

THE BRISTOL PLEDGE TO CHILDREN IN CARE AND CARE LEAVERS



BE HEALTHY SO THAT YOU FEEL GOOD ABOUT YOURSELF

We promise to:

- ★ Help you to have regular health and dental checks
- ★ Make sure that there is always someone you can talk to about your emotional and physical health and well-being
- ★ Give you access to high quality sexual health information, advice and support if you want it
- ★ Try to keep you safe from bullying
- ★ Meet your religious and cultural needs
- ★ Give you a say in what you would like to eat
- ★ Provide you with information and advice on healthy eating and how to keep fit
- ★ Help you if you do anything that is harmful like smoking, drinking alcohol or taking drugs
- ★ Make sure you have an Everyone Active Card if you want one

GIVING YOU THE BEST EDUCATION POSSIBLE

We promise to:

- ★ Make sure that you have a good education
- ★ Draw up a regular Personal Education Plan with you to encourage you to have high ambitions
- ★ Work with your school or college to help you do your best
- ★ Help you learn English if it's not your first language
- ★ Make sure you have your own books to read at home
- ★ Give you support to access activities that take place outside normal lessons and to make sure you have somewhere to study and do your homework
- ★ Make sure you get extra study support if you need or want it
- ★ Support you to stay in your current school unless there are good reasons not to



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 details:
Reconstruct Advocacy and Participation Service
Easton Business Centre, Felix Road, Easton,
Bristol. BS5 0HE

Freephone: 0800 389 1571
e-mail: yourvoice@reconstruct.co.uk

reconstruct 
improving services for children

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 – sport, arts, cinema, fashion, visiting places

Contact details:
CSV Allies in Bristol Independent Visitor Service
17 Midland Road, Bristol, BS2 0JT
Tel: 0117 907 7270 ★ e-mail alliesbristol@csv.org.uk

CSV 
make a difference

WANT TO WRITE IN TO THE R-VOICE MAGAZINE/WEBSITE?

- ★ Website and magazine written by children in care, for children in care
- ★ News, views, information, competitions and activities

Freephone: 0800 389 1571
e-mail: yourvoice@reconstruct.co.uk
Website: www.rvoice.co.uk



THE BRISTOL PLEDGE

The Pledge is a promise

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 version of the Pledge is a summary version. If you would like a full version of the Pledge, please visit R-Voice online, the Bristol children in care website at www.rvoice.co.uk



MAKE SURE THAT YOUR VOICE IS HEARD AND THAT YOU TAKE PART IN THINGS YOU ENJOY

We promise to:

- ★ Give you opportunities to gain work experience and volunteer work
- ★ Listen to your views and tell you how your views influence the decisions we make
- ★ Give you opportunities where you can tell us what you think
- ★ Make sure we listen to the Children in Care Council about issues that they think are important
- ★ Involve children in care and care leavers in the recruitment and selection of staff
- ★ Support R Voice magazine, which is created by and for children in Bristol's care
- ★ Seek your views through the R-Voice on-line website www.rvoice.co.uk
- ★ Make sure that you can talk about any issues or problems you have with an independent advocate, if you want one
- ★ Make sure you have the opportunity to contribute to your review in person and in writing
- ★ Give you an independent visitor if you want one



MAKE SURE YOU FEEL SAFE FROM HARM, VALUED, CARED FOR AND SUPPORTED

We promise to:

- ★ Make sure that you know your social worker well and see them regularly
- ★ Make sure you feel safe in your home and are happy where you live
- ★ Support you if you return to your family or move to another home
- ★ Make sure that your home is with carers who can meet your needs
- ★ Involve you in planning services that meet your needs
- ★ Give you advice and support to help you to stay safe
- ★ Involve you in planning your review so that you feel part of it
- ★ Make sure that you have an independent reviewing officer to help plan with you what you need
- ★ Make sure you have access to a telephone and computer

MAKE SURE YOU HAVE A GOOD STANDARD OF LIVING AND ARE PREPARED FOR YOUR FUTURE

We promise to:

- ★ Plan with you about when to leave care and identify what support you will need and who will provide it
- ★ Prepare you for independence by helping you to budget, cook, clean and experience what it might be like to live independently
- ★ Help you to find somewhere safe and suitable to live and to support you when you leave care
- ★ Support you if you choose to go on to further or higher education
- ★ Help and support you to apply for jobs and to access training
- ★ As part of your pathway plan, we will ensure that you apply for and receive all of the necessary documents you need



WANT TO GET IN TOUCH WITH OR JOIN THE CHILDREN IN CARE COUNCIL?

The Children in Care Council is made up of a group of children in care and care leavers who represent all children and young people in care in Bristol.

We:

- ★ Aim to reflect the views of all children in care and care leavers in Bristol
- ★ Strive to achieve positive change and better outcomes for all children and young people in care

Freephone: 0800 389 1571
e-mail: bristolcicc@reconstruct.co.uk

HOW TO MAKE A COMPLAINT

If you wish to make a complaint you can do so through contacting Bristol's Children & Young People's Services Complaints Team. You can also raise an issue with your carer, your social worker, your teacher, your independent visitor or an advocate, or you can complain directly to the Council.

Contact the Complaints Team

By phone: 0117 922 3707

By text: 07825 315694

In person: You can call into the Council House during working hours – it's best to call first and arrange a time.

By email: cypscomplaints@bristol.gov.uk

By letter CYP's Complaints, Room U27, PO Box 57, FREEPOST SWB203, Bristol BS99 7BR. You do not need a stamp.