



Name

Date

/

/

We would like you to come to your meeting so you can have your say

I would like to come to

- all of my review
- part of my review

If I don't come to my meeting I'd like

to tell me what happened.





My future

My care plan says

I have a copy of my plan

✔ Please tick

yes no

I am happy with my care plan because

I am not happy with my care plan because

Are there any decisions you'd like to be made at this review?

How do you feel?

What makes you feel good?

What makes you feel upset?

Are you starting to explore your options for the future, such as where you would like to live and who you would like to live with? Tell us what you think.

What areas would it be useful to have support with?

Please tick

- Building skills ready to live independently
- Managing your money and how to budget
- Setting up a bank account
- Applying for a passport
- Other Please tell us what



Be healthy, be fit

You need to look after yourself.

What do you do to keep healthy?

Would you like any information about the following?

(please tick the ones you are interested in)

- Advice on sex Problems at night-time
- Healthy eating **Body changes**
- Smoking Alcohol
- Moods Drugs
- Personal hygiene Relationships

Education and work

What are you doing at the moment?
What do you like?
Is there anything you'd like help with?
What are your plans for the future?

Your life, your space, your home

Tell us about where you live; what do you think about it?



What do you like to do in your spare time?



Family and friends

l see

I don't see

I'd like to see more of



Is there anything else you'd like to say?

If you would like to write or draw something and attach it to this form please do – we want to know what you think!

Make your voice heard – we want to know what you think

If you have something good to say about the people who work with you or if something is making you unhappy or bothering you, you can speak to your child protection chair, your social worker or an advocate.

Has your social worker given you information on how make a complaint?

Please tick

Yes

No

You can call the Children's Rights Service for free on 0800 6527212. They will listen to what you have to say and help you to make a complaint if you want to, or help you find an advocate.

