

We will make sure that social workers **take the time** to get to know and understand you. We will make sure that social workers are friendlier and listen to you more.

We will make sure that foster carers **treat you the same** as their own children so there is no favouritism and give you the care and love that you need.

We will help you have a **healthy diet** (your '5 a day') and make sure you have **opportunities** to take part in activities that will keep you healthy.

We will help you to **get the best educational outcomes** and have a computer to help and support you with your education.

We will make sure you have the **opportunity to take part in activities and hobbies.**

We will help you to **be involved in choosing your placement** and to know more about where you are moving to, including being able to visit any new carers before you move.

We will **help** you to have the same social worker for a long time.

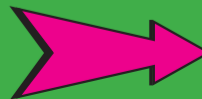
We will make sure you have access to and are provided with the right **advice** and **support** to ensure you are physically and emotionally healthy.

We will **help you to stay where you are living** if that is what you want.

We will help you to **keep in touch with your friends** and receive the right information about staying over at your friend's house.

We will help you to **be involved in the decisions** that are made about you and about any decisions and plans that are made about your future.

MORE...



We'll make sure you **receive the best advice and support** about applying for college and university, applying for a job and for your future career.

We will **help and support you to learn** about how to budget, cook, clean and other independent living skills.

We will **support you to find** a place to live, that is **safe** and **secure** and is suitable for your needs. We will ensure we plan ahead to make sure that, together, we find the right place for you, when you move on from care.

We will listen if you have a complaint or would like to praise someone.

We want to support you to have **contact with your family and friends**. If this is not possible we will tell you why.

We will offer you the **support of an advocate or independent visitor** if you feel that you are not being supported. Sometimes you may find it difficult to say what you want and you may want some support to put your views forward.

We will make sure you can **speak to someone who you trust** about anything you are worried about, even evenings and weekends.

If we make a promise to you **WE WILL KEEP IT.**