checks, appointments with a registered doctor, dentist and designated children in care nurse
- make sure we have good systems in place to share health information so you don't miss out on appointments when you move placements
- give you the opportunities to develop your personal and social skills so you can look after your personal hygiene in the future
- do our best to make sure you always have an adult you can talk to
- focus on and meet your emotional mental health needs
- offer you support and services on sexual health and support you to make positive choices
- offer you support, education and information relating to smoking, alcohol and drugs, to enable you to make healthy choices
- offer you support, information and services if you become a parent
- give you help with access to leisure activities that promote and encourage a healthy lifestyle with healthy eating and exercise
- meet your religious and cultural needs and make sure you get the opportunity to meet other young people who share your lifestyle



## Your education and training...

### We promise that we will...

- make consent forms as simple as possible so you don't miss out
- encourage you to access good quality, affordable social and cultural leisure activities
- support you to participate in positive activities that help you increase your confidence and to feel well
- help you meet other young people who are looked-after so you have friends who understand what you're going through
- believe in you and what you can achieve and have high aspirations for you
- make sure you have positive role models in your life to look up to
- make sure you have the best possible start to life through good quality early years provision
- make sure you don't have to move placements at important times unless the circumstances are exceptional
- make sure you have the support of a designated teacher who understands your circumstances
- try to keep you at the same school if this is possible even if you have to move placements, but wherever you go to school, your Headteacher and Designated Teacher will make sure that you receive a good standard of education. This means you will be well taught and given the help and support you need to keep on top of your work and make really good progress.
- make sure you have a high quality, clear, understandable, up-to-date personal education plan
- make sure you have access to a computer to support your education
- help you to learn English if it is not your first language
- not take you out of school for term time holidays so that we don't interrupt your education



# Your safety...

## We promise that we will...

- allocate you a qualified social worker as soon as you become looked-after and make sure you always know how to contact your social worker (or emergency duty team out of hours)
- make sure you have access to the children's participation and rights team so you know what your rights are whilst you're in care and who to contact if you need to know more or want to complain
- make sure you can see your social worker at least once a month if you want to, we'll try not to change your social worker if it's not necessary (unless you request it) and make sure your social worker speaks to you alone during every visit
- take you seriously if you request a change of social worker, and if this is not possible explain why not
- make sure you know WHY you are in care
- make sure you have an up-to-date agreed care plan or pathway plan, that it is reviewed every six months and that it has involved you, your wishes and your feelings
- make sure you have a copy of your plan, make sure it is in language you understand and that you are happy with it
- make sure your social worker talks to your parents when making plans for you and ensure a family placement is always the first thought
- do our best to keep you with your brothers and sisters unless it's not safe
- make sure you can stay in touch and have safe, planned contact, supervised if appropriate, with your family
- do our best to offer you information about a choice of placements
- do our best to make sure you get enough support if you are returning home to live with your parents
- make sure the children's residential homes are as much as possible like a family home



- give you information about personal safety and boundaries, help you develop an awareness of risk and let you take reasonable risks in a safe and supported environment
- get you an independent advocate if you need something stopped, started or changed in your life
- offer you an independent visitor so you have someone you know you can rely on and always be able to talk to them
- make sure you have life work books to record your memories of your time in care

# Your finances...

## We promise that we will...

- let you have a say in how your money is managed and teach you about managing money
- make sure you get some pocket money and choice about what to do with this
- try to help you develop your confidence, motivation and self-reliance
- make sure you are able to see a careers advisor
- provide you with work experience opportunities or training/apprenticeship to develop your CV
- provide some work experience placements and apprenticeships within East Riding of Yorkshire Council
- make sure when you leave school you have an offer of further education, training or employment
- provide access to information relating to benefits, budgeting and saving, including a bank account
- listen to you and offer you services to support your independence when you're leaving care and make sure you succeed!



## Your activities and hobbies...

### We promise that we will...

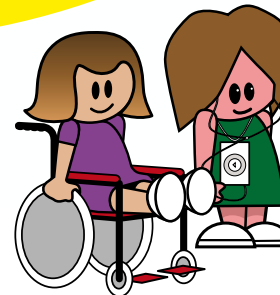
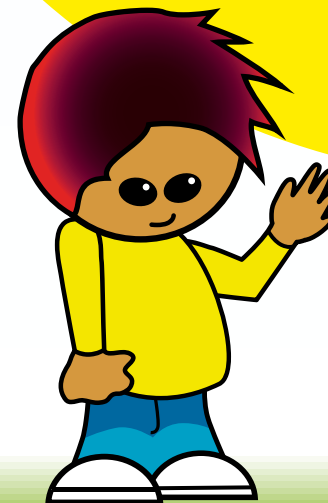
- help you to continue hobbies and friendships from before you came into care, if it is safe to do so
- make sure you have access to the children's participation and rights team so you understand what your rights are and how you are able to contribute your views to your care planning and services and make a real change for yourself and other children in care
- work together with the Children in Care Council (CiCC) because they will represent your views
- make sure you are given the opportunity to be fully involved in your care plan
- make sure all children and young people in care are given a choice of different ways to participate or the choice not to
- make sure there are regular meetings between senior managers and people who make decisions and the Children in Care Council
- make sure children living in residential homes are able to participate in residents meetings and influence change
- make sure we ask you once a year if you think the council is sticking to the pledge and the promises we have made
- listen to your views on the recruitment and training of staff and volunteers who will be working with children and young people in care or responsible for making decisions about you
- reward your efforts and provide you with an accreditation to mark your participation
- support your development as an individual by helping you with your passport, bank account, national insurance number, and birth certificate, as quickly as possible
- if you are an asylum seeker, we will help you with your immigration status and becoming a citizen, as quickly as possible



## Leaving care...

### We promise that we will...

- value your strengths, gifts and talents and encourage your aspirations
- take time to listen to you, respect, and strive to understand your point of view
- help you push aside limiting barriers and encourage and support you to pursue your goals in whatever ways we can
- work alongside you to prepare you for your move into independent living only when you are ready
- do everything we can to ensure you are happy and feel safe when you move into independent living and make sure you succeed
- provide access to information relating to benefits, budgeting and savings
- let you have a say in how your money is managed and teach you about managing money
- make sure you have an offer of further education, training or employment when you leave school
- try to help you develop your confidence, motivation and self-reliance



**This Pledge is a commitment from East Riding of Yorkshire Council and our partner agencies to children and young people in our care and leaving our care. We have signed up for this voluntarily to make sure all children and young people in care and leaving care have a positive experience and equal opportunities.**

## **ARE WE KEEPING OUR PROMISES TO YOU?**

If you feel any part of this pledge is not working for you then you can contact the children's participation and rights team on (01482) 565560 and we will come out and see you if this is what you want. We can try to find out why this has happened and make sure things change for you.

You have a right to complain if you are unhappy about any of the services you receive from the council. You can talk to anybody you trust or you can contact the complaints officer. You can get support from an advocate at the children's rights service to help you make your complaint.

- Children's participation and rights team: **(01482) 565560**
- Email: **rights4u@eastriding.gov.uk**
- Complaints officer: **(01482) 396422** or FREEPHONE **0800 9155501**



Director of Children, Families and Schools  
**Kevin Hall**



Head of Children and Young People, Specialist Services  
and Virtual Head for Young People in Care  
**Dr Jackie Lown**



Lead Member Children in Care  
**Councillor Julie Abraham**



Head of Children and Young People's Support  
and Safeguarding Services  
**Pam Allen**



Chief Executive, East Riding of Yorkshire Council  
**Nigel Pearson**



Chair, East Riding of Yorkshire Clinical  
Commissioning Group  
**Dr Gina Palumbo**



Chief Executive, Humber NHS Foundation Trust  
**David Snowdon**