



CHILDREN AND

YOUNG PEOPLE'S

GUIDE TO

SUPPORT MEETINGS

C4

This booklet is to help you understand the different meetings you may be invited to. This includes who will be there, what the meeting is for, and how you can advocate for yourself to make sure your voice is heard by the professionals working with you

ABOUT THE MEETING

There are lots of different meetings that you might be invited to. It can often get confusing and feel a bit overwhelming. Below are some of the most common types of meetings you may be invited to.

➔ LOOKED AFTER CHILD (LAC) REVIEW / CARED FOR REVIEW

A LAC or Cared for Review is a meeting with everyone involved in your care. This meeting looks at how things are going, whether your care plan still meets your needs and if anything needs to change to make things better for you. The first meeting should be held after twenty working days of you becoming a looked after child. If you continue to be a looked after child, a second review meeting should take place no more than three months after that. Further reviews should be held every six months.

➔ CARE PLANNING MEETING

These meetings will take place regularly to make sure things are working well for you. They may need to take place more often if changes need to be made to the plan in place.

➔ PERSONAL EDUCATIONAL PLAN (PEP) REVIEW

This is a meeting about your education and whether you need anything additional to help you at school.

➔ SOCIAL WORKER VISITS

Your social worker should be coming to visit you regularly. This is usually around every 4-6 weeks but it can be longer or shorter if needed.



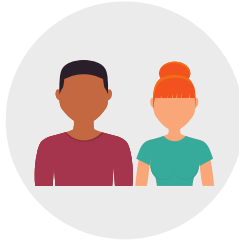
WHO'S WHO?

You have a say in who attends your meeting. Your Independent Reviewing Officer (IRO) can arrange one meeting with everyone attending or can arrange a series of meetings with others who you don't want to be there. At the end of the process, your IRO will speak to you and go through what everyone has said about what happens next.



SCHOOL REPRESENTATIVE

Someone from your school who will say how things are going at school.



YOUR PARENTS/CARERS

The people who are looking after you.



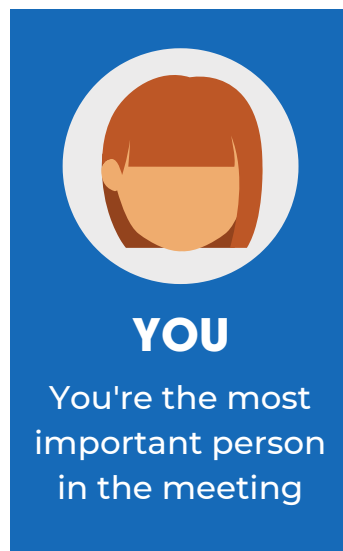
ADVOCATE

Someone who can help you to have your voice heard in the meeting or speak on your behalf.



SOCIAL WORKER

Your social worker (SW) will say what is going well and what is not going as well. They will also say what's been happening



INDEPENDENT REVIEWING OFFICER (IRO) OR SAFEGUARDING CHAIR

This person will lead the meeting.



OTHER SERVICES

Other professionals may attend if they have some involvement with you.



HEALTH/SCHOOL NURSES/ HEALTH VISITOR

This person will give an update on your physical and emotional health and will say if you have any outstanding health appointments.

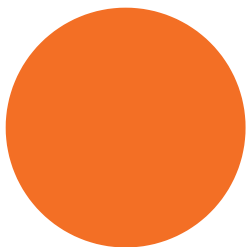


BUSINESS SUPPORT

They will write down what is said in the meeting.

WHO'S WHO?

Who was at your meeting? You can fill in the circles below with their names so you can remember them.



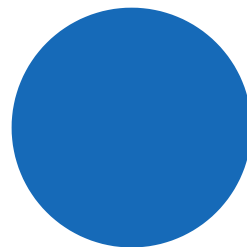
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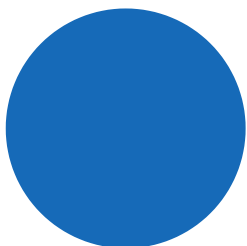
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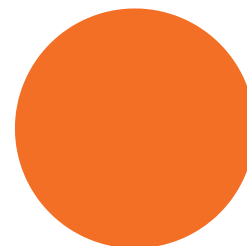
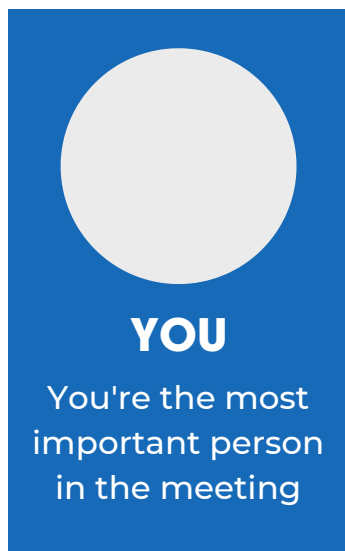
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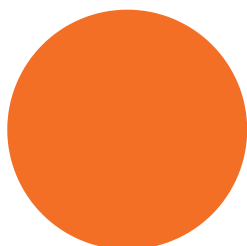
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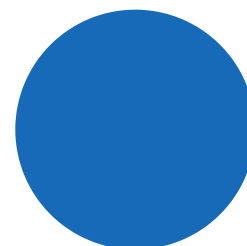
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BUSINESS SUPPORT

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JARGON BUSTER

In meetings professionals may sometimes use abbreviations or language that you do not fully understand.

Here are some commonly used words and abbreviations.

IRO:	Independent Reviewing Officer.
Chair:	Person who leads the ICPC/review meetings.
SW:	Social worker.
Professionals	The people working with you and your family to offer help and support.
LAC	Looked after child.
CLA	Child looked after.
C4C	Cared for child.
Confidential	Private information that does not need to be shared with everybody.
Graded care profile	This is used to help identify areas that may require further support.
CIN	Child in need.
CSC	Children's social care.
CP	Child protection.
CSE	Child sexual exploitation.
CCE	Child criminal exploitation.
ICPC	Initial child protection conference.
RCPC	Review of child protection conference. This is a review meeting which is held three months after ICPC and every six months after that.
Core Group Meeting (CGM)	This is a meeting for you, your family and key people involved in your life. They should happen every 4-6 weeks and are a way of making sure things are staying on track.
Care plan	This is a detailed plan that sets out your short and long term goals, but these can change, which is why it is reviewed regularly.
PLO	Stands for 'Public Law Outline', a set of rules for social workers to follow if they are thinking they may need to go to court. The Public Law Outline says social workers should invite parents to a meeting to discuss their concerns. This is also known as a "pre-proceedings" meeting.
Pre-Proceedings	This meeting considers what needs to be done to protect you from harm, and how an agreement can be reached to ensure this. The aim is to see if any problems can be fixed without needing to go to court.
PEP	Personal Education Plan.

THE PROCESS

(LAC/CARED FOR REVIEWS)

A LAC or Cared For Review is a meeting with everyone who is involved in your care. This meeting looks at how things are going, whether your Care Plan still meets your needs and if anything needs to change to make things better for you.

The first meeting should happen within 20 working days of you being Cared For. If you continue to be a Cared For Child/YP the next review should happen within 3 months and then every 6 months.

It is YOUR meeting. You have a say in who you want to be there, where it is held and the time of the meeting. As your confidence grows, you also have the right to chair the meeting.

The most important person at the review is YOU!



What is talked about?

- 1** **Where you are living (placement)**
- 2** **Health, including emotional health. For example, have you been going to the dentist/opticians, are your vaccinations up to date, do you have any hospital appointments coming up or counselling/therapy**
- 3** **Education (how are you doing at school)**
- 4** **Contact with important people in your life, and family time**
- 5** **All this information makes up your care plan. Do you have a copy for yourself? If not, you can raise with the IRO/social worker/advocate**

THE PROCESS

(LAC/CARED FOR REVIEWS)

Who is usually invited to your review?

- Social worker
- Independent Reviewing Officer
- School
- Foster carers/residential staff
- Birth family
- An advocate (an advocate can support you to attend the review or go on your behalf if you ask them to). You can work with your advocate to send a report that details your views.
- Your Independent Visitor (if you have one and want them to be there)

Do I have to attend?

You do not have to attend if you do not want to but it is a chance for you to let everyone know your wishes and feelings.

Meetings can be daunting and sometimes it is difficult discussing your life in front of lots of people. There are many other ways of putting your point of view across without speaking.

Have a look at our hints and tips section.



Before your review

Your IRO MUST speak to you before the review. This is your chance to have your say.

You may also be sent a booklet by your social worker that asks you about your life, this is sent back before the review to your IRO so that they can see your views and wishes.

You can also ask an advocate to complete this with you before the review.



HINTS AND TIPS

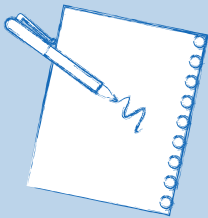
It is totally understandable that sometimes the things that are talked about in social care meetings may be difficult for you. There are lots of options for you to try which may help make it a bit easier.

Things you may want to ask/ say BEFORE a meeting:

- Please use words and language I can understand.
- Do not ask me awkward questions in front of my parents.
- What happens in the meeting?
- What happens after the meeting?
- How long do the meetings last?
- Can I leave when I have had enough?
- Can I choose where I want to sit?
- What happens if I get hungry or thirsty?
- If there is something you do not want discussed within the meeting you can ask the IRO to make sure it is not included.
- If the meeting gets difficult, is there a quiet space I can go to?

Ideas for on the day.

Things you may find useful to take with you:



Pen and paper



Snacks and a drink



A written list of things you want to say



Tissues

HINTS AND TIPS

Things you may want to ask/say DURING a meeting:

- Who is everyone?
- Please can you repeat that?
- Can you please explain what that means ?
- Can we take a break?
- I have something I would like to say
- I want to leave now (you can also agree a signal with your advocate and they can help you with this.)
- Is there a quiet area that I can go to?



Other ways you can have your say if you don't want to attend the meeting:



- Ask an advocate to speak on your behalf.
- Join virtually.
- Make a video of yourself speaking.
- Write a letter or email that the IRO or Social Worker can share on your behalf.
- Draw a picture.
- Speak to the IRO prior to the meeting to explain your views.

If you disagree with what's being said DURING the meeting

- Stay calm.
- Write down what you want to say so you do not forget.
- Politely tell the IRO that you have something you want to say.
- Signal to your advocate that you have something you want to say, they will support you to speak.



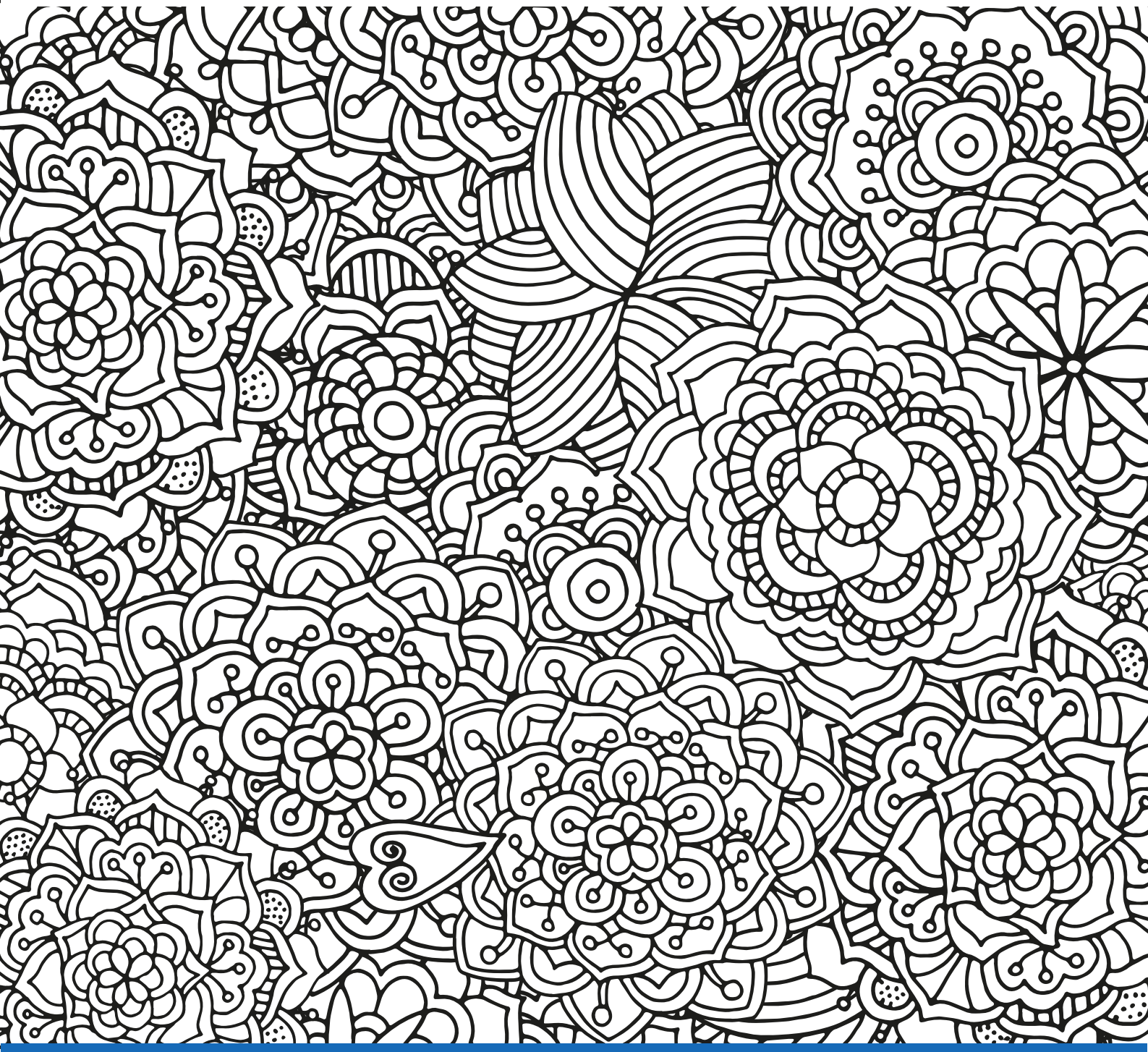
RESOURCES AND ACTIVITIES

Use the space below to make any notes in your meetings or jot down any questions you might have.

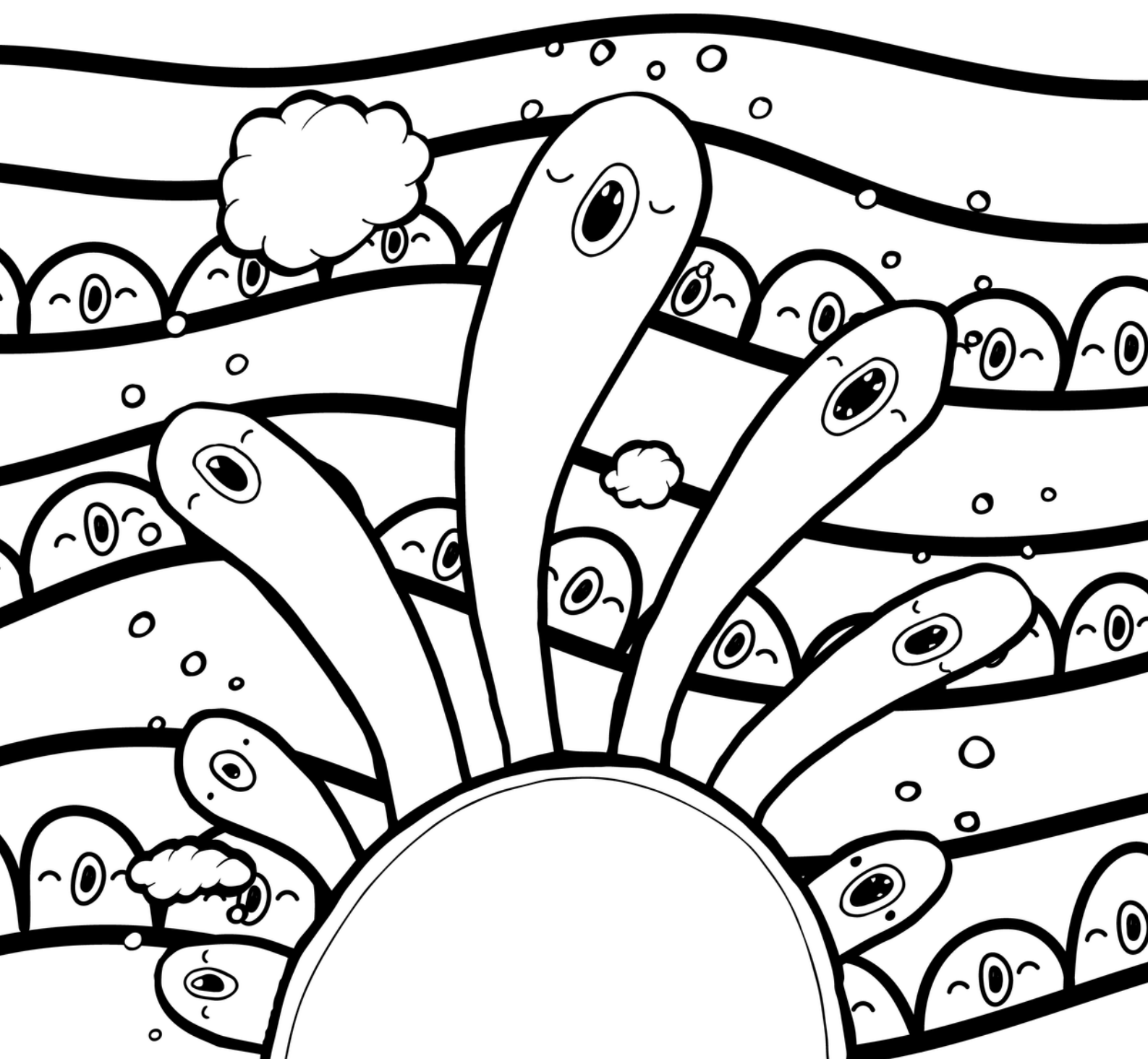


RESOURCES AND ACTIVITIES

You could colour the pictures on this and the next few pages as a distraction if you are feeling stressed in your meeting. Advocacy Focus has lots of resources to help you manage stress, if you think this might be helpful let your advocate know and they can bring some more for you.







THANKS

This picture was designed by Jay Stansfield, a children's illustrator and author from Colne in Lancashire. As a father of two girls, Jay feels it's vital that young people are given the opportunities, care, love and respect they deserve from all members of society.

Jay began creating colouring books and storybooks as a way of giving people something to focus on and relax with, and ultimately he wanted to inspire young people to create.

Jay said: "Collaborating with Advocacy Focus is a great way of providing something fun and silly to the children and young people they support. With The Squibbles®, I hope I can bring a smile to your face and help you feel more relaxed."

MORE INFORMATION

ANXIETY UK

Provide support and help if you've been diagnosed with, or suspect you may have, an anxiety condition.

Text service: 07537 416905

Infoline: 03444 775774

Web: www.anxietyuk.org.uk

BEAT

The UK's eating disorder charity.

Youthline: 0808 801 0711

Helpline: 0808 801 0677

Web: www.beateatingdisorders.org.uk

CALM HARM APP

The Calm Harm app provides ways for children and young people to manage the urge to self harm. Developed for stem4 by Dr Nihara Krause, a Consultant Clinical Psychologist together with input from young people. Free to download.

Web: www.calmharm.co.uk

CHILDLINE

Counselling service for children and young people in the UK. Phone, talk to a counsellor online, send Childline an email or post on the message boards.

Helpline: 0800 1111 (Everyday, 24 hours)

Web: www.childline.org.uk

CLEAR FEAR APP

The Clear Fear app provides ways for children and young people to manage anxiety. Developed for stem4 by Dr Nihara Krause, a Consultant Clinical Psychologist together with input from young people. Free to download.

Web: www.clearfear.co.uk

MORE INFORMATION

COMBINED MINDS APP

Combined Minds is a free app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, to help families and friends support young people with their mental health.

Web: www.combinedminds.co.uk

EATING DISORDERS SUPPORT

Provide support to anyone affected by eating disorders, including carers.

Helpline: 01494 793223 (24 hours, 7 days a week)

Web: www.eatingdisorderssupport.co.uk

FRANK

Confidential information for anyone concerned about their own or someone else's drug misuse.

Helpline: 0300 123 6600

Web: www.talktofrank.com

MIND

Provide information on mental health problems and where to get help.

Infoline: 0300 123 3393.

Text: 86463 Mon – Fri 9 am – 6 pm

Web: www.mind.org.uk

NO PANIC

Provide a youth helpline and services to sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD).

Youth Helpline: 0330 606 1174 (for 13- to 20-year olds)

Web: www.nopanic.org.uk

MORE INFORMATION

NSPCC

Keeping children and young people safe from a wide range of abusive situations.

Helpline for adults: 0808 800 5000

Childline (for 18 years old and under): 0800 1111

Web: www.nspcc.org.uk

OCD ACTION

Offer support and information to anybody affected by OCD

Helpline: 0845 390 6232 Mon – Fri 9.30 am – 5 pm

Web: www.ocdaction.org.uk

PAPYRUS PREVENTION OF YOUNG SUICIDE

Provides confidential suicide prevention advice to young people and anyone worried about a young person.

Helpline: 0800 068 4141

RELATE

Relationship support and counselling for children and young people.

Web: www.relate.org.uk

SAMARITANS

Provide confidential support for people experiencing feelings of distress or despair.

Helpline: 116 123 (Everyday, 24 hours)

Web: www.samaritans.org

SANE

Offer specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.

Helpline: 0300 304 7000 Everyday 4.30 pm – 10.30 pm

Web: www.sane.org.uk

MORE INFORMATION

SEED

Eating disorder support service

Helpline: 01482 718130 (Mon- Fri 9.30 am – 2.30 pm)

Web: www.seedeatingdisorders.org.uk

SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

Text: 85258

Web: www.giveusashout.org

STONEWALL

Information and advice for LGBT communities and their allies.

Helpline: 0800 0502020

Web: www.stonewall.org.uk

THE MIX

Information and support for under 25's, on-line chat with a trained helpline supporter.

Helpline: 0808 808 4994 Everyday 11 am – 11 pm

Web: www.themix.org.uk

YOUNGMINDS

Information for both parents and young people on child and adolescent mental health.

Parents' Helpline: 0808 802 5544 (Mon-Fri, 9.30am-4pm)

Web: www.youngminds.org.uk

HELPFUL LINKS

RIGHTS FOR CHILDREN:

Children's rights in England – [rights4children](https://rights4children.org.uk)

BECOME:

becomecharity.org.uk

CHILDREN'S COMMISSIONER ENGLAND:

childrenscommissioner.gov.uk

CHILDREN'S COMMISSIONER WALES:

childcomwales.org.uk

CORAM LEGAL HELPLINE:

childrenslegalcentre.com

FAMILY RIGHTS GROUP:

www.frg.org.uk

HUB OF HOPE:

www.hubofhope.co.uk

FAMILY LIVES:

www.familylives.org.uk

JUST FOR KIDS LAW

www.justforkidslaw.org

