

# Useful telephone numbers

## Who Cares? Link Line

0500 564570

## Child Line

0800 1111

## Independent Reviewing Officers

01243 777641

## PAR - Advocacy

0800 0152582

## Children's Complaints Officer

0800 137126

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# Guide to your Looked After Children review



## What is a **review**?

A review is a meeting for children and young people who are looked after by social services. A review gets together people involved to check out how things are going and makes any changes that need to be made to the care plan. The review is about **YOU** and it is really important that you have your say.

## Do I go to my **review**?

**Yes** – if you would like to. You can choose what's best for you. You might want to stay for the whole of the meeting, or be in a room nearby where you can hear what is being said. You may want someone to come with you to help you speak up or to speak on your behalf. If you don't want to come you could write a letter saying what you think or record it on tape for the review to hear. Your social worker will talk to you about how you want to take part.

## What is a **Care Plan**?

Children and young people are looked after for many reasons and each must have a care plan. This plan sets out what you need and how you will be cared for.

## Where are **reviews** held?

The best place is somewhere you find comfortable. You should be asked about where you would prefer the review to be held – such as in your carer's house, your children's home or at social services. Your social worker will talk this through with you.

## Who else will be there?

Usually your carers, your mum, dad, or someone else in your family, your social worker and the independent reviewing officer who will lead the meeting (known for short as the IRO). Other people could be a teacher, an advocate, an independent visitor or an adult you can trust.

You can talk to your social worker about who you want at the review.

## When do **reviews** happen and how long do they take?

Usually every 6 months but more often if there are big changes for you –like a move to new carers. When you are first looked after there are reviews after a month and then 3 months.

The time and date should suit you. You may ask for the review to be held out of school time. The length of the review meeting depends on how much there is to be talked about. The IRO will try to manage this in the best way for everyone. This may be by having a break or agreeing what most needs to be talked about.

## What happens at **reviews**?

You can talk over with your carer or social worker before the meeting what you want to bring up at your review. You might want to write things down and you can use the consultation form if you wish. Your social worker should talk with you about what things they will be saying.

You can meet with the IRO before the review to decide how you want to be involved and what you want to say. You can also meet with the IRO after your review if you would like to.

You must be listened to and your wishes and feelings must be taken into account. It's **YOUR** meeting and it's about **YOUR** future.

You will get a copy of the report from the review.

A date will be made for your next review.

## What if I am unhappy about my **review**?

You and the other people there will talk about how things are going. There may be things that you decide you want to talk about or get sorted and there will be some set things that need to be talked about - like if there need to be any changes to your care plan. If there are any big changes to be made these will have been discussed with you before the review.

If you don't understand what someone says you can ask them to say it again or to explain anything you don't understand. Your advocate or carer may also be able to help. Your social worker will talk to you more about what happens before your review.

You can talk about this with your social worker, the IRO or an advocate from the PAR project. All of these will try and sort out any problems.

An Advocate can support you so you can speak up for yourself. They do not work for Social Services They are independent and can help you put forward your views. They are also there to give you full information and advice about your rights and make sure people in authority take account of your point of view.

You can talk to PAR yourself (the telephone number is on the back of this leaflet) if you would like. You also have the right to make a complaint. If you don't already know how to do this you can contact the Children's Complaints Officer (the telephone number is on the back of this booklet).

## What can I expect?