

*This document will go to print and design ahead of it being published.*

## **The Promise**

This is Dorset Council's promise to their care experienced children and young people.

We promise to;

- Help to keep you safe
- Support you with your health and wellbeing
- Support you to live your life by providing you with opportunities and activities, and celebrating your achievements
- Help you to have aspirations for your future
- Support you to be steady and settled as an adult
- Listen to you and involve you
- Work with you
- Keep our word, be honest, kind and reliable

### **Helping you to be safe**

We promise to make sure that:

- You have a safe and stable home
- You feel safe in your school, college and community
- If it is safe to and you want to, we will help you live with your family (even if it's not with your parents)
- If it is safe and you want to, you are able to keep in regular contact with family and friends
- You are given help to protect you from harm.

### **Supporting you with your health and wellbeing**

We promise to make sure that:

- You are registered with health services and that you have help to attend and make appointments if you need it.
- You can access advice from a dedicated nurse when you need it.
- You are given access to mental health support when you need it.
- You have access to information about sexual health when you need it.
- The people who take care of you, are able support you with your health needs.

## **Supporting you to live your life by providing you with opportunities and activities, and celebrating your achievements**

We promise to make sure that:

- You can go to the activities and clubs that you want to and are given help to attend if needed.
- You are told about opportunities you might like whether you live in Dorset or elsewhere.
- You are treated like your friends without feeling like everyone knows you are care experienced.
- Your achievements are celebrated in a way that is right for you.

## **Helping you to have aspirations for your future**

We promise to make sure that:

- You are listened to and supported with what you want to achieve in the future and whoever you want to be.
- You are told about the support and opportunities there are available to you and how to access them.
- You have a good education and you are helped to achieve.
- You know who your designated teacher is at school
- You are given support getting training or a job and helped to get there if you need it.

## **Supporting you to be steady and settled as an adult**

We promise to make sure that:

- You meet your Leaving Care Personal Adviser at 16.
- You are able to stay with your carers when you are 18, if you want to.
- You are given the information you need at the right time, to help you prepare for becoming an adult.
- You are supported to develop and increase your independence at every stage of your life.
- We stay close and keep in touch.

## **Listening to you and involving you**

We promise to make sure that:

- You are involved in decisions that are about you.
- You are respected and listened to.

- You can speak to someone that does not work for Children's Services, like an advocate, if you want to.
- You are given the option to have an Independent Visitor if you would like one.
- You will be supported to tell someone if you are unhappy about something.
- We will listen to what you and other care experienced children and young people tell us, then work with you to improve the things that matter.

### **Working with you**

We promise to make sure that:

- We work together and communicate properly to give you the care and support that you need
- We will do our jobs well and ask you how you think we are doing.
- We will get to know you properly.
- We will help you to keep your personal belongings safe.
- We will make sure your belongings are moved with you in the right way, if you need to change where you are living.

### **Keeping our word, being honest, kind and reliable**

We promise to make sure that:

- We do not make promises we can't keep.
- We will do what we said we would and explain to you why we can't if this happens.
- We will check that everyone is doing their job properly and involving you.
- We will always be kind.