

# Children in Care

## Go2 guide



# MOMO

MIND OF MY OWN



Mind Of My Own is an easy to use app that you can use on any computer, phone or tablet. It's a great way to make sure your views are heard and go straight to the people you want them to.

You can use it to prepare for a review or meeting. Tell us if something is good or let us know if something isn't so good or needs to change.

**nyas**  
national youth advocacy service



NYAS supports children and young people by helping them to be heard. We provide confidential support, information and representation.

We can help if you need someone to listen to you, need help to talk to Social Care, have issues with your placement or contact, if you don't feel safe or if you are unhappy about something.

Download our app (NYAS Advocacy) or call us on **0808 808 1001**



**Peterborough Children in Care council represents all children looked after by Peterborough City Council.**

We meet on a monthly basis and it is a great opportunity to meet other young people and have a say in the services that you receive. We also organise many fun activities throughout the course of the year.

If you are interested in getting more involved or want to share anything with us contact [ciccouncil@peterborough.gov.uk](mailto:ciccouncil@peterborough.gov.uk)



PETERBOROUGH CITY COUNCIL



If you can't get hold of your Social Worker you can contact the Duty Team on **01733 864371**



If you have an emergency out of hours you can contact us on **01733 234724**



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If we're not keeping our pledge to you let the Children in Care Council know [ciccouncil@peterborough.gov.uk](mailto:ciccouncil@peterborough.gov.uk) or send us a statement on MOMO

For more info visit: [www.peterborough.gov.uk/ChildrenInCare](http://www.peterborough.gov.uk/ChildrenInCare)



# Children in Care PLEDGE



✓ **1. Respect**

We will respect you as individuals, with differing wants, needs and beliefs and tailor the service you get to fit you.

✓ **2. Safe**

We will keep you safe and help you to keep yourself safe.

✓ **3. Support**

We will support you in all aspects of your education so you are able to achieve your full potential.

✓ **4. Health**

We will support you to live a healthy lifestyle and ensure you are offered regular health checks and supported to attend these.

✓ **5. Listen**

We will support you to have a voice in your care plan and make sure you are listened to. We will ensure you know how to make a complaint or compliment about your care. You will have access to advocacy support to do this if wanted.

✓ **6. Information**

We will keep you updated of any changes to your care plan and ensure you have contact details of your Social Worker and IRO as well as all meeting dates.

✓ **7. Life Story**

We will make sure you know why you are in care and support you to understand this honestly at different age appropriate times through your journey.

✓ **8. Contact**

We will support you, where possible, to have contact with the important people in your life (including friends).

✓ **9. Prepare**

We will make sure you are given the knowledge and skills to ensure you are ready for adult life.

✓ **10. Promises**

We will NOT make unrealistic promises to you and will explain fully if we are unable to do something.