

# Northamptonshire Pledge to Children in Care and Care Leavers

## WE PROMISE:

### To help you be safe and healthy.

We will have kept this promise when:

- You have the right support for your physical, mental and emotional wellbeing and you do not have to wait too long for it;
- The adults close to you understand that you may have bereavement and attachment issues and they know how to help you with this;
- Your annual health assessments take place on time and are of a good standard;
- You have a dental check-up at least annually; and
- You understand your own health needs and you know who your GP and dentist are.

### To make sure you have great relationships in your life.

We will have kept this promise when:

- You have regular positive contact with your family as long as it's safe;
- You understand why you are in care and are kept informed about and involved with the plans that affect your life;
- We are warm and courteous towards you, including getting your name and other details right and respecting your culture and identity;
- You are matched with the right carers and changes of carer are avoided wherever possible;
- You have regular quality time with your worker at a time that is convenient to you, but we give you space when you need it; and
- Changes of social worker or personal adviser are avoided wherever possible. Any changes are explained to you and you are introduced to the new person properly.



Northamptonshire  
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### **To make sure you get a good education.**

We will have kept this promise when:

- You have the help and equipment you need to succeed at school and you know we have high aspirations for you;
- You are getting fulltime education that is right for you;
- You are involved in putting together your Personal Education Plan, which is of good quality and completed on time; and
- You do not have to change school unless absolutely necessary.

### **To help you prepare for the future.**

We will have kept this promise when:

- As you become independent, you have a suitable place to live which feels like a proper home;
- You are in education, employment or training, helping you reach your potential;
- Your personal adviser helps you get the benefits you are entitled to;
- You are exempt from paying council tax when you first live independently;
- If you want to access your social services records, this happens in good time and you have support with understanding the information; and
- You have access to leisure services and can get around easily.

### **To involve you in developing our services and holding us to account.**

We will have kept this promise when:

- You receive a Contact Card and Care Guide when you come into care so you can get in touch easily and know what support you're entitled to;
- You know how to share any complaints, comments or compliments with us, and feel able to do so;
- You can access useful and accurate information about services available to you;
- We celebrate your successes, including through special events;
- We actively seek your views and can show how this has helped us improve our services to you; and
- A range of opportunities for you to get involved are available, such as the Young Inspectors scheme and the Children in Care Council.

## **Are we keeping our promises?**

You can print this Pledge and use it as a checklist to record how we are doing, and show it to your Social Worker, Personal Adviser or Independent Reviewing Officer.