

The Pledge is a promise made by Bristol City Council and our partners to all children in care and care leavers. We promise to do our best to help you achieve your full potential. We are committed to involving you in any decisions that affect your life, asking you what you think, listening to you and taking your views into account. This is part of our commitment to making sure that all children are valued in every aspect of their lives.

We promise to:

Safe and Nurtured

- Do everything we can to make sure you feel safe in your home and are happy where you live
- Help you keep in regular contact with family and friends if it is in your best interest and is what you want to do
- Make sure that you know your social worker well, see them when you need to and can contact them when you want. We will agree with you how often you can expect to see your social worker, and will explore other ways to stay in touch
- Not change your social worker unless it is absolutely necessary
- Support you if you return to your family or move to another home
- Try to keep you safe from bullying and take action if you tell us that you are being bullied
- Ensure that your foster carers are trained and supported to care for you

Respected and Involved

- Involve you in planning services and explain our decisions fully
- Provide you with information about advocacy services that are independent from the Council and can represent you
- Hold high aspirations, celebrate your achievements and support you to achieve your goals
- Listen to you and tell you how your views influence what we do
- Meet your religious and cultural needs, and ensure you have the opportunity to meet with other people who share your way of life or background
- Try to match you to a placement that's right for you and as near to your home as possible

Bristol Care Leavers - Our promise

Bristol has signed up to the Care Leavers Charter that was produced by the Department for Education. The Charter was developed by young people leaving care. It is a set of promises and principles that help decision making. The Charter underpins how we deliver our **Local Offer for Care Leavers**: www.rvoice.co.uk

We Promise

- To respect and honour your identity
- To believe in you
- To listen to you
- To inform you
- To support you
- To find you a home
- To be a lifelong champion

You can read the Charter in full here:

www.gov.uk/government/publications/care-leavers-charter



Healthy and Active

- Ensure that you get opportunities to meet other young people, and have hobbies that interest you
- Deliver a children in care and care leaver EPIC card that will give you access to cultural, sports and leisure opportunities
- Encourage you to have regular health and dental checks and work with you to make sure they are as easy to attend as possible
- Make sure that there is always someone you can talk to about how you feel and look after your emotional and physical health and well-being
- Provide services that can support your health and wellbeing and ensure you can access them when you are ready to

Responsible and Achieving

- Make sure that you have a good education
- Talk to you about where you would prefer to go to school
- Support you to stay in your current school unless there are good reasons not to, and avoid moving you during important educational periods wherever possible
- Ensure you can access good work experience placements, even if your school doesn't offer them and commit to asking you about your work experience plans through your Personal Education Plan
- Support you to continue in education or through traineeships and apprenticeships into employment

Getting Involved

If you want to get involved or just tell us what you think, please get in touch with either through the R Voice magazine/website or the Children in Care Council or Care Leavers United Bristol (CLUB). You can also give us your views during your review.

The Children in Care Council and Care Leavers United Bristol (CLUB) aim to reflect the views and improve the lives of all children in care and care leavers in Bristol. contact: www.rvoice.co.uk/contact

Want to write for the R-Voice Magazine/Website?

The website and magazine is written by children in care and care leavers for children in care, and care leavers.

If you would like to contribute, contact: www.rvoice.co.uk/contact

Want to meet an Independent Visitor?

An Independent Visitor befriends a young person in the care system. They spend a few hours a week together, sharing interests and activities.

Email: yourvoice@reconstruct.co.uk

Need an Independent Advocate?

Advocates can help young people know their rights and make sure that their views and wishes are heard at all times. If you are making a complaint, advocates can help and support you through the process, contact: help@nyas.net

How to make a complaint

You can make a complaint or provide feedback through Bristol City Council's complaints procedure:

Email: complaints.feedback@bristol.gov.uk

This document is available in other languages. Please visit the R Voice website for more details: www.rvoice.co.uk

THE

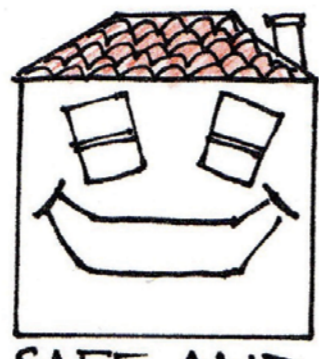
BRISTOL PLEDGE

TO ALL CHILDREN IN CARE & CARE LEAVERS

2018 EDITION



IN BRISTOL... WE PROMISE TO...



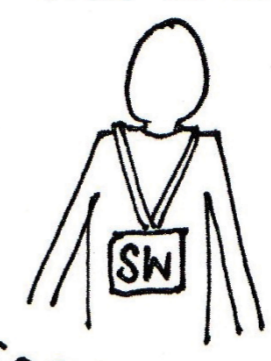
SAFE AND HAPPY WHERE YOU LIVE

REGULAR FAMILY CONTACT



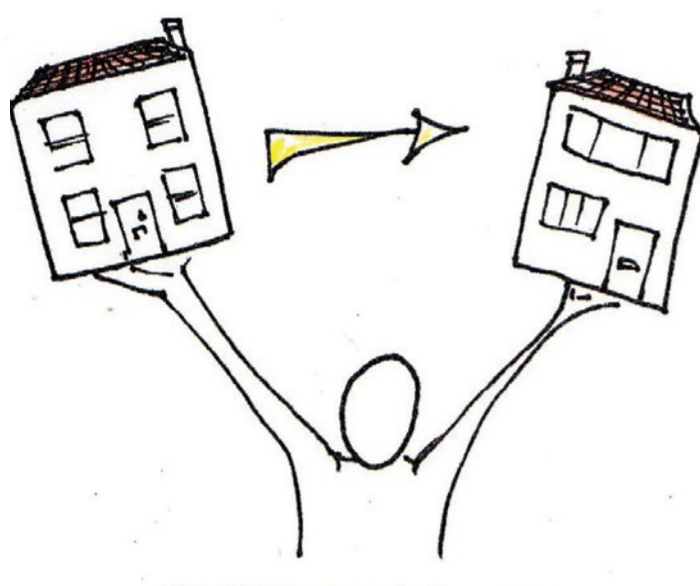
IF IN YOUR BEST INTEREST

KEEP THE SAME



SOCIAL WORKER (Unless absolutely necessary to change)

info how to stay in touch



SUPPORT YOU TO RETURN OR CHANGE HOME



MAKE SURE YOUR VOICE IS HEARD

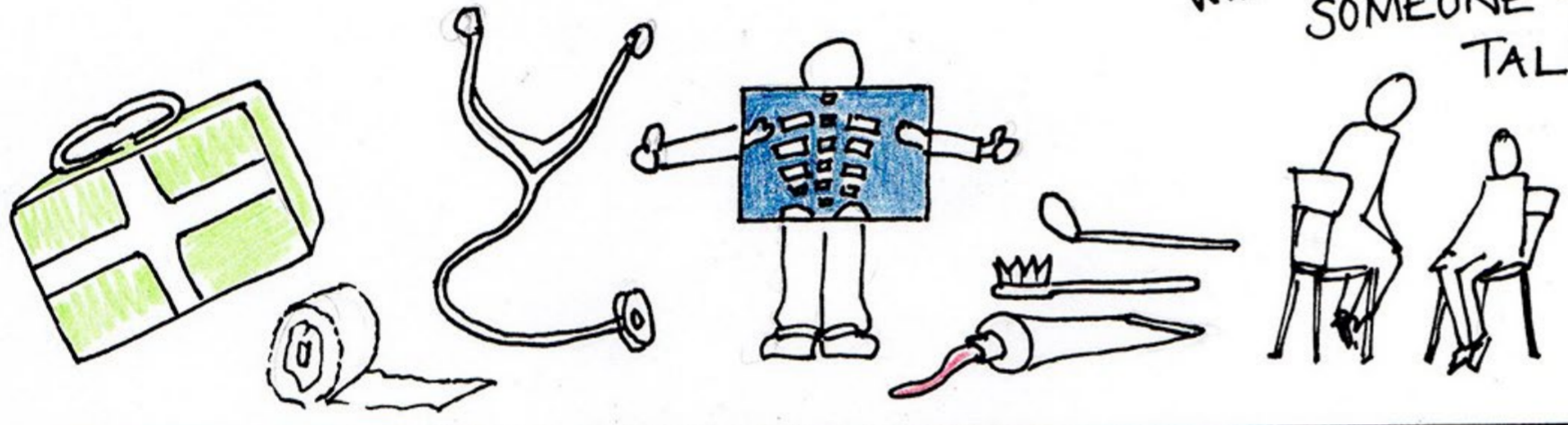


LISTEN TO YOU

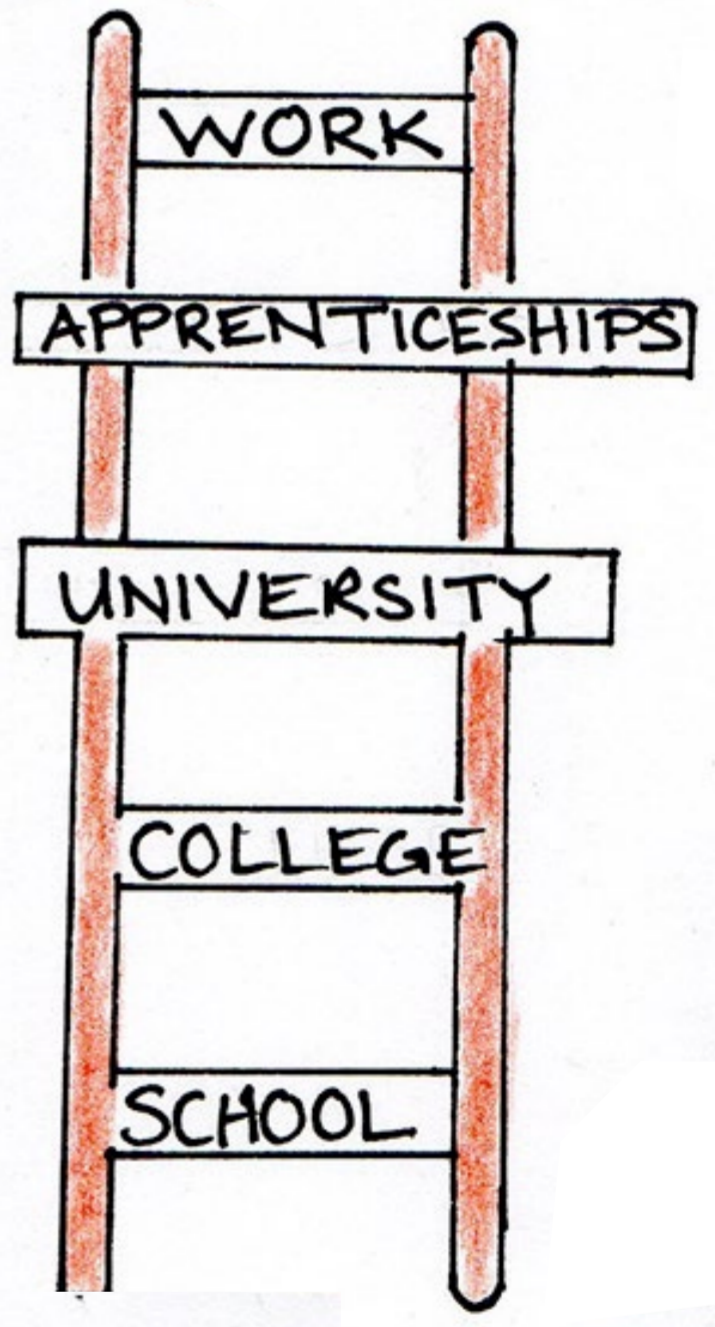
INVOLVE YOU



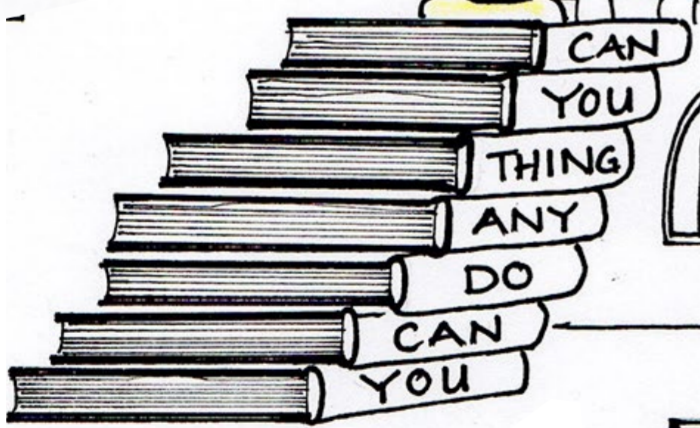
WHEN YOU'RE READY... SOMEONE TO TALK TO



ENCOURAGE YOU TO HAVE REGULAR HEALTH AND DENTAL CHECKS

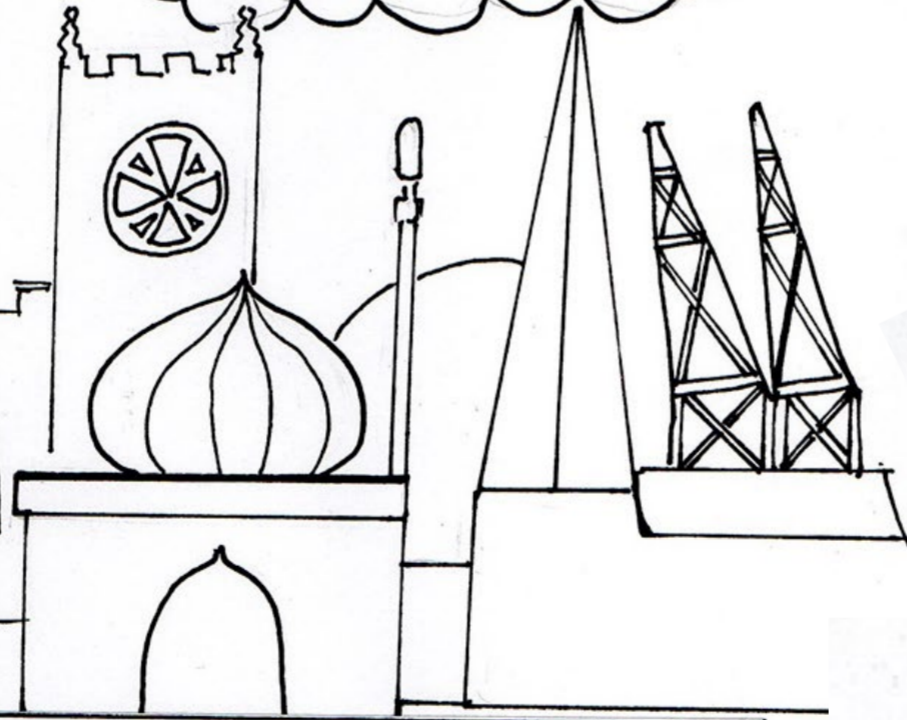


CELEBRATE YOUR ACHIEVEMENTS



CAN YOU DO ANYTHING YOU CAN DO

PLACES TO MEET



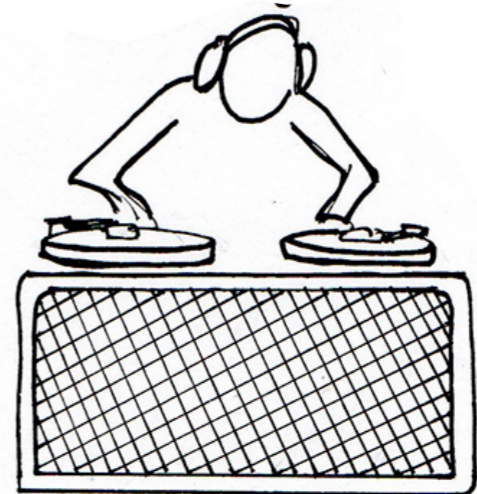
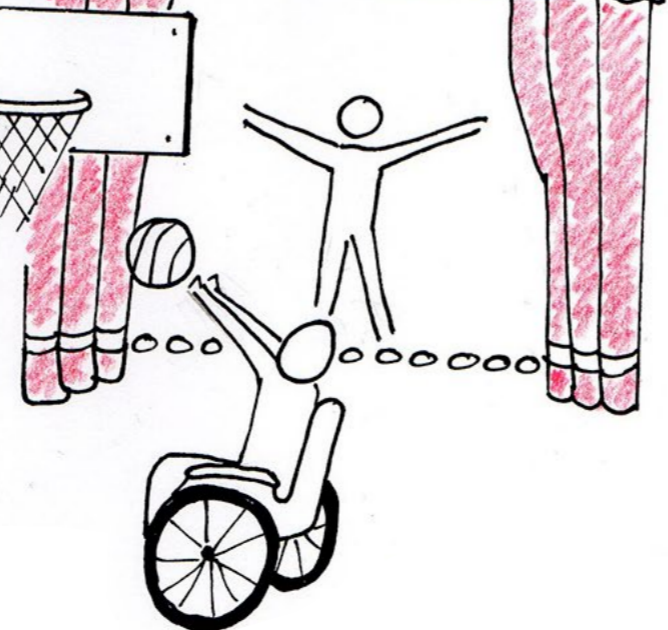
MEET YOUR RELIGIOUS AND CULTURAL NEEDS

EPIC

HOBBIES CONTINUE WHAT YOU DO

EPIC

MEET NEW PEOPLE



TRY SOMETHING NEW

