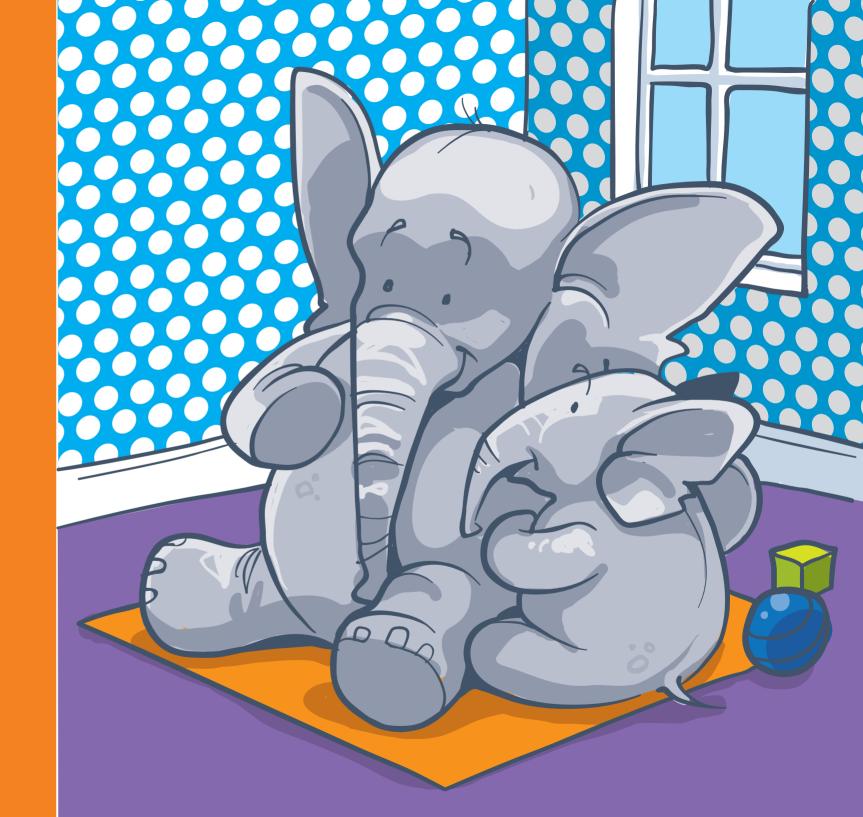
#### Cheshire West & Chester Council





- We will help you to have a say in what is happening to you.
- We will tell you what is happening using words or pictures.
- We will help you to join in.
- We will listen to what you like.
- We will listen to what you do not like.





## We will help you live in a safe place where you will be looked after

- We will help you to stay in that safe place and be happy.
- We will only move you from that place if we have to.
- We will help you keep things that are important to you... like your favourite cuddly toy.





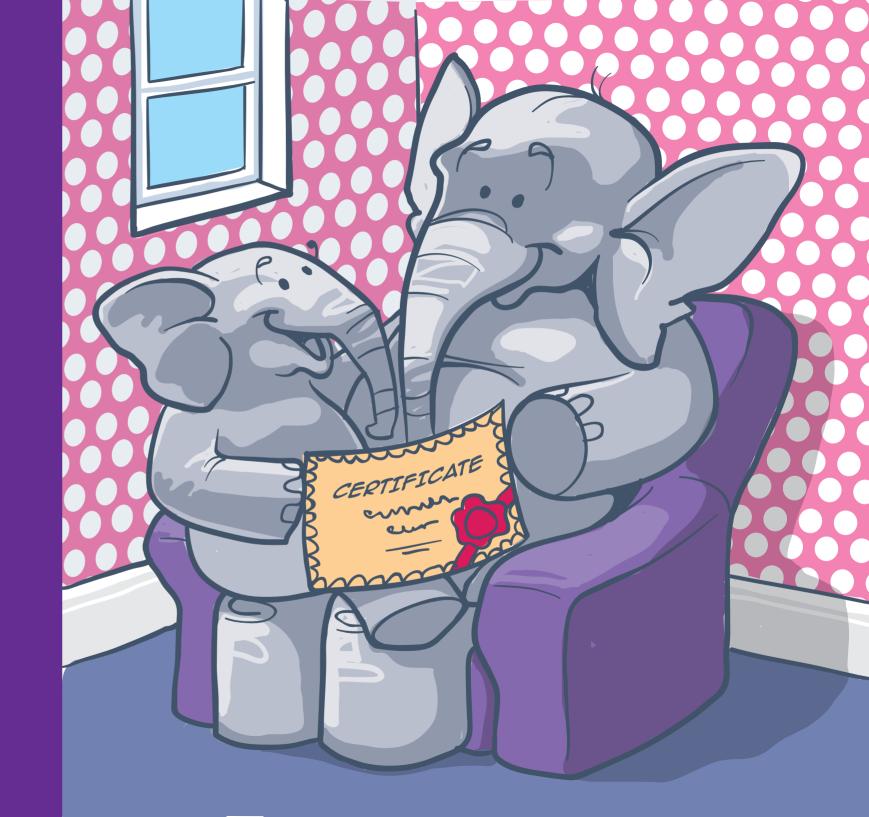
### We will help you to do well when you go to nursery or school

- We will help you to play and learn.
- We will help you to go to a nursery or pre-school when you are ready and one that is right for you.
- We will help you to go to a school that is right for you.
- We will help you when you are doing well or if you are struggling and unhappy.
- We will make sure you have a plan to help you learn and this is called a Personal Education Plan.
- We will help you to make friends.
- We will help you join in school clubs or clubs where you live.





- We will help you as you grow up.
- We will tell you when you are doing well.
- We will give you extra help if you need it.
- We will show you how proud we are of you.
- We will only tell people things about you when we have to.





## We will help you stay in touch with people who are special to you.

- We will help you stay in touch with your family if this is what you want.
- We will help you stay in touch with Foster Carers and friends if you want to.
- We will tell you if this can't happen.
- We will keep a story of your life so you can look at it.
- This story might have pictures and writing about you in it.



# We will make sure you have grown ups to help you.

- We will make sure you have a Social Worker.
- We will help you find different ways to talk to your Social Worker . . . using pictures and drawings!





- We will help you to join in things that you like.
- We will make sure you don't miss out on things like: football, dancing, swimming, going on holiday.
- We will help you visit new places and see new things.
- We will help you try things you have not done before!





#### We will help to keep you healthy and to feel well.

- We will help you to be happy and feel good about yourself.
- We will help you eat healthy food and drinks.
- We will help you to play outside and enjoy exercise.
- We will make sure there are safe places where you can play.





#### We will help you if you are unhappy.

• We will talk to you and you can talk to us.





- We will help you move from nursery into school.
- We will help you with pocket money.
- We will help you to join in with things like cooking and shopping.
- We will help you when you make mistakes.
- We will look after you and want the best for you
- We will help you know about the Children in Care Council and that you are part of a big FAMILY who care about you.



If you need to contact us then please check out:

www.cicc.org.uk

and fill in the online form

