

What you need to know about what is happening to you





1. Introduction

What's going on

This guide has been put together by the Young People in Care Council or (YPiCC) for short. YPiCC are children from the Southampton area who are unable to live with their parents and live either with a friend, a family member or in foster care. This booklet was put together by these children in order to help you to understand WHAT IS GOING ON.

YPiCC Top Tip

You are probably really scared.
But don't worry, you're not alone,
there are lots of people in your shoes.
There are people who will help you,
other children who are just like you
and people who will listen to you.





2. What the law says

You're probably asking why this has happened to you and when you can go home. We thought it would be helpful to include some information about how you come into care and what the law says. Speak to your Social Worker to gain an understanding of why you came into care and Jot it here:

Somewhere to Jot & Doodle...



- **Accommodation Section 20**

This is when the parents ask Children's Services to look after their child. The courts do not need to be involved.

- **Interim Care Order**

This is a temporary order so that the social worker can check if the child is safe. If there are dangers to the child, a full care order can be made.

- **Care Order Section 31**

This is where Southampton City Council shares parental responsibilities. The courts must be involved.

The Court will also ask a Cafcass Worker to meet with you and speak to you about how you feel about plans. Remember to be open and honest.





3: Where I Live

When you are 'looked after' by Southampton Social Services you might live with friends, family members or foster carers. Despite whether you may or may not know your carers they have all put themselves forward to look after children.

YPiCC Top Tip

Although you will be part of a new family, your foster family will not replace your biological family



Somewhere to Jot & Doodle...



4. Questions....questions..... so many questions going round and round and round in my head!

Do you have any other children living in the home? Are these foster/adopted or birth children?

Will I be able to have contact with my family?

What are the house rules?

YPiCC Top Tip

If you don't know what the rules are ask your carer or someone else living in the home.





5: Who's who and what they do?

When you come into care there are lots of people that you are likely to come into contact with. It can be a bit confusing so here are some brief details to help you sort out what everyone does and who they all are.

You will have your own, named social worker. He or she will visit you within the first week of moving to your new foster home, then every 6 weeks.

My Social Workers name is:

Just like you, your foster carer has a social worker too. They are responsible for making sure that your foster carers are doing a good job and are looking after you.

My Foster Carers Social Worker's name is:

Somewhere to Jot & Doodle...





6. All those people all those meetings, all that paperwork!

Health Meetings

When you come into care a Doctor will contact you within 28 days and you will have an appointment to check your weight, height and physical and mental health. This appointment is called a medical or health assessment.

Looked After Children Meetings also called LAC Reviews.

This is organised by someone independently.

Personal Education Plans also called PEP

A Personal Education Plan (P.E.P) is held at your school and focuses on education.

YPiCC Top Tip

If you don't want to attend your meeting.
You could ask someone you trust to
talk on your behalf. **REMEMBER** if the
meeting is about you, it is best to attend
so you can share your views.



7. Sometimes I just need someone to listen



**No
Limits**

No Limits is a charity which offers free and confidential information, advice, counselling, support and advocacy for children and young people under 26 who live in Southampton and Hampshire. If you are in foster care, No Limits Just 4U service could provide you with an Independent Advocate to help you get your point across at meetings and find out about your rights, or an Independent Visitor who can meet with you once a month and do fun activities.

If you are leaving care No Limits, Next Steps service can support you to make decisions about your life and make positive transitions.

How to get help

Telephone: 023 8022 4224 or
pop along to the drop in centre.

YPiCC Top Tip

If you don't let people know
What you want, you won't get it!



8. When all else fails



My list of ways to make sure I have my say:

For my review I will

With my Social Worker I will

About my placement

About my education/ career

About my contact

YPiCC Top Tip

You can be worried about things you say and the effect it will have. That is why it is useful to get someone to help you with speaking up.



9. Who said you couldn't have fun?

SOUTHAMPTON YOUNG PEOPLE IN CARE COUNCIL NEEDS YOU!

The YPICC is a group of young people aged 14+ who are in foster care or care leavers.

Speak to your social worker for details.

Youth Forum Southampton

Youth Forum Southampton gives you the chance to have honest, enjoyable and interactive discussions around a variety of topics (e.g. health, aspirations and school life) that are important to you.



Junior Neighbourhood Wardens

Take part in activities to help the local community have a neighbourhood they can feel proud of. Some activities include painting, planting and fun days out.



If you are interested in any of the above projects ask your carer or Social Worker to speak to Youth Forum directly on:

Telephone: 023 8083 2104

Email: youthforum@southampton.gov.uk

My Notes:

Useful Contacts

Children's Commissioner



Help at Hand is a national advice line for children and young people who are in care, leaving care, living away from home or working with children's services.

Telephone: 0800 528 0731

Email: help.team@childrenscommissioner.gsi.gov.uk

Visit: www.childrenscommissioner.gov.uk/learn-more/help-at-hand

Ofsted



Ofsted inspect organisations working with children and young people to make sure they are doing what they should be.

Write to: Ofsted, Piccadilly Gate, Store Street, Manchester M1 2WD

Telephone: 0300 123 1231 Visit: www.ofsted.gov.uk

Childline



Childline is a free 24hour helpline for children and young people in the UK. You can call the helpline any time day or night about any problem. It's confidential so they won't tell anyone about your call unless you ask them to or you are in danger.

Telephone: 0800 1111 Visit: www.childline.org.uk

Thank you to all the Young People at the YPiCC and Lindzi Patterson (Youth Worker based at Youth Options) for their help to write this booklet. Without their honesty, help and guidance this booklet would not have been possible.

Thank you for taken the time to read this guide. We hope you have found some of the comments helpful. Remember to store it in a safe place.