

The Looked After Plan

How Conwy can help you

Home

Health

Leisure

Education

Leaving Care



Home

In this section you will find out about everything to do with where you live, who you live with and how you can be part of your community. You can find out ways to make your opinions heard.

4 & 5



Health

This section has information on how you will be helped to be healthy both physically and emotionally. If you want to know who to ask about your health or you need someone to talk to, you can find the right people here.

6 & 7



Leisure

Being Looked After shouldn't get in the way of having fun! Ever wanted to try DofE or take up a new sport? This section explains all the help you can get to try new things.

8 & 9



Education

What's a DTL or a PEP? How will you cope in a new school if you have to move? Who can help you and how? You will have lots of questions about your time at school as it's a big part of a young person's life. This section explains a lot of it and has links to other information and tells you who you can ask for help.

10 & 11



Leaving Care

When you're ready to become more independent will you still be able to go to college? What about university? What if you don't feel ready to live away from home yet? If you want to know what the journey to independent living will be like, take a second to look at this section so you know what to expect.

12 & 13



Glossary

If you don't know what we mean then look up the word here and it should help.

14 - 17



How you fit into your community and how you see yourself are really important. We will help you understand this by creating your 'Life Story' with you.

We will help you make your views heard.

An independent adult will be available to speak on your behalf and we call this person an advocate.



Your home may be living with parents or other family members, foster carers, or in a residential home.

We will recruit carers from across Conwy so that you can stay in your local area.

We will try to make sure you have as stable a home life as possible.

We will try to limit placement moves as much as we can.

When you live with family other than your parents, we call this Friends & Family Care; we will help you to make this easier.

Help you to have a full and happy home life. Your carers and our Social Care staff will help you.



Have your say!

You can be involved in interviewing new staff.

We will support you to run your own reviews.

Every two years we will hold a celebration event to highlight all the good things you and other Looked After young people have achieved.

One way you can share your views is through the Loud Voices Forum which is a group of Looked After young people who meet and advise professionals.

You will be involved in making decisions that affect you.

We will help you meet other people who have had similar life experiences so they can help you.

Find out more?

- Advocates**
Offer information, advice, advocacy and legal representation to children, young people.
- The Independent Reviewing Officer**
- The Duty Social Worker**
There is always a Social Worker on duty.
- The Fostering Team**
- Glan yr Afon**
Residential home.
- Buddies**
Are a group of young people who have experience of the care system.

To contact any of the above go to www.conwy.gov.uk/YPIC



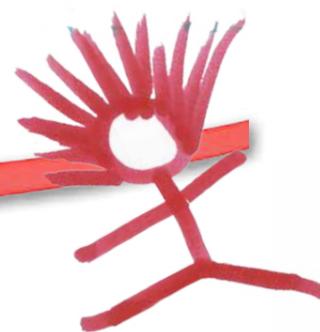
Pwysig - Important

Carers and social workers will work together for you.

If the courts are involved then your carers will help guide you through the process.



HEALTH



We will meet and make a plan. There are places where Looked After young people cannot get the right service or help, we will fix this.

Your health is very important to us; there will be a specialist Nurse who will be there to help you. For example, they will book appointments for you and help you understand any medication you may need.

Everyone who is Looked After will get a health check.

Your emotional and mental health is just as important as your physical health.

We will encourage you to have healthy relationships.

Have your say!

We can talk to you about how you feel. If you are feeling down or have any problems we will do something to try to help.



DAWNSIO!
DANCING!

Your carers will get training so they know how to promote good health, for example in the types of meals they give you.

Your carers will have special training so they can understand and help if you have emotional or mental health problems.

RHEDEG!
RUNNING!



Find out more?

- Specialist LAC Nurse
- Drug & Alcohol Team
- Flying Start
- Community Pediatrician
- School Nurse
- Dental Checks
- Child and Adolescent Mental Health Services (CAMHS)
- Project Jiws
- Sexual Health advice
- Dietitian



To contact any of the above go to www.conwy.gov.uk/YPIC

Call 01492 575111 9-5
or 01492 575348 out of
business hours.

LEISURE

In your free time you should be able to have fun and try lots of different activities. Being Looked After shouldn't get in the way.

Some of the things you do for fun may be able to count towards qualifications.

We will organise events or taster sessions so that you and your carers can try lots of activities to see which ones you like.

We will let you know about opportunities you might enjoy or find useful. We will do this through social media as well as through your social workers and carers.

We may try different ways of giving you opportunities such as Conwy Ffit Cards etc.

Everyone should make a positive contribution to their community, for example by looking after the environment or being part of groups like the Scouts or Urdd.

We will help you do this, for example by supporting you on the Duke of Edinburgh Award or helping you to volunteer.

We will talk to you about what you like to do in your spare time and help you do it.

You have the right to have fun!

You will be encouraged while Looked After to take part in holiday activities and go to sessions run by the Youth Service.

Have your say!

Someone who works for the council in charge of leisure will go to the Loud Voices Forum to find out what you need and get your ideas.

Find out more?

- Leisure Services
- The Leisure Card / Conwy Ffit Card
- Youth Service
- www.conwy.gov.uk/leisure
- The Family Information Service

If you are interested in joining a club or doing something new ask your Social Worker, Foster Carer or link teacher.



To contact any of the above go to www.conwy.gov.uk/YPIC

Call 01492 575111 9-5 or 01492 575348 out of business hours.



EDUCATION

We will learn from the experiences of young people who were Looked After in the past. We will use their experiences to help you in school, college and university.

We will invite Looked After young people to lead projects which find out the positive factors effecting their experience in education.

If ever you have to start in a new school, we will see how you are doing and give you help if you need it. Llandrillo College and Careers Wales also have specific ways to help you.

There will be a teacher in your school who will be able to give you support. We call this person a Designated Teacher for LAC (DTL). You will be told who this is and you will be able to go to them for a chat if you need them.

We will give extra training to Social Workers, Foster Carers, teachers and Tutors, so you can share your thoughts and feelings and know they will understand.

There is a scheme called the Letter Box Club where you can receive books and games through the post. The parcels will be addressed to you and are yours to keep. You can use them alone or ask foster carers or other family members to use them with you. We will promote and develop other schemes like Letter Box Club.

We will make sure you are developing emotionally and academically. We will provide you with extra support if you need it.

We will make sure Looked After young people can have the same chances in school that everyone else has.

You will have access to the library, IT facilities and support to help you to do as well as you can in school. We will try to help fund trips for educational purposes and make sure you have the right textbooks and supplies.

Good behaviour and attendance are really important. We will work with you and the school to achieve this. We can have meetings every term if we need them.

We will try to keep you in the same school.

We will continue to make the relationship between Social Workers, schools and colleges stronger. They can then share information and help you be successful in your studies.

Social Workers will help teachers have a good understanding of how you feel and give you help or counselling if you need it.

We will make sure that your foster carers have all the equipment and training they need to help you learn.

We will listen to you and may use your thoughts and feelings to improve how your and other young people's education is supported.

Have your say!

We need your help to make the best plan for your education. We call this a Personal Education Plan or PEP for short.

We will monitor everyone's Personal Education Plan (PEP) and use the PASS survey to find out what you think about things so that we can give you help and support if you need it.

Call 01492 575111 9-5
or 01492 575348 out of
business hours.

Find out more?

Education Co-Ordinator
This person is responsible for supporting all young people in their education.

The Education Social Work Team
Social workers who work for the Council are there to help you if you have any questions.

Advocates
Offer information, advice, advocacy and legal representation to children & young people.



To contact any of the above go to
www.conwy.gov.uk/YPIC

LEAVING CARE

We will make sure that when you leave care you can still access education and job opportunities.

If this takes longer than you hope we will make sure that you get the benefits you are entitled to.

We have a Careers Officer who can help you with this. You can also contact welfare rights for help with benefits.

All the different services should talk to each other and make sure you are supported as you leave care.

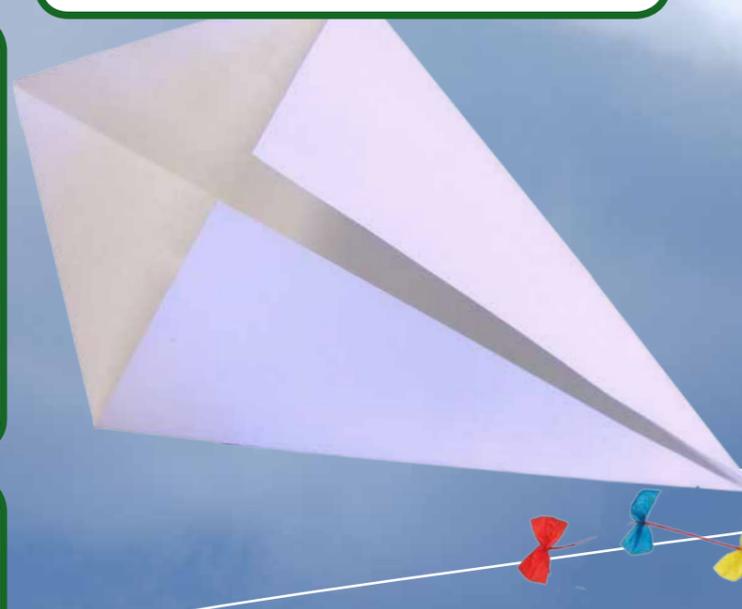
We will help you to find somewhere suitable to live. We will ask you and other young people what a suitable place might be.

We will help you contribute to society in a positive way.

If you choose to go on to college or university you should have a Personal Education Plan (PEP) which covers this and includes how it will be paid for. We have links with Llandrillo College (see the find out more box). There is a small university bursary (money).

We know leaving care can be scary. Most people will worry about the unknown but you will have a pathway plan, which is your map for the future. We will help you create your plan.

We have a team of people who are there to help you. Some examples might be a Social Worker, a Personal Advisor, or the Housing Advisory Team.



I'm nervous
I'll be independent
I'm excited

"Leaving care isn't as scary as people make it out to be!"
- Loud Voices Rep



HELPU CHDI AR DY SIWRNE

We will make sure you have a chance to go on trips such as Duke of Edinburgh or Prince's Trust so you can gain new skills and experience.

You have the right to have your views heard. One way you can do this is through Conwy Youth Council. You can apply to be a member or speak to a representative, so your ideas are taken into account.

Have your say!

Find out more?

- Advocates
- The Welfare Rights Team
- The Job Centre
- Citizen's Advice
- Careers Wales
- Housing
- Personal Advisor Team
- Social Work Team
- Conwy Youth Council
- www.conwyouthcouncil.org.uk
- To contact any of the above go to www.conwy.gov.uk/YPIC



HELPING YOU ON YOUR JOURNEY

What does that word mean?

A

Academic or Academically	<i>All the written work you do to learn.</i>
Advocate	<i>An independent adult who is able to talk on your behalf, maybe by phoning people, go to your LAC review or help filling in forms. An advocate is not a Teacher or Social Worker.</i>

B

Brownies and Girlguiding	<i>Girlguiding is the leading charity for girls and young women in the UK. Young women can be themselves, have fun, build brilliant friendships and gain valuable life skills</i>
Buddies	<i>A Buddy is someone who has a similar life and experiences as you. A Mentor is someone who gives you advice.</i>

C

Care Proceedings.	<i>How the courts decide where it is best for you to live.</i>
Careers Wales	<i>They help young people into employment, education or training. They can give you loads of advice and help.</i>
College or Further Education	<i>Where you can go after school usually (but not always) after you are 16.</i>
Community	<i>The area where you live and the other people who live there.</i>
Conwy Youth Council	<i>A group of young people in Conwy who can have their say and be the voice of young people.</i>

D

Developing	<i>How people change over time.</i>
DLT	<i>Designated Teacher for LAC.</i>
Duke of Edinburgh Award	<i>A qualification you work towards so you can learn skills by volunteering, completing physical challenges going on camping trips and staying away from home.</i>
Dietitian	<i>A professional who helps people eat healthily.</i>

E

Education	<i>How you gain the information and skills to live a happy and full life.</i>
Educational purposes	<i>For school or to help you learn.</i>
ESW	<i>Educational Social Worker, a Social worker who supports your education.</i>
Emotional or emotionally	<i>How you feel, how other people can make you feel and how you deal with those feelings.</i>

F

Facilities	<i>The stuff you need such as equipment or places to do things.</i>
Foster Carers	<i>The people who Looked After Children live with; they will try to do all the things a parent should do for a child.</i>
Flying Start	<i>Flying Start is the Welsh Government targeted Early Years programme for families with children under 4 years of age. They work in certain areas of Conwy.</i>

H

Health	<i>How you feel both in your body and in your mind. Not feeling sick or sad.</i>
Home	<i>The place in which you live, where you should feel safe, happy and secure.</i>

K & L

Kinship Care	<i>Relatives or family who you may live with who are not your parents.</i>
Leaving Care	<i>This is how you move out on your own. It is how the council supports you to be independent.</i>
Leisure	<i>The things you do just for fun or as part of being healthy.</i>
Leisure Card	<i>Allows you to access things like leisure centres.</i>
Letter Box Club	<i>A great way to read more!</i>
Life Story	<i>What has happened in your life so far and how you see it.</i>
Looked After Child	<i>A young person who the local authority help care for.</i>
Loud Voices Forum	<i>A group of young people who shout about the rights of Looked After Children.</i>

What does that word mean?

P

PASS	<i>A questionnaire to help make sure you do well at school. (Pupil Attitudes to Self and School)</i>
PEP	<i>Personal Education Plan, this is a list of the things that need doing so you can do well at school. It might be ways you need help or it might be things you need to do to succeed.</i>
Pediatrician	<i>A doctor who works with children and young people.</i>
Placement	<i>Where you are living.</i>
Pathway Plan	<i>Your plan for leaving care: you will be helped to make the plan.</i>
Prince's Trust	<i>Work with 13 to 30-year-olds who have struggled at school, have been in care, are long-term unemployed or have been in trouble with the law.</i>
Professionals	<i>Adults who are trained to try to help you.</i>

S

Scouts	<i>Scouts take part in activities as diverse as kayaking, abseiling, expeditions overseas, photography, climbing and zorbing.</i>
Social Services	<i>The department in the council where social workers and those who are responsible for Looked After Children work.</i>
Social Media	<i>Websites such as Facebook, Twitter or Instant Messaging.</i>
Social Worker	<i>This is the person who works for the Council and it is their job to organise help for you.</i>
Specialist Nurse	<i>A Nurse who has been trained to work with Looked After Children so they understand what you need to stay healthy.</i>
Stable	<i>Not wobbly! When we say stable we mean that things don't change too often. For example moving schools all the time.</i>
Support	<i>Just another way of saying help.</i>

T

&

U

Technologies	<i>Equipment or software such as social media, Facebook, Twitter or websites.</i>
Trained, Training	<i>The way adults who work with you learn how to do their job.</i>
Urdd	<i>A charity for children and young people to socialise through the medium of Welsh.</i>

W

We	<i>When it says we will do this or that. We mean Conwy County Borough Council, it's elected members (Councillors) and staff who work with Looked After Children. Sometimes we say Local Authority.</i>
Welcome Box	<i>When you first go into care you will get a box filled with lots of useful things. We have asked other Looked After Children what they think would be good to put in the box.</i>

Your notes:

Your notes:

CYNGOR IEUENCTID
CONWY
YOUTH COUNCIL



www.ConwyYouthCouncil.org.uk



Conwy Youth Council and the Loud Voices Forum worked together to create this plan.



For more information and up to date contact details go to
www.conwy.gov.uk/YPIC

