

I attend my review so I
can tell everyone what is
really important to me !

MY REVIEW

This booklet has been created to help you get ready for your Review.

It is really important that you have your say so everyone at your review knows what is important to you.

Your Social Worker and Independent Reviewing officer can talk to you about attending your review.

If however you don't want to attend your review there are still lots of ways to let people know how you feel.

In this guide you will find lots of ideas about how you can get the best out of your review and make sure your voice is heard.

CONSULTATION FORMS

There are a range of new consultation forms to help you have your say!

The image displays four consultation forms for different age groups: 5+, 8+, 11+, and 14+. Each form is designed to help children express their feelings and opinions about their review. The forms include sections for 'My name is', 'My review is on', 'I would like to go to my review', 'People I would like at my review', 'People I don't want at my review', 'All about me', 'Things that make me feel good', 'Things I find hard', 'Things I worry about', 'If I am worried I talk to', 'How I feel most of the time', 'Where I live', 'Things I like about where I live', 'Things I don't like about where I live', 'Things I would like to change', and 'How I feel most of the time'. The forms are color-coded: 5+ is red, 8+ is teal, 11+ is red, and 14+ is teal. Each form also includes a note about the importance of the review and a contact number for an Advocate (07769 725174).

You can fill one in and give it to your IRO or Social Worker to take to your review with you or you could use it to help you if you want to go to your review?

CHAIR YOUR MEETING

Some people like to chair their review meeting with their IRO. We have created an agenda sheet to help you if you would like to chair your own review.

Talk to your IRO about how you might want the meeting to run and which bits of the meeting you might want to chair if you don't want to do it all.

The 'MY REVIEW AGENDA' form is a checklist for chairing a review meeting. It includes sections for 'Before the meeting', 'Introductions', 'The Care Plan', 'Agenda', and 'Thank everyone for coming'. The 'Introductions' section lists: 'Introduce yourself and ask others to do the same', 'Ask if anyone has sent apologies', and 'Check what time people expect the meeting to finish'. The 'The Care Plan' section lists: 'Check the date of your care plan', 'Is it signed?', and 'Ask who has a copy'. The 'Agenda' section lists: 'Read the recommendations from the last review', 'Ask your reviewing officer to outline the decisions of the meeting', and 'Agree the date of the next meeting'. A note at the bottom says 'Thank everyone for coming' and 'Decide in which order you would like to talk about things and write them here'.

HAVE YOUR SAY



It's YOUR review and so it is really important that you have your say so everyone knows what is important to you.

Here are some of our top ideas for getting involved and having your say!

Talk with your Social Worker, IRO or Foster Carer about the things that are important to you.

Make a video blog.

Write a letter or draw a picture.

Make a PowerPoint presentation.

Chair your own meeting.

Fill in a consultation form.

Use pictures or photographs to tell everyone what they should know about you!

Write a poem.

Create a poster.

Play a game - My Review Game , Jenga, etc or make your own.

SUPPORT IF YOU DON'T WANT TO DO IT ALONE

If you would like someone independent to help you at your review you can ask for an Advocate.

They will help you plan what you want to say at your meeting and help you say.

You can ask your Social Worker, IRO or foster carer about an advocate or you can call / text : 07769 725174

TOP TIPS

- Talk to your Foster Carer, Social Worker, IRO or Advocate about helping you to prepare for your meeting.
- Making notes helps you plan what you want to say.
- If you don't understand something that is said at your meeting ask someone to explain.
- Agree how long the meeting will last - you don't want to be there ages!
- If you don't want to attend all your meeting agree which part you want to attend and for how long.
- If you are not going to your review talk to your IRO about how you will know what is said.